



Spicy Belly Rib

A quick supper full of flavour...



Spicy Belly Ribs

A quick supper, fantastic party food or a great quick meal when they come home from school.

Ingredients...

2 belly ribs per person, chopped into 50cm pieces
2 packets of ready mad stuffing (you can use different flavours if you like for a mixed bowl of tastes)
2 large eggs beaten
Flour for coating egg pork piece
1 pot of ready made salsa or any other dips you would like.

Approach...

With this dish, you can either deep fry the ribs or simply put them on a baking sheet and put them in the oven - they simply take a little longer to cook. If you have a small meat cleaver in your kitchen, chop the ribs into small pieces - about 5cm long. If you do not have a cleaver, you can ask your butcher to do this for you.

Dip the belly pork first into egg, then flour, then egg again and then roll in the ready made stuffing mix.

Repeat until all are coated and then either deep fry until golden or put in the oven.

This is a great childrens meal - so why not get them to do the coating and rolling in the ready made stuffing - the oven cooking method is then easy for them to experience cooking that way.

And don't forget you have loads of options now with ready made stuffing mixes, so why not create a basket of flavours by rolling in more than one type - or make you own coating for extra spices.

Servings: one person from two ribs.



"We're probably in, just about one of the best places in the whole of the UK for beef and lamb. The landscape, the weather and the fine grasses and heathers, all combine to make a taste and texture few can compare too."

Charlie Munro, John Munro Limited.

John Munro Limited. Highland taste on your plate.

The Highlands has what most people will agree is a unique landscape with dramatic weather. It's this weather that creates the fine grasses, the heather tips and crystal clear waters that define the beef and lamb, which we sell through our time honoured and traditional butchers shop network. All we can say is that our skills are in the presentation of our meats, but we leave the rest to the Highlands when it comes to creating it!

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