



### Coo in Irn Bru

#### Beef short rib with Sticky Irn Bru Sauce and Asian Slaw

##### Ingredients

Short Rib Beef

##### Method

1. Season the short Rib and Vac Pac
2. Cook at 83oC for 10-12 hours until cooked.
3. When cold cut into portions.
4. To Cook Place meat portions on a tray and heat through the oven 12-15 min.
5. Baste with the hot Barbecue sauce and place back in oven for further 5 mins.

## **Sticky, Spicy, Smokey Barbecue Sauce**

### Ingredients

200gms Caster Sugar  
30mls Cider or white wine vinegar  
1 – 2 Chillies ( Halved)  
2 sticks Chopped Lemongrass  
30gms Sliced Ginger  
100mls irn bru  
20mls Soy Sauce  
50mls Smoky Barbecued Sauce

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### Method

1. Make a dry caramel with the sugar and add the vinegar.
2. Add the Chillies / Lemongrass and Ginger and bring through the boil.
3. Add the irn bru along with the Soy sauce and Smoky Barbecue Sauce.
4. Allow to simmer gently for 10 minutes and correct seasoning.
5. Allow to cool and further infuse.
6. Pass through strainer.

## **Asian Coleslaw**

### Ingredients

#### Slaw

250g white cabbage, finely shredded  
125g carrot, finely grated  
60g finely diced red onion  
1 granny smith apple grated  
1 stick Spring onion, finely sliced

#### Dressing

50g mayonnaise  
10g Curry powder or paste  
20g Mango Chutney  
Juice of 1 lime  
1 Tbsp. Fresh coriander, chopped  
20g Roasted Cashew Nuts or Bombay Mix

## Method

1. In a ceramic bowl, combine the Mayonnaise, curry powder, mango chutney and lime juice.
2. Mix together the cabbage, carrot, red onion and apple.
3. Fold through the mayonnaise along with the curry powder, Mango Chutney and lime juice.
4. Finely fold through the Coriander, spring onions and the Bombay mix

## Method

- 1) Prepare the slaw and place in a bowl.
- 2) Make the dressing and correct the seasoning.
- 3) Combine the dressing with the slaw and add the Bombay mix.
- 4) Spoon onto plate and top with the roasted and glazed rib meat.
- 5) Spoon a little of the Stick barbecue sauce around the plate.
- 6) Serve and enjoy.