



THE SCOTCH MALT  
WHISKY SOCIETY



## JAMES FREEMAN'S SLOW COOKED BEEF SHORT RIB OR PORK SHOULDER

*Larger pieces of meat that have been smoked slowly and finished on the barbecue are very popular at the moment. They have a beautiful, soft and yielding texture. Most people will not have access to a smoker/barbecue but this effect can be reproduced at home using a smoky whisky. Meats with a good fat content and preferably on the bone will work best for this, for instance a pork shoulder or short ribs of beef. These are best pre-ordered from your butcher. Ask for approximately 1 kilogram pieces of meat, bone in. Although there is a little more prep, the majority of this can be done well in advance, leaving an easy finish on the day.*

### Spice mix ingredients

- 1 tbsp star anise
- 1 tbsp cumin
- 1 tbsp coriander seed
- 1 tbsp sweet, smoked paprika
- 1 tbsp mustard powder
- 1 tbsp garlic powder

### Procedure:

1. Rub the spice mix thoroughly into the meat, then place on foil in a casserole dish or baking tray which will fit in your oven. For each kilo of meat pour over 2 tbsp honey, 2 tbsp smoky whisky, (our 137.9, 8-year-old would work perfectly) and 2 tbsp water, then enclose tightly in the foil and cover with a lid or more foil.
2. Cook in an oven at 100°C for approx. 6-8 hours or until the meat is tender and falling off the bone (this can be done overnight), allow to cool then pour off the cooking liquor, retaining to finish the meats later. Allow the meat to chill completely.
3. On a medium heat barbecue, grill your meats until nicely charred whilst glazing with the retained cooking liquor.

*These beef short ribs would be delicious served with a 'Waldorf' style salad made with a Scottish blue cheese, something that also goes beautifully with a smoky whisky. The pork is lovely with a traditional coleslaw and can be served 'pulled pork' style in a brioche bun.*

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