

Sticky Spare Ribs

Recipe Sheet No 26



Recipe provided by Manor Farm Pork

Ingredients

1 kg pork spare ribs
5 tablespoons apple juice
5 tablespoons Tomato Ketchup
75g Dark Muscavado Sugar
3 tablespoons Worcestershire Sauce
½ teaspoon Tabasco
Salt and Pepper

Method

Mix ingredients until smooth and then add pork spare ribs, marinate for about ½ hour.

Preheat oven at 200c, and cook ribs for 45 minutes to an hour, or until the meat is cooked and sauce is reduced to a sticky glaze.