

# Smokey whisky PGI Welsh Beef\* ribs



The smokiness in this dish comes from the unique smoked Halen Môn Sea Salt<sup>Δ</sup> and smoked water. Serve with roast Pembrokeshire Earlies\* and salad.

**Serves 4 | Prep 20 minutes | Cook 2 hours 30 mins**

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## Ingredients

4 Welsh Beef short ribs  
2 tsp smoked paprika  
2 tsp smoked Halen Môn Sea Salt and 1 tsp ground black pepper  
2 tbsp Welsh whisky  
2 tbsp clear honey  
50ml Halen Môn smoked water  
2 red onions  
a little oil, for brushing

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## Method

- 01** In a small bowl mix the salt, pepper and smoked paprika then use to rub all over the ribs. Heat a heavy based casserole dish until smoking then sear the ribs on all sides until sealed and browned.
- 02** Preheat the oven to 180°C/Gas 4. Make a paste with the whisky, honey and half the smoked water then pour over the ribs and cook in the oven for an hour.
- 03** Remove the casserole dish and add the red onions, peeled and cut into 8 wedges. Reduce the temperature to 160°C/Gas 3 and return to the oven. Cook for a further hour until the meat is tender.
- 04** Take the ribs out of the dish and keep warm while you skim off the fat from the juices. Add the remaining smoked water and warm through on the hob before serving with the ribs and roasted red onions.

