



## Sticky BBQ Ribs

Serves 4.

### Ribs

- 2 tbsp fennel seeds
- 1 tbsp cumin seeds
- 1 tbsp coriander seeds
- 1 tbsp black peppercorns
- 2 star anise
- 3 tbsp olive oil
- 1 large onion, finely chopped
- 4 garlic cloves, crushed
- 2 green chilies, deseeded, finely chopped
- 75ml maple syrup
- 3 tbsp brown sugar
- 150ml orange juice
- 150ml ketchup
- 1 tbsp fruit relish or chutney
- 2kg pork belly rib rack



In a dry frying pan, toast the fennel, cumin, coriander, peppercorns and star anise for 30 seconds. Crush coarsely in a pestle and mortar. Heat the oil in a frying pan, then gently fry the onion for 10 minutes. Add the crushed spices, garlic and chilies, then cook for another 2-3 minutes. Transfer to a food processor and blend to a paste. Add the remaining ingredients to the blender (except the ribs), season with sea salt and mix to combine. Place the ribs into a large bowl, then pour over the marinade. Rub to coat, cover with cling film, then transfer to the fridge to marinate overnight.

Preheat your BBQ to 100°C. (Don't know if you can do Low'N'Slow in your BBQ? Give us a call!). Put the ribs into a roasting tray, reserving the marinade. Cover the tray with foil, then cook via indirect heat for 6-7 hours or until the meat is falling off the bone. Meanwhile, heat the marinade in a small pan over a medium heat for 2-3 minutes to thicken slightly. Use to baste the ribs regularly during cooking. Remove the tray from the BBQ and cut between the bones of the rib rack to create individual portions. Turn up the BBQ temperature to 220°C, baste the rib portions then cook for 10 minutes more, until sticky. Heat remaining marinade to serve as a sauce alongside the ribs.

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