

## CIDER BRAISED PORK RIBS

With the weather turning distinctly Autumnal and our neighbours kindly sharing their plentiful harvest with us, I felt rather in the mood for something pork and apple-y. My husband, on the other hand, was craving ribs. But how to marry our cravings? Cider seemed the only answer. And what a result! Sticky, sumptuous, falling off the bone ribs that are finger-lickingly satisfying. And it's so unbelievably easy to prepare that it's definitely set to become a midweek staple. We devoured these with sides of sautéed kale and sweet potato wedges – cut the potatoes (skin on) into wedges, drizzle with olive oil and a sprinkle of salt and pop into the oven for the last hour of cooking time and they will be ready right on cue.

Serves **2 - 3**

### **Ingredients**

800 – 900g Meaty Pork Ribs  
2 Tbsp Cajun Seasoning Spice Mix  
300ml Cider  
2 Tbsp Black Treacle  
2 Tbsp Honey  
2 Tbsp White Wine Vinegar  
4 Sprigs Fresh Thyme

### **Method**

1. The day before cooking put the ribs into a large roasting dish, add the Cajun seasoning and rub into the meat well.
2. Pour the cider into a pan or microwave safe jug and add the treacle, honey and white wine vinegar. Warm gently and whisk until everything is completely combined and then pour over the ribs. The meat should be almost submerged.
3. Add the thyme sprigs to the roasting dish and then tightly cover the whole thing with foil and place in the refrigerator overnight.
4. The next day preheat your oven to 160c / gas mark 3.
5. Put the roasting tin, still covered in foil, into the oven for 2 hours.
6. After 2 hours remove the foil, use tongs to discard the thyme sprigs and then return the dish to the oven for a further 30 minutes.
7. Take the roasting dish from the oven and carefully pour the sauce into a small saucepan. Reduce the sauce over a high heat for 5 minutes until thickened enough to coat the back of a spoon and then pour back over the ribs.
8. Gently toss the ribs in their glaze and serve right away.

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