



BBQ pork with cabbage salad and yoghurt



To prepare the BBQ pork

For the spare ribs seasoning, chop all the ingredients, up to and including the chilli, in a food processor. Mix with the brown sugar and sea salt. Make a curing marinade using the salt and water and inject into the neck of pork using an injection needle. Rub the spare rib seasoning mix into the neck of pork, then vacuum-seal and leave to cure for 24 hours. Then, cook sous-vide in a steamer at 65 °C for 16 hours. For the glaze, combine all the ingredients and reduce over a low heat to a thick syrup. Spread over the meat portions and heat for 5 minutes in the oven (glaze).

To prepare the yoghurt cream

Freeze the yoghurt overnight. When frozen, suspend in a cloth so that the water runs out and the yoghurt becomes a little more solid. Finely grind the spices in a mortar and pestle and add to the yoghurt to taste, with a little salt.

Rezept für 4

Ingredients for the BBQ pork

1 neck of pork

Curing marinade:

35 g pickling salt

250 ml water

Spare ribs seasoning:

150 g black peppercorns

10 g coriander seeds

25 g dried garlic

25 g juniper berries

12 g chilli

190 g sea salt

190 g brown sugar

Glaze:

125 g brown sugar

0.5 l ketchup (or tomato chutney)

100 ml apple balsamic

75 ml soy sauce

125 g honey

Salt

Ingredients for the yoghurt cream

250 g Greek yoghurt

1 g mustard seed

1 g caraway

1 g cumin

1 g fennel seed

Salt

Ingredients for the dried tomatoes

2 tomatoes

1 clove of garlic

1 sprig of thyme

Salt, sugar, olive oil



To prepare the dried tomatoes

Blanch the tomatoes for 5 seconds in boiling salted water, then plunge into ice-cold water. Peel the tomatoes, slice each into 8 segments and remove the seeds. Marinate with the remaining ingredients, place on a baking tray and dry for 1½ hours at around 90 °C (convection).

To prepare the cabbage salad

Thinly slice the cabbage and season to taste with the ingredients.

Ingredients for the cabbage salad

1 white cabbage
White balsamic
Olive oil
Salt