


Overnight Beef Ribs

Cuisine: **English**
Food category: **Beef**



Author: **Phil Smith**

Company: **Retigo**





Program steps


Preheating: 230 °C


1


Insert the smoker and set to "Medium" smoke


 Hot air


 85 %

 Termination by time

 00:20 hh:mm


 220 °C


 70 %





2


Remove smoker at this time


 Combination


 100 %

 Termination by time

 00:00 hh:mm

 75 °C

 40 %



Ingredients - number of portions - 10		
Name	Value	Unit
Meaty Beef Ribs	4	pcs
onion	3	pcs
chicken stock	700	ml
Black Treacle	140	g
Small bunch if Thyme	1	pcs
tomatoe sauce	100	g
American Yellow Mustard	100	g
Brown Sauce	75	g
Beef rub	150	g

Nutrition and allergens	
Allergens: Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	207.3 kJ
Carbohydrate	11.8 g
Fat	0.6 g
Protein	1.1 g
Water	0 g

Directions

Trim off any loose fat from the ribs, then coat in the rub and leave for 24hrs.

Next day, pre-heat the oven and switch on the smoker, when the oven is hot, place the ribs on the Vision bake and "seal" for 20 mins. Smoking during this time will give the beef great flavor.

After 20 mins, take out the beef and place into a deep gn container, add the cooking liquor (below), cover tightly and place back into the oven.

Fry off the onions and garlic, once soft, add the beer and reduce by half. Then, add the chicken stock, black treacle and thyme. Use this to cover the ribs.

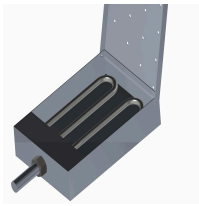
Next day, strain off the cooking liquor, boil and whisk in the tomato sauce, brown sauce and yellow mustard. Thicken if needed. Use this for the ribs.

Serve the ribs with mashed potato and coleslaw.

Recommended accessories



Vision Bake



Vision Smoker



GN container Stainless
steel full