

BARBEQUED SPARE RIBS WITH BARBEQUE SAUCE



TIME TO PREPARE
50 mins
par-cooking



TIME TO COOK
20 mins on the
barbeque



SERVES
4

INGREDIENTS

1.4kg pork spare ribs (approximately
4 per person)

For the marinade:

200ml ketchup

100ml white cooking wine

2 tablespoons honey

1 clove garlic, peeled and crushed

3cm fresh ginger, peeled and
crushed

1 teaspoon Worcestershire sauce

1 teaspoon soy sauce

1 teaspoon Dijon mustard

For the barbeque sauce:

**200ml vegetable bouillon, beef or
chicken stock**

100ml ketchup

50ml red wine vinegar

1 1/2 tablespoons brown sugar

2 teaspoons Worcestershire sauce

2 teaspoons soy sauce

1 teaspoon Dijon mustard

LET'S GET COOKING

- 1 Pre-heat the oven to 160/315/gas 2-3.
- 2 Place the ribs flat in a large roasting tray and roast in the oven for 50 minutes.
- 3 Meanwhile, make the marinade and sauce. Put the marinade ingredients together in a sauce pan and bring to the boil. Put the barbeque sauce ingredients into a separate saucepan and bring to the boil. Let it reduce down by a third until it starts to thicken. Once the ribs have par-cooked (which means partly cooked) pour over the marinade and coat evenly.
- 4 Pre-heat the barbeque or grill. Cook the ribs for 20 minutes, turning once.
- 5 Enjoy with rice, quinoa, jacket potatoes and of course, the lovely sauce. All that's needed is a lovely green salad and a lot of paper towel!

"I spent my early years growing up in Westport, Connecticut, on the east coast of America. We had barbeques on the beach every Friday night with friends. This recipe was handed down by a fellow expat and it's become part of our family summers ever since. I've tweaked it (mostly because I find it hard not to) and prefer a longer, lower par-cook so that the meat slips easily off the bone. However, the delicious sauce and marinade pretty much remain the same.

The key is the sharp, tangy sauce. Yes there's lots of sugar and ketchup in it. I've tried without and it's just not the same I'm afraid, so stock up on the ketchup and turn the barbeque on!"