



## Barbecued Spareribs Recipe

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Preparation Time	10
Cooking Time	75
Serving Size	8

### Ingredients:

#### FOR THE MARINADE

- 1/4 cup onion, red, chopped
  - 1 pouch DEL MONTE Filipino Style Tomato Sauce (90g)
  - 1 1/2 Tbsp garlic, minced
  - 1/4 cup sugar, brown
  - 1 pouch DEL MONTE Pineapple Tidbits (115g)
  - 1 1/4 Tbsp liquid seasoning
  - 3/4 Tbsp lemon juice
  - 3 Tbsp mustard
  - 1 1/2 Tbsp DEL MONTE Sweet Chili Sauce (325g)
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- 1 kg pork, ribs, cut up
  - 1 tsp salt
  - 1/4 tsp pepper, black
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- 1/4 cup oil, for pan-grilling
  - 1/3 cup leeks (optional), sliced

### Preparation:

1. Mix all ingredients for marinade. Pour into meat and marinate for 1 hour in the refrigerator. Drain meat but reserve marinade.
2. Season pork spareribs with salt and pepper. Set aside.
3. Pan-grill in oil just to brown. Heat the reserved marinade then add the grilled spareribs. Cover and simmer until tender.
4. Top with leeks.

### Chef's Tip

Salt the pork spareribs just before cooking. Adding the salt in the marinade draws out the moisture and will leave the pork dry.

### Lusog Notes

This dish provides protein that is essential for the body's growth and development and vitamin B1 that may help improve tolerance to pain and reduce the stomach's acidity.

### Cooking Skills Needed

- Simmering
- Marinating
- Slicing

- Pan-Grilling

### **Cooking Tools**

- Chopping Board
- Measuring Cups
- Grill Pan
- Measuring Spoon
- Wooden Spatula

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