



No yellow sticker today. But at £2.63 the Pork Ribs were still the foundation of a very tasty meal.

Ingredients:-

Brown Sugar
Paprika
Chilli Flakes
Onion Powder
Garlic Powder
Jerk Sauce
Chipotle Flakes
Tomato Sauce
Vinegar
Onion, finely chopped
Tomato Puree
2 Cloves of Garlic, minced
Salt & Pepper
Oil

Method:-

- (1) Gently fry the Onion and then add the minced Garlic until they have both softened.
- (2) Add the remaining ingredients and simmer for 10 minutes to reduce slightly.
- (3) Set aside to cool.
- (4) Spread evenly over the Ribs and pop in the fridge for an hour or more.
- (5) Cover with foil and place in a pre-heated oven at 160c for 45 minutes.

(6) Uncover and cook for a further 10 minutes.

We server ours with DIY Onion Rings, Peas, Spicy Potato Wedges, Mooli Coleslaw and a Seaweed and Spinach experiment. (More on that early next week!)