

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Tender Beef Ribs with Tangy Coleslaw

### Ingredients Serves 4

1.8 kg back beef ribs	2-3 cloves garlic, minced
Marinade	1 tsp dried thyme
125 ml apple juice	½ tsp salt
60 ml soy sauce	½ tsp black pepper
Pinch chilli flakes	200 ml barbecue sauce
2 tbsp vegetable oil	

### Method

In a medium bowl combine the marinade ingredients. Mix well. Place the ribs in a shallow, non-metal baking dish and pour over the marinade. Make sure the ribs are evenly coated. Cover with plastic wrap and refrigerate for 2-6 hours. Preheat the grill and prepare for indirect grilling.

When the grill is hot, remove the ribs from the marinade and place on the cool side of the grill to cook indirectly. Discard marinade. Close the lid and cook for 1-1½ hours turning every 15 minutes.

Once the ribs reach an internal temperature of 75°C remove from the heat and serve.

Brush the barbecue sauce over the ribs during the last 15 minutes of cook time to form a sticky glaze to the ribs. Make sure to keep an eye on the ribs at this stage so they don't burn.

### Tangy Coleslaw Serves 8

250ml mayonnaise	¼ head of red cabbage, very thinly sliced
Zest and juice of 1 lemon	2 carrots, julienned (matchsticks)
2 tbsp apple juice	1 large red onion, sliced very thinly
2 tbsp wholegrain mustard	2 sticks of celery, thinly sliced
1 tsp celery salt	2 tbsp sultanas
¼ head of white cabbage, very thinly sliced	

### Method

Whisk the mayonnaise, lemon juice and zest, apple juice, mustard and celery salt in a small bowl, then season generously.

Add the cabbage, carrots, onion, sultanas and celery. Mix well and refrigerate. Can be made a day ahead.

Kcals 280, Carbs, 8g, Fat 24g, Protein 2g.