

## Barbecue Pork Ribs

These delicious Barbecue Pork Ribs could be served with a rice salad or jacket potato. Using a barbecue to cook the ribs will add a really smoky taste to the pork.



OR



Barley (gluten), celery, fish and sulphites\*

Nutritional information per portion (122g):

Energy 622kJ 148kcal 7%	Fat <b>5.5g</b> 8%	Saturates <b>1.1g</b> 6%	Sugars <b>22g</b> 24%	Salt <b>0.59g</b> 10%
----------------------------------	--------------------------	--------------------------------	-----------------------------	-----------------------------

of an adult's reference intake.  
Typical values per 100g: energy 510kJ/121kcal.

### Equipment

Chopping board  
Sharp knife  
Garlic press  
Measuring spoons  
Medium saucepan or non-stick frying pan  
Measuring jug  
Grill pan or ovenproof dish  
Tin foil  
Pastry brush (if grilling)  
Oven gloves  
Pan stand

### Ingredients

**Serves 4**  
1 onion  
2 cloves garlic OR 1 x 5ml spoon garlic paste  
1 x 15ml spoon sunflower oil  
3 x 15ml spoons balsamic vinegar  
3 x 15ml spoons honey  
1 x 5ml spoon Worcestershire sauce  
50ml tomato ketchup  
4 x 15ml spoons water  
Black pepper (optional)  
8 pork ribs

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Barbecue Pork Ribs

### Method

#### To make the sauce

1. Peel and finely chop the onion and crush the garlic.
2. Add the sunflower oil to the saucepan or non-stick frying pan and heat gently, then add the onion and garlic and cook on a gentle heat until soft.
3. Add the balsamic vinegar, honey, Worcestershire sauce, tomato ketchup, water, black pepper to taste (if using) and mix together.
4. Heat gently for 5 minutes then remove from the heat.

#### To cook the ribs in the oven

5. Preheat the oven to 180°C/160°C fan or gas mark 4.
6. Place the ribs flesh down into an ovenproof dish and cover with the barbecue sauce. Wash your hands after touching the raw meat.
7. Cook in the oven for about 45–60 minutes until crispy and starting to go brown, turning halfway through cooking.

#### OR

#### To cook the ribs under the grill

5. Turn the grill onto a high/medium heat.
6. Line the grill tray with foil, place the ribs on the tray and sprinkle with some black pepper to taste (if using).
7. Place the ribs under the grill and cook for approximately 10–15 minutes, turning halfway through, until the ribs are cooked. Check that they are cooked by removing one and cutting into the meat, which should not be pink anywhere around the bone.
8. Remove from the grill and brush with the barbecue sauce.
9. Return to the grill and cook for another few minutes, brushing with more sauce every couple of minutes and turning once or twice.

### Something to try next time

- Try cooking the ribs on a barbecue. Place the ribs on a barbecue and cook for about 10–15 minutes. Brush each of the ribs with the sauce every few minutes, until they have a thick and sticky coating.
- Add 1 x 15ml spoon of smoked paprika and 1 x 15ml spoon of ground cumin to a bowl and then rub this mix onto the ribs before they are cooked to give a spicier taste.
- To make vegetarian barbecue kebabs, prepare the same sauce but omit the Worcestershire sauce (which contains fish). If you have any, add 1 x 5ml spoon of vegetarian relish. Thread thick slices of vegetables onto skewers and brush them with the sauce before grilling or baking until golden and tender. Chunks of red onion, courgettes, peppers, cooked baby new potatoes and chunks of halloumi cheese all work well.

### Prepare now, eat later

- The sauce can be prepared up to 2 days in advance and kept in an airtight container in the fridge.
- The sauce can be frozen for up to 1 month.

#### Skills used include:

Measuring, peeling, chopping, crushing, mixing/combining, frying and grilling/baking.