

Instant Pot Ribs

Pork ribs in a chilli-garlic rub, steamed tender over apple juice and liquid smoke, then slathered in barbecue sauce and flashed under the broiler.

PREP	COOK	TOTAL	SERVES
10 min	60 min	1 hr 10 min	6

INGREDIENTS

1–2 racks pork ribs	1 tsp light brown sugar
1 tsp salt	1 cup water
1 tsp freshly ground black pepper	½ cup apple juice (or ¼ cup apple cider vinegar)
1 tsp garlic powder	1 tsp liquid smoke (optional)
1 tsp chili powder	1 cup barbecue sauce
1 tsp onion powder	

METHOD

- 1 Peel the membrane off the back of the ribs if it's still attached, then rub the seasoning mix over both sides.
- 2 Set the wire trivet in the pot and add the water, apple juice and liquid smoke.
- 3 Stand the ribs upright on the trivet, meat side facing out — one large rack can circle the inside of the pot.
- 4 Lock the lid, close the vent, and pressure cook on high for 25 minutes.
- 5 Let the pressure release naturally for 15 minutes, then quick-release the remainder.
- 6 Move the ribs to a foil-lined baking sheet, brush generously with barbecue sauce, and broil 2–3 minutes to caramelise if you like.

NOTES

Liquid smoke is optional but does most of the work of a smoker.
The broil step is worth it — it sets the sauce into a proper glaze.

Per serving — Calories: 219 kcal · Carbs: 18 g · Protein: 14 g · Fat: 9 g · Sodium: 456 mg · Sugar: 15 g

