

Braised and barbequed short ribs

This is a great way of serving these meaty ribs but you need to know that they are cooked the day before you want to barbeque them. If the weather turns to rain, don't worry as the ribs are delicious simply braised. In this case, make them the day before and let them cool over night so that you can skim off the fat and reduce the sauce a bit before adding the other ingredients.

Serves 6

6 short ribs, (your butcher might cut them in half if you like)	Butter/oil
2 red onions	Salt, pepper
2 carrots	Dijon Mustard
1 fennel bulb	Tomato ketchup
A few sprigs of thyme	Honey
A bottle of ale	Worcester sauce

Season and brown the ribs in a large frying pan and set aside.

Chop up the veg and fry gently for a few minutes in some butter and oil. Transfer to a roasting pan or slow cooker. Top with the ribs and tuck some herbs around them.

Pour the bottle of ale into the pan and swirl it around. Scrape and pour it onto the ribs.

Cover tightly with foil if oven baking and cook at about 160 degrees for a minimum of 3 hours or let them gently cook in a slow cooker for up to 6 hours.

When they are nice and soft, lift out the ribs into a bowl and get them cool as quickly as possible and store in the fridge till the next day.

When the cooking liquid has cooled a little (or the next day) skim off some fat and then boil it up in a small pan. Reduce by half and add a squirt of ketchup, a spoon full of honey, a few dashes of Worcester and a good spoonful of mustard. This is the sauce you can baste the ribs with when you barbeque them. Taste the sauce to make sure it is flavoursome.