

BEEF RIBS WITH BARBECUE SAUCE



Ingredients (For 4 people)

- 2 kg flat ribs
- For the marinade:
 - 8 raspberries
 - 8 mulberries
 - 3 tbsp ketchup
 - 3 tbsp mustard
 - 1 bunch of chopped flat parsley
 - 1 tsp powdered garlic
 - 2 tsp paprika
 - 2 tsp curry powder
 - Salt and pepper
 - 1 dl olive oil
 - 2 dl balsamic vinegar
 - 2 dl soya sauce

Preparation:

Preheat the oven to 80°C.

Crush the raspberries and mulberries in a mixing bowl and add the ketchup and mustard, and stir. Add the parsley, spices, vinegar, olive oil and soya sauce. Mix well.

Generously brush the meat with the sauce and bake for 3 hours at 80° C. Chill the remaining sauce to reserve.

Cut the meat and serve with the remaining sauce. Accompany with grilled corn on the cob and a green salad.

