

# Sizzling Pork Ribs with Jai's Drop 23 Chilli Rub

## Ingredients:

- 2 racks of pork ribs
- 4 tablespoons of Jai's Drop 23 Chilli Rub
- 2 tablespoons of olive oil
- 1/4 cup of apple cider vinegar
- 1/4 cup of honey
- 1/4 cup of soy sauce
- 3 cloves of garlic, minced
- Salt and pepper to taste



## Instructions:

### 1. Prepare the Ribs

Start by preparing your ribs. Remove the membrane from the back of the ribs to ensure they cook evenly and absorb the flavours. Pat them dry with paper towels.

### 2. Apply the Rub

In a small bowl, combine Jai's Drop 23 Chilli Rub with olive oil to form a paste. This will help the rub adhere to the ribs and enhance the flavour. Generously rub the mixture all over the ribs, ensuring an even coating. For best results, let the ribs marinate in the refrigerator for at least 2 hours, or overnight if possible.

### 3. Preheat the Grill

If you're using a grill, preheat it to medium-high heat. You want a nice, steady temperature for slow cooking the ribs to perfection. If you're using an oven, preheat it to 300°F (150°C).

### 4. Prepare the Basting Sauce

While the ribs are marinating, prepare the basting sauce. In a saucepan, combine apple cider vinegar, honey, soy sauce, and minced garlic. Bring the mixture to a simmer over medium heat, stirring occasionally until the sauce thickens slightly. This sauce will add an extra layer of flavour and keep the ribs moist during cooking.

### 5. Grill or Bake the Ribs

Place the ribs on the preheated grill or on a baking sheet if you're using an oven. Cook the ribs low and slow, turning occasionally and basting with the prepared sauce every 30 minutes. If grilling, you can wrap the ribs in aluminium foil after the first hour to keep them moist and tender.

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## 6. Check for Doneness

The ribs are done when the meat is tender and starts to pull away from the bones. This usually takes about 2.5 to 3 hours. If using a meat thermometer, the internal temperature should reach 190°F (88°C).

## 7. Rest and Serve

Once the ribs are cooked to perfection, remove them from the heat and let them rest for 10-15 minutes. This allows the juices to redistribute, ensuring every bite is juicy and flavourful.

### Tips for the Perfect Ribs:

**Low and Slow:** Cooking the ribs at a low temperature for a longer time ensures they are tender and flavourful.

**Basting:** Regular basting keeps the ribs moist and adds layers of flavour.

**Resting:** Allowing the ribs to rest before serving helps lock in the juices.

### Nutrition:

**Serving:** 2 | Calories: 585kcal | Carbohydrates: 47g | Protein: 38g | Total Fat: 34g | Saturated Fat: 8g | Sodium: 951mg | Potassium: 57mg | Fiber: 1g | Sugar: 31g | Vitamin A: 200IU | Vitamin C: 6mg | Calcium: 20mg | Iron: 2.5mg