



Barbequed Pork Spare Ribs

Servings: 4
Total Time: 1 hr 20 mins
Cooking Time: 25 mins (microwave)
20 min (braai)
Resting Time: 30 mins (to marinade)



METHOD

Cut the spare ribs into at least 4 serving size portions.

In a microwaveable casserole dish, mix all marinade ingredients together well.

INGREDIENTS

1kg pork spare ribs (250g per person)

For the Barbeque Marinade

1 onion, peeled & grated
8 Tbsp brown spirit or red wine vinegar
6 Tbsp tomato sauce
4 Tbsp soya sauce
1 tsp salt
4 tsp Worcester sauce
2 tsp English or wholegrain mustard
1 tsp finely chopped garlic
½ tsp finely chopped chillies (optional)
½ tsp freshly ground black pepper



Press the spare ribs into the marinade, turn over & coat well. Marinade for 30 mins while occasionally turning & coating the ribs.

Place a lid on the casserole dish and in the microwave, cook the spare ribs (in the marinade) on high for 5 mins and then cook on medium-high for another 10 mins.

Turn the spare ribs over and cook on medium-high for a further 10 mins.

The spare ribs can be left in the dish until ready to braai.

Remove the spare ribs from the marinade & braai over a medium heat for 10 mins taking care to not burn the marinade.

Coat the ribs with marinade on the uncooked side, turn them over and braai over a medium heat for a further 5-10 mins or until done, while taking care again to not burn the marinade.

Transfer to a serving dish warmed on the side of the braai or to a wooden board.

Coat with a little marinade and serve.



VARIATION

If oven-roasted ribs are preferred, the ribs can be placed in a roasting pan with the marinade, covered with heavy-duty tin foil and baked in a 180°C pre-heated oven for 1½-2 hrs. The ribs should be turned and re-covered every 30 mins.

SERVING SUGGESTIONS

Serve with a salad and Roasted Sweet Potato Wedges or Triple Cooked Chips* and a finger bowl & lots of napkins!



