

# HOW TO BRAISE RIBS

## PORK OR BEEF

This method is simple and can be used for both pork and beef ribs. It is also customizable, meaning you can change the flavours but still use the same base recipe. We will share all our tips and tricks.

### TO START :

Marinate your ribs for 24 hours prior to cooking if desired. I do this because I find it adds more flavour to the meal in the long run. Here is an example of what I would use:

Some kind of fat ( melted butter, olive oil, lard tallow etc)

Some kind of acid (lemon juice, acv, wine vinegar)

Something Sweet ( honey, brown sugar, molasses, maple syrup)

Garlic & Onions – Add flavour to everything!

Salt & Pepper – We add it to everything.

Spices of Choosing – What flavour are you going for?

### NEXT

Decide if you want to sear your ribs or not. In my personal experience I like to sear beef ribs but not pork ribs. I have had my ribs turn out tough from searing them – this is personal preference.

### AFTER SEARING OR IF YOUR NOT SEARING

# HOW TO BRAISE RIBS

## PORK OR BEEF

AFTER SEARING OR IF YOUR NOT SEARING :

Add your ribs and bone broth to a dutch oven. We add about half an inch to an inch in the bottom of the pot. If you add to little, just add more while cooking. If you add to much we can thicken it later! You also want to add the following ingredients :

2 Tablespoons or so of tomato paste

1 tablespoon of acid (lemon juice, vinegar)

1 tablespoon of worchestershire.

1 tablespoon sweetener (syrup, honey, molasses, brown sugar)

This is going to be the base for your flavouring. From here you can decide if you want to make honey garlic, bbq flavour, buffalo, etc. Choose seasonings accordingly. Add around 1 teaspoon of each seasoning you choose to keep things balanced but not to overwhelming.

BAKE :

Cover with a lid and place in the oven at 300 for around 2-3 hours. We flip them halfway through. You'll know they are done when the meat begins to shrink away and fall off the bone. After baking you can add flour or a cornstarch slurry to thicken the leftover juices/liquid into a broth.