



Grilled Sesame Pork Ribs Recipe

Preparation Time	10
Cooking Time	75
Serving Size	6

Ingredients:

- 1 kg pork, ribs

FOR THE MARINADE

- 1/2 cup soy sauce
- 1/2 cup DEL MONTE Original Blend Ketchup (320g)
- 2 Tbsp garlic, minced
- 3 Tbsp reserved pineapple syrup
- 1 Tbsp sugar, white

- 1 can DEL MONTE Pineapple Chunks (227g), drained, reserve 3 Tbsp syrup
- 1 cup water
- 3 Tbsp oil
- 1 Tbsp sugar, white
- 1 tsp sesame seeds, toasted

Preparation:

1. Marinate pork overnight in refrigerator.
2. Combine pork including marinade, DEL MONTE Pineapple Chunks, and water. Bring to boil, then simmer for 30 minutes or until tender.
3. Drain pork and set aside. Continue to simmer the sauce, uncovered, until thick. Set aside.
4. Heat pan with oil. Sprinkle cooked meat with sugar, then pan grill until slightly brown. Arrange on plate. Pour sauce on top. Sprinkle with sesame seeds.

Chef's Tip

Sugar caramelizes when heated and helps give the pork a nice color.

Lusog Notes

This dish is a source of iron that helps form hemoglobin, which transports and holds oxygen in the body. It also has niacin that promotes normal digestion and healthy skin.

Cooking Skills Needed

- Grilling
- Toasting
- Mixing

Cooking Tools

- Chopping Board
- Grill Pan

