

American Spare ribs

12 -16 pork ribs or one whole rack
1 medium onion
1 clove garlic
1 tin peeled chopped tomatoes
1 dspn brown sugar
125mls tomato ketchup
100mls Worcester sauce

100mls red wine vinegar
1 tspn salt
¼tspn pepper
Pinch cayenne pepper
Vegetable oil
A splash of hickory smoke if you can get any

1. Soften the onion in a drizzle of vegetable oil
2. Add the tomatoes and all the other ingredients and simmer for 45 minutes.
3. If you want a smooth sauce then put it through the food processor.
4. Leave it to cool and then marinate the ribs in the sauce overnight.
5. Place the meat in a roasting tray with the sauce and cook in the oven gas mark 7 425°C for about 30 minutes or until the meat is tender. Baste the meat frequently with the sauce. It may be necessary to put a little water in the tray to prevent the sauce from burning

Chinese style spare ribs

12-16 spare ribs
2 cloves crushed garlic
25g fresh ginger
2 tbspn hoi sin sauce
2 tbspn yellow bean sauce
2 tbspn light soy sauce
2 tbspn dark soy sauce

Juice of one orange
1 tspn tomato puree
2 tbspn rice wine or dry sherry
1 star anise
pinch of caster sugar
Ground black pepper
1 tbspn clear honey

1. Rub the garlic and ginger into the ribs with your hands
2. Place all the other ingredients except the honey into a saucepan, bring to the boil and then leave to cool
3. Pour the cool marinade over the ribs and leave to marinate overnight.
4. Either grill the ribs on the barbecue, basting regularly with the marinade and turning frequently or cook in the marinade in the oven, gas mark 5, 200°C for 45 minutes.
5. Brush the ribs with the honey and cook for a further 10 minutes.