

VINDALOO RIBS

This recipe mixes a classic American BBQ dish with fabulous Goan flavours - Goan cuisine is known for its key ingredients of pork, garlic, vinegar and chilli (which were all introduced by the Portuguese in the 16th Century), and it's that combination, tempered with the sugar and ketchup, that makes these ribs so irresistible!

Prep 10 mins	Cook 1 hr 20 mins
Heat 	Serves 4

1kg **pork ribs** or **pork belly strips**, or use 4 **corn on the cob** for a veg/vegan version
4 **cloves of garlic** - roughly chopped
2 **red chillies** - roughly chopped (seeds removed if you prefer less heat)
4 tbsp **tomato ketchup**
60ml **vinegar** (white wine or cider vinegar is best)
2 tbsp **sugar**

1½ tsp



METHI BLEND

4 tsp



MIRCHI BLEND

1

Preheat the oven to 200°C/gas mark 6, or light the BBQ

2

Blend the garlic with the red chillies, ketchup, vinegar, sugar, 4 tsp **MIRCHI BLEND**, 1 ½ tsp **METHI BLEND** and 1 tsp salt to a smooth sauce (adding a splash of water if necessary)

3

Mix the ribs with the sauce to fully coat then wrap in foil and grill or bake for 1 hour or until tender, brushing regularly with the sauce that collects in the foil parcel (add 2 tbsp butter or oil if using corn)

4

Unwrap the ribs then grill or bake for a further 15 minutes or until crispy and charred around the edges, turning regularly and brushing with any remaining sauce

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EXTRAS
#64

ALSO WORKS A TREAT WITH...

- Halved aubergines instead of corn on the cob for an alternative veg/vegan version

RAISE YOUR GAME BY...

Using coconut vinegar in place of white wine or cider vinegar



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