

LOCAL BUTCHERS



Either of these 3 recipes work beautifully with the method below.
If you like things spicy why not add some Cayenne pepper too.

With all these recipes, I suggest using 1 kg Belly pork slices, pork ribs or Spa rib steaks sliced about 20mm thick

1) Marinade-

500g carton passata
2 garlic cloves, crushed
2 table spoons reduced-salt soy sauce
1 table spoons Worcestershire sauce
3 table spoons honey

2) Marinade-

1 Tablespoon dark soy sauce
Worcester sauce
Sweet chilli sauce
2 cloves garlic, minced
2 table spoons brown sugar

3) Marinade-

1 Tablespoon dark soy sauce
1 Tablespoon Worcestershire sauce
2 teaspoon Chinese 5 spice
2 cloves garlic, minced
2 table spoons brown sugar
1 spoon honey

- In a large bowl mix all the ingredients together.
- Add the pork ribs or slices and coat evenly
- Leave to marinade for a minimum of 20 minutes. Overnight, even better!
- Pre-heat the oven to 200°C gas mark 6
- Lay the pork evenly in to a shallow roasting tin and pour any sauce left over the top.
- Cover with foil and place in the middle of the oven for 40 minutes
- Reduce the temperature to 180°C Gas mark 4
- Remove the foil and cook for a further 45 – 60 minutes, turning them a couple of times.
- Once ready, either serve, drop on the Bar-B-Q for 10 minutes, to get that Barbequed finish or put in the fridge until needed.