



Beef Short Rib with Buttermilk Coleslaw & BBQ Sauce, served with Flat Breads

The ultimate in caveman food – a perfect dish for a lad's night in; first published in Food & Wine Magazine February 2014.

Serves 12

- One six bone short rib slab
 - 300g salt
 - 30g Cajun Spice
 - 30g rosemary
 - 30g thyme
 - 30g sugar
1. Begin by removing the fat and the very tough silver skin from the top of the meat. All of it. No need to remove the membrane from the exposed side of the bones as you do with pork ribs. If you do the meat can fall off.
 2. Then cut slabs into individual bones or double bones if they did not come cut up. You can cook them in a slab, but they take a lot longer, I like to expose more surfaces to heat to tenderize and develop brown in colour. Inevitably some bones in a package have little meat and lot of fat. Trim them anyhow and cook them.
 3. Salt the meat in advance, up to 24 hours if possible. Lightly coat the meat with vegetable oil so the oil soluble spices in the rub will dissolve and penetrate a bit.
 4. Flavour the meat with a rub that contains salt, Cajun spices, rosemary, thyme but very little sugar. Do the tops and sides, and coat them generously. If you can, let the rub sit on the meat in the refrigerator for an hour or three or even overnight.
 5. If you wish, you can tenderize the meat.
 6. Setup your oven for preheat to 225°F gas mark 4, hot enough to kill bacteria but not too high to evaporate all the moisture.
 7. Put the meat in a tray, bone side down, cover with tin foil
 8. Cook for 8 hours

1" thick meat should hit 180°F in about 3 hours.

1.5" thick meat should hit 180°F in about 3.5 hours.

2" thick meat should hit 180°F in about 4 hours.



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Classic Buttermilk Coleslaw

- 1 head of white cabbage grated
- 3 whole carrots grated
- 1/4 Litre plus 2 tablespoons good quality mayonnaise
- 1/4 Litre buttermilk
- 1/4 Litre cider vinegar
- 1 tablespoon sugar
- 1/2 teaspoon kosher salt

Method

1. Combine all of the ingredients until mixed thoroughly.
2. Adjust seasoning, if desired. Chill until ready to serve. This can be made about two hours in advance, but any longer and it will lose its crunch and may become tinted from the purple cabbage.

BBQ sauce

Ingredients

- 1 Litre ketchup
- 1/4 Litre water
- 1/4 Litre cider vinegar
- 200g brown sugar
- 3 tablespoons olive oil
- 2 tablespoons paprika
- 1 tablespoon chili powder
- 2 cloves garlic, minced
- 1 teaspoon cayenne

Method:

1. Heat oil in a saucepan. Add garlic and sauté until brown.
2. Add remaining ingredients and reduce heat.
3. Simmer for 15 minutes until thickened.



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Flat bread

Ingredients:

- 8 ounces all-purpose flour
- 3/4 tsp salt
- 1/4 tsp baking powder
- 20g fresh yeast or powered yeast
- 3 cloves, very finely minced or crushed garlic
- 1/2 Litre hot water

Method:

1. Sift the flour, salt, and baking powder to a mixing bowl. Add the shortening and garlic, and work into the flour with a pastry cutter until the mixture resembles coarse crumbs.
2. Pour in the hot water and stir with a fork to combine. Pour mixture on a lightly floured surface and knead with your hands for about 3 minutes to form smooth, soft dough (add more flour as you knead if the dough is too sticky). Place back in the bowl, cover with a towel and let rest 20 minutes.
3. Divide the dough into 6 balls, and roll between your palms to make as smooth as possible. With a rolling pin, roll out each ball of dough into a thin circle about 1/8-inch thick.
4. Preheat a dry cast iron or non-stick pan over medium-high heat. Place the flatbread in the hot pan and cook for one minute, or until small air bubbles appear.
5. Flip over and cook for another minute, and then finish by flipping over one last time for another minute.
6. During the third minute the bread may puff up (which is normal and desired), and small charred spots will form on the surface.
7. Remove to cool slightly.
8. Once all are finished, the flat-bread is ready to eat.
9. May be kept in a warm oven if you want to serve them all at once.