



Barbecued Spareribs Recipe

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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