

Crispy Rib Fingers with Blue Cheese Dip, Tess Camm

Rib Fingers

Ingredients:

- Intercostals
- Olive Oil
- Mexican Chilli
- Pepper
- Garlic Salt

Method

Pre-Cooking:

- Pre heat oven to 100C fan forced
- Prepare intercostals by covering them in oil, and rubbing them in mexican chilli, pepper and garlic salt.
- Place on a wire rack over a tray, ensuring that there is space between them for hot air to circulate. This allows the heat to encircle them more effectively, leading to a crispier finish.
- Roast them until tender – this takes around 2 hours.
- Allow to rest.
- The pre cooking can be done well in advance, perhaps even the night before.

Re-Heating:

- Preheat oven to 200C fan forced
- Cook intercostals for about 10 minutes to achieve crispiness.
- To serve as street food, perhaps present them like chips, in a bucket with the dipping sauce on the side. Or perhaps simply in a little box, like a takeaway box, again with the dipping sauce on the side.

Dipping Sauce

Ingredients:

- Sour Cream
- Blue Cheese
- Parsley, finely chopped

Method:

- Place sour cream in pan and heat slowly until it starts to bubble.
- Crumble the cheese into the cream and stir constantly until it is combined.
- Add parsley at the just before turning the heat off and stir through.