

# MARINATED SPARERIBS

## made in an Air Fryer

Serves 2.

By Dennis W. Viau; an original recipe.

This recipe came out of an experiment with my air fryer. The chicken I roasted in it looked grilled; so why not ribs? An air fryer is like a miniature convection oven. It's smaller, but it works the same.

### **Ingredients:**

#### ***For the Marinade:***

½ cup (120ml) oil  
½ cup (120ml) vinegar — white or other  
¼ cup (60ml) soy sauce  
¼ cup (60ml) Worcestershire sauce  
Juice of 1 lemon  
½ cup (120ml/160g) honey  
2 tablespoons dried herbs — oregano or other  
1 teaspoon smoked paprika  
2 tablespoons Dijon mustard  
1 teaspoon ground black pepper  
5 cloves fresh garlic, minced  
Salt

#### ***For the Meat:***

Small rack (3 to 5 ribs) spareribs

### **Directions:**

Remove the membrane, if present, from the bone side of the ribs. If the rack is large, cut into sections of 3 to 5 ribs each.

Prepare the marinade by combining all the ingredients in a bowl or in a ziplock bag that is positioned inside a bowl. Stir to blend.

Place a section of spareribs in the bag and seal it, pushing most of the air out. Refrigerate for 30 minutes, turning the bag over after 15 minutes to flavor the meat evenly.

Arrange the spareribs rack in the air fryer. Start the air frying, setting the temperature to 220°F (about 100°C) and roast for 30 minutes. Turn the ribs over in the fryer and roast again for the same length of time at the same temperature setting.

Turn the ribs over again and roast again, this time setting the fryer's temperature to 250°F (about 125°C) and roast for 30 minutes. Turn the ribs over and roast again with the same settings.

Transfer the ribs to a plate and cover with foil. Let rest for about 10 minutes. Serve.

Optional: Toward the end of the cooking time the ribs can be brushed with some of your favorite barbecue sauce.

