



THE BEST OF
BEEF
— SERIES —

**SLOW COOKED
SOUTHERN
BEEF RIBS**



This dish from Rockhampton's iconic Criterion Hotel is easy to make at home and doesn't involve too much preparation time. It's a nice, rustic dish perfect for the cooler months that's tender and flavoursome.

The Criterion Hotel | 150 Quay Street, Rockhampton QLD Australia | (07) 4922 1225

INGREDIENTS

Serves 2

- 1 full rack of beef ribs (4 cutlets)

Southern Spice rub

- 1/2 cup brown sugar
- 1/2 cup smoked sea salt (regular salt or sea salt is also fine)
- 1/4 cup sweet paprika
- 2 tbsp black cracked pepper
- 2 tbsp garlic powder
- 2 tbsp onion powder
- 1 tbsp cayenne pepper

Lemon Thyme Garlic Mushrooms

- 200g button mushrooms
- 1/2 bunch lemon thyme (normal thyme is also fine)
- 1 tbsp butter
- 1 tbsp minced garlic
- 1 tbsp vegetable oil

METHOD

Beef ribs

1. Preheat oven to 130°C.
2. Cut the rack of ribs into 4 cutlets and add to a bowl.
3. Combine dry ingredients in a separate bowl. Pat 1/3 of dry ingredient mixture onto the ribs. Rest and allow the mix to absorb into the meat. Once the ribs appear to have absorbed the spice mix, add a small amount to recoat. Place ribs into the fridge (covered) for approximately 30 minutes to an hour.
4. In a deep baking dish add some greaseproof paper and 2 cups of water.
5. Add the ribs to the baking dish and lightly cover with some olive oil. Cover the dish with a lid or aluminium foil.
6. Cook for approximately 4 hours until tender.

Mushrooms

7. Quarter the mushrooms. Take off the stem of the thyme and dice finely.
8. Put a fry pan on high heat with vegetable oil. Once the oil is hot, add the mushrooms and sauté for about 2 minutes.
9. Turn down the heat and add the butter and thyme.
10. Once the mushrooms are almost cooked, add the garlic and cook for 30 seconds – 1 minute and take off the heat.

Plate the mushrooms and finish with the beef ribs on top.

Serving suggestion: This dish is also great on a bed of sweet potato or cheesy polenta, finished with a red wine jus or smoky barbecue sauce.

The 2020 Best of Beef Series showcases some of the best beef dishes from Rockhampton, the Beef Capital of Australia. The series is brought to you by Advance Rockhampton, Rockhampton Regional Council's Economic Development, Tourism, Events and Marketing Unit, in partnership with some of the region's best restaurants.



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