Slow Cooker Barbecue Beef Ribs

EASY • 3 HOURS 15 MINS

No matter the season, sticky slow cooked beef ribs will please a crowd! Our recipe is a set-and-forget slow cooker saviour. Serve with bread rolls and slaw on warm days or dial up the comfort factor with mash, greens and honey buttered corn for a winter treat.

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	15 mins	3 hours	4

Ingredients

- 2kg beef short ribs, patted dry
- 1 tsp sea salt

Method

1. Season short ribs with salt and pepper. In a large skillet, heat vegetable oil and sear ribs on all sides until golden brown, approx. 2 minutes each side. Transfer to the bowl of a slow cooker.

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- 2 tbsp vegetable oil
- 2/3 cup beef stock
- ½ cup pomegranate juice
- ½ cup water
- 180g (½ cup) Capilano Pure Honey
- 1 tbsp tomato paste
- 75g (1/3 cup) brown sugar
- 60ml (¼ cup) apple cider vinegar
- 2 tsp mustard powder
- 30g (¼ cup) smoked paprika

Method

2. Add to slow cooker beef stock, wine, ¼ cup water, cover with lid and cook on low for 3 hours.

3. While ribs are cooking combine honey, tomato paste, brown sugar, vinegar, mustard and paprika. Mix well to combine.

4. After 3 hours, remove ribs from slow cooker and drain pot of cooking liquid and fat. Return ribs to cooker and cover with barbecue sauce. Cook on low for an additional 2-3 hours, until the meat is very tender, but not completely falling apart. Serve with bread rolls, coleslaw and honey butter corn.

Used in this recipe

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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