

Low FODMAP Grilled Rack of Ribs with Strawberry BBQ Sauce

This is a Monash University Certified Recipe from the Calm Tummy Happy Heart cookbook!

When I was growing up, if anyone walked anywhere near our outdoor grill, my Pa would magically appear out of nowhere and ask “What’s up? What are we grilling?” For years I watched him meticulously marinate, sear, char, smoke, rotate and sauce meats and vegetables. So it’s no surprise that when I was sixteen years old, the first recipe I developed on my own was for bbq ribs.

This recipe is different from the honey-onion-garlic based sauce I first made, but it’s equally flavorful. *Shout out to Pa* — he cleaned the grill after each gooey charred BBQ test and I’ll always be eternally grateful for that. Not to mention, that’s why his grill is always spotless!

This recipe combines strawberries for fresh sweetness, tangy red wine vinegar and mustard balanced by brown sugar and a kick of cayenne heat. By baking the ribs in the oven for 2 hours, tightly wrapped in foil, they become tender. A 10 minute finish on the grill, then dunked in sauce and you’re ready for a sticky, delicious chow down!

Makes 4 servings

BBQ SAUCE INGREDIENTS (makes 2 cups / 475 ml):

- 10 strawberries, sweet and ripe, hulled
- 1 cup (240 ml) canned plain tomato sauce
- 1/2 cup (80 g) medium packed light brown sugar
- 1/2 cup (120 ml) red wine vinegar
- 1/4 cup (55 g) plain, prepared yellow mustard, containing no onion or garlic
- 2 tablespoons (30 ml) Worcestershire sauce
- 2 tablespoons (30 g) tomato paste, containing no high fructose corn syrup or other high FODMAP ingredients
- 3 teaspoons (15 ml) unsulphured molasses
- 2 teaspoons (2 g) minced chives
- 1 teaspoon (2 g) smoked paprika
- 1 teaspoon (2 g) pure mild red chile powder (containing no onion or garlic, the ingredients should list only: red chile. On the Monash App this is called Chilli (chili) red, powdered)
- 1/2 teaspoon (1 g) cayenne, optional

RIBS INGREDIENTS:

- 2 full racks (2 - 2.5-pounds each rack / 907 g – 1.14 kg each rack) pork ribs, silverskin removed (St. Louis cut are a favorite)
- 2 teaspoons (10 g) fine sea salt
- 2 teaspoons (4 g) fresh ground black pepper
- Canola oil for greasing the grill grates

METHOD:

Preheat oven to 350 F / 177 C

BBQ Sauce: Place all sauce ingredients in a blender and purée for 1 minute. Pour into a medium saucepan and bring to a low boil. Reduce to simmer, covered for 10 minutes. Stir occasionally. When the sauce thickens to coat the back of a spoon, remove from heat, cover and set aside.

Ribs: Place the racks meat side up on 2 foil-covered rimmed baking sheets. Sprinkle each rack with salt and pepper. Massage into the meat with your fingers. Spoon 2 tablespoons (30 ml) sauce on each rack and smooth evenly over the top of the ribs.

Cover tightly with foil and bake for 2 hours.

Heat your BBQ grill to medium high. Using metal tongs and a paper towel doused with a bit of canola oil, grease the grates.

Remove the ribs from the foil and place on the grates. Close the lid and grill for 5 minutes. Turn them over, close the lid and grill another 5 minutes. Place on a cutting board and using a sharp knife, slice into individual ribs for serving.

Heat the BBQ sauce over medium high heat. Dunk the ribs in the warm sauce. Serve immediately.

TIPS:

Baked potatoes and a nice leafy green salad with cucumber, grated carrot, and a splash of red wine vinegar and olive oil are perfect sides.

If you do not have a bbq grill, after baking the ribs for 2 hours remove the top foil wrap and use the broiler in your oven to hit them with a good brown char, about 2-3 minutes per side. Then slice and dunk with warm sauce.

Monash Notes: Although chiles (chillies) are generally low in FODMAPs, some people with IBS may be sensitive to the capsaicin they contain. Capsaicin is a natural compound that gives chiles their spicy quality. You may need to limit how much chile you eat if your IBS symptoms are triggered by spicy food.



www.fodifyit.com



www.monashfodmap.com