



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
Easy

PREP TIME
15 mins

COOKING TIME
3 hours

SERVINGS
4

Ingredients

- 2kg beef short ribs, patted dry

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.

Visit [capilanohoney.com.au](https://www.capilanohoney.com.au) to learn how to swap honey for sugar in your recipes.

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- 1 tsp sea salt
- 2 tbsp vegetable oil
- 2/3 cup beef stock
- ½ cup pomegranate juice
- ½ cup water
- 180g (½ cup) **Capilano 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

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