

## **BBQ BASE MARINADE – NO ALLERGENS**

### **Ingredients**

250ml x East End Tamarind Sauce

(Water, Sugar, Tamarind, Tomato, Starch, Salt, Cumin, Chilli, Black Pepper, Fennel, Acetic Acid, Potassium Sorbate (preservative), Sucralose (Sweetener))

150g x Grape Molasses

150g x **Gluten Free** Tomato Ketchup

(Tomato Puree, Sugar, Vinegar, Maize, Salt, Natural Flavours)

100ml x Diet Coke

2 x Minced Garlic Cloves

**Jan's Advice** – This base marinade is great for Beef Short RIBS OR Brisket and slow cooking. Jan recommends –

### **Cooking Instructions**

1. Marinade Beef Short Ribs in VP for 3-4 days prior to selling.
2. Please bring meat to Room Temperature before cooking.
3. Preheat oven to 180C (Gas 4), Cook for 30mins covered, turn down to 140C and cook

for 3 hours covered. Check for doneness and keep an eye on it drying out.

