

Slow-Cooked Ribs

Recipe By *Estee Kafra*



Cooking and Prep:  12
h

Serves:  6

Contains:  

Preference: Meat

The few ingredients in this recipe leave you with a soft meat, full of flavor.

Difficulty: Easy

Occasion: Shabbat

Diet: Low Carb

Source: Family Table by
Mishpacha Magazine

Ingredients (9)

Main ingredients

- 1 Spanish onion, finely chopped
- 3 tablespoons oil
- 6 English ribs, or spare ribs, or any meat on the bone
- 1/4 cup **Heaven & Earth Ketchup**
- 1/4 cup brown sugar

- 2 tablespoons Gefen Soy Sauce
 - 1 tablespoon mustard
 - 3 tablespoons Kedem Red Wine Vinegar
 - 2 tablespoons black pepper balls
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Start Cooking

Prepare Ribs

1. Heat two tablespoons oil in a frying pan over medium heat. Sauté onion until soft, then set aside in a medium-sized bowl.
2. Meanwhile, preheat the slow cooker to high. Add one tablespoon of oil.
3. Use the same frying pan to sear the meat for about three minutes on each side. Transfer to slow cooker with all the pan juices.
4. Add sauce ingredients to the bowl with the onions and mix until combined.
5. Pour sauce over the meat, coating it as best you can.
6. Cover and cook on high for three to four hours, then reduce to low for up to eight hours.

Credits

Photography: Daniel Lailah

Styling: Amit Farber