

# NATIONAL POST

Wednesday, July 8, 2009

## Thick, meaty ribs have never been so sexy

Amy Rosen, National Post

Presented by



It has come to my attention that what I think is obvious often isn't.

For instance, I once won a door prize at an enRoute magazine party: two return tickets anywhere Air Canada flies. Well-wishers crowded around asking me where I would go. I said, "Isn't it obvious? The Yukon!" No, not obvious, was the consensus.

There have been too many other examples I could list (e. g. it's obvious that everyone hates white chocolate; everyone's favourite colour is obviously red; everyone wants to open a beignet shop, obviously ...), but it appears that one example of obviousness I may finally be right about is this: Many people share the dream of creating their own line of homemade ketchup, specialty mustards or secret seasonings.

Take Sexy Gourmet Food Inc. ([sexygourmetfood.com](http://sexygourmetfood.com)) as an example. This new line of spice blends, created by a group of Toronto friends, is like Mrs. Dash for the hot-pants set. The set of seven spice blends, in essence, takes the guesswork out of mimicking various cultures' indigenous spicing, and includes Greek, Italian, Indian, Chipotle, Piri Piri, 5 Spice and Original. All of the blends are mixed with a flaky crystal salt, making for a nice finishing touch--or a handy slap on the ass for some slow-cooked ribs. SEXY BEEF SHORT RIBS

(Serves 4)

- 4 lb (2 kg) beef short ribs, bone in

For rub:

- 3 tbsp (45 mL) Sexy Spice 5 Spice - 1 tbsp (15 mL) olive oil

For BBQ sauce:

- 1 cup (250 mL) hoisin sauce

- 2 tbsp (30 mL) rice vinegar

- 1/3 cup (75 mL) soya sauce
- 1/4 cup (60 mL) sugar
- 1/4 cup (60 mL) ketchup
- 2 garlic cloves, minced
- 1 tbsp (15 mL) ginger, peeled and minced
- 2 green onions, minced

1. Score the meaty side of the ribs with a knife in a diamond pattern. Combine Sexy Spice 5 Spice and olive oil in a bowl. Rub into all sides of ribs and refrigerate 2 to 4 hours.

2. Preheat grill low to medium, and start grilling, meat side down. Meanwhile, in a medium saucepan, combine hoisin sauce, soya sauce, rice vinegar, sugar, ketchup, garlic, ginger and green onion. Heat over medium and simmer for 10 minutes. The meat should cook for approximately 1½ to 2 hours. About 15 minutes before the meat is finished, brush sauce onto ribs and continue cooking. - For more from Amy Rosen, check out her blog: [thenationalnosh.blogspot.com](http://thenationalnosh.blogspot.com).

---

© 2009 The National Post Company. All rights reserved. Unauthorized distribution, transmission or republication strictly prohibited.