

## Sticky BBQ Ribs with Cornbread



### Ingredients

#### For the 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
- 1 green chilli, 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

#### For the Cornbread

- 1 cup polenta
- 1 cup plain flour
- 1/4 cup sugar
- 4 tsp baking powder
- 2 large eggs, room temperature
- 1 cup milk
- 1/4 cup butter, melted
- 1/2 cup grated cheddar cheese
- 1/2 cup grated parmesan cheese

### Directions

#### For the Ribs

Step 1 – In a dry frying pan, roast the fennel, cumin, coriander, peppercorns and star anise for around 30 seconds, then crush coarsely in a pestle and mortar or food processor.

Step 2 – Heat the oil in a frying pan and gently fry the onion for 10 minutes. Add the crushed spices, garlic and chilli, then cook for another 2-3 minutes.



Step 3 – 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 blend to combine.

Step 4 – 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.

Step 5 – Preheat your BBQ to 100°C. Set up your BBQ for indirect cooking with a convection tray and a trivet. Put the ribs into a roasting tray, reserving the marinade. Cover the tray with foil, then cook on the trivet for 6-7 hours or until the meat is falling off the bone.

Step 6 – Meanwhile, heat the remaining marinade in a small pan over a medium heat for 2-3 minutes to thicken slightly. Use the marinade to baste the ribs regularly during cooking.

Step 7 – Once cooked, remove the ribs from the BBQ and cut between the bones of the rib rack to create individual portions.

Step 8 – 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.

#### For the Cornbread

Step 1 – In a large bowl, combine the polenta, flour, sugar and baking powder. In another bowl, whisk the eggs, milk and butter.

Step 2 – Pour the wet ingredients into the dry ingredients and mix until just moistened. Gently fold in the cheeses.

Step 3 – Pour into a greased 23cm round baking pan. Bake at 200°C until golden brown, approximately 20 minutes.

Step 4 – To test that the bread is cooked, a skewer should come out clean when inserted into the centre of the bread. Cut into wedges and serve warm.

Serve the ribs with the sauce, cornbread and a fresh coleslaw.

