

BARBEQUED BEEF SHORT RIBS

Equipment:

Measuring Spoons

Measuring Cup

2 Qt. Glass or Microwave safe plastic bowl with cover

Ingredients:

2 - 3

1 - lb. beef short ribs, cut 1.5 kg
in 3" (8 cm) pieces

1 cup ketchup 250 ml

1/4 cup lemon juice 50 ml

1 small onion, chopped 1

1 clove garlic, minced 1

2 tsp Worcestershire sauce 10 ml

1/2 tsp salt 2 ml

1/4 tsp pepper 1ml

1/4 tsp cayenne pepper 1ml

Procedure:

1. Arrange ribs evenly, with meaty parts to the edge in a 2-quart (2 L) casserole dish.
2. Combine remaining ingredients in a bowl and pour over ribs.
3. Cover loosely with plastic wrap.
4. Cook at **P7** 2 minutes and at **P3** 40 - 50 minutes.
5. About halfway through the cooking time, rearrange ribs.
6. Baste and cover with remaining sauce.
7. Check ribs with a fork.
8. If not tender, continue cooking for 10 - 15 minutes.
9. Stand, covered, 10 minutes.

Chefs Tip:

* Pork Spare Ribs may be substituted for beef. For beef, marinate for several hours, turning once, before cooking.

For added flavor, brown the meat in a pan on the stove top and use as the recipe states – be sure to deglaze the pan with any liquid in the recipe to extract every bit of flavor.