

Twice-cooked Louisiana BBQ ribs

Ingredients:	<p>2kg centre-cut pork spare ribs 1 tsp salt 1 tsp ground pepper 250ml bottle Uncle Vern's Authentic Louisiana BBQ Sauce & Marinade (Medium or Mild) or other spicy BBQ sauce ¾ cup water</p>
Method:	<p>For ease of handling, cut ribs into slabs of about 12 ribs. Rub in salt and pepper. Brush 6 Tbsp of the sauce evenly over ribs and leave to marinate for at least 2 hours.</p> <p>Place ribs on a hot barbecue grill and barbecue until thoroughly cooked – about 45-60 minutes over medium heat.</p> <p>Watch and turn ribs frequently, brushing regularly with barbecue sauce. As the ribs cook they will turn dark brown because of the brown sugar and honey in the sauce.</p> <p>When done, cut into small sections of 1-2 ribs, then place in a deep baking pan with remainder of the sauce and ¾ cup water. Bake in oven at 180°C for 35-45 minutes or until sauce thickens and the meat comes away easily from the bone.</p> <p>Place ribs on large serving plate. Pour remaining BBQ sauce over the top and serve piping hot.</p> <p>If you don't wish to barbecue, there are two alternative cooking methods. i) In place of Step 2, place rib slabs on grill rack and cook on fan grill at 190°C for about 45 minutes. Continue method at Step 3. OR ii) In place of Steps 2-4, place rib slabs in deep roasting dish with 2cm water in base. Cook in 180°C oven for 45 minutes; halfway through, brush BBQ sauce on both sides. After cooking, remove ribs from oven, cut into sections of 1-2 ribs and return to pan with remainder of sauce and ¾ cup water. Bake for a further 35-45 minutes or until sauce thickens and meat comes away easily from bone. Continue method at Step 5.</p>