



SPARE RIBS
BABY BACK RIBS
HALF CHICKEN
BURNT ENDS
CHICKEN WINGS
PULLED PORK

BABY BACK RIBS

Oven - Keep meat in the packaging. Place on a shallow baking sheet with a little water. Heat in a 180°C oven for 8-10 minutes. Remove the packaging and return to the oven for 3 minutes. Baste the meaty side with Bodean's BBQ Sauce and cook for approximately 2 minutes.

BBQ - Remove from the fridge 20 minutes prior to cooking; let the charcoal burn down to a white ash. Remove the packaging and place on the hot BBQ for 3 minutes bone side down. Turn the ribs over and cook for another 3 minutes meat side down. Finally, turn the backbone side down and baste with Bodean's BBQ Sauce.

HALF CHICKEN

Oven - Leave the chicken wrapped in film. Place on a shallow baking sheet with a little water. Heat in a 180°C oven for 15 minutes. Remove the packaging and return to the oven for 8-10 minutes to crisp the skin. Baste with Bodean's BBQ sauce, then serve.

BBQ - Remove from the fridge 20 minutes prior to cooking; let the charcoal burn down to a white ash. Remove the chicken from the packaging and place skin side down on a medium BBQ for 5-7 minutes to crisp the skin without burning. Turn the chicken skin side up and cook for 10-12 minutes until hot in the centre, baste with Bodean's BBQ sauce, then serve.

SPARE RIBS

Oven - Keep meat in the packaging. Place on a shallow baking sheet with a little water. Heat in a 180°C oven for 15 minutes. Remove the packaging and return to the oven for 5 minutes to crisp. Baste the meaty side with Bodean's BBQ Sauce and cook for approximately 3 minutes.

BBQ - Remove from the fridge 20 minutes prior to cooking; let the charcoal burn down to a white ash. Remove the packaging and place on the hot BBQ for 6-8 minutes bone side down. Turn the ribs over and cook for another 6 minutes meat side down. Finally, turn the backbone side down and baste with Bodean's BBQ Sauce. Cook for a further 6 minutes until hot.

FOR A PERFECT FINISH, TRY OUR HOT CHIPOTLE OR SMOKED HICKORY BBQ SAUCES.

CHICKEN WINGS

Oven - Remove the wings from the packaging and place on a shallow baking sheet with a little water. Heat in a 180°C oven for 10-12 minutes, finally baste in Bodean's BBQ sauce, then serve.

BBQ - Remove from the fridge 20 minutes prior to cooking; let the charcoal burn down to a white ash. Remove the packaging and place on the hot BBQ for 3-4 minutes each side until hot. Baste with Bodean's BBQ sauce, then serve.

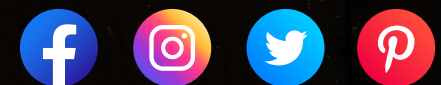
BURNT ENDS BEEF BRISKET

Place the unopened vac-pac burnt end bag into simmering water for 15 minutes. Remove from the bag and serve.

PULLED PORK

Place unopened vac-packed pulled pork bag into simmering water for 10 minutes. Remove from the bag and place in a bowl. With 2 forks shred the meat and season with Carolina sauce.

DEFROST THOROUGHLY BEFORE COOKING BY FOLLOWING THE INSTRUCTIONS ON THE LABEL



BODEANSBBQ.COM