



Pork Ribs with South African Braai Sauce

Preparation Time : 30-45 mins

Cook Time: 2-3 hours

Serves 4-6

INGREDIENTS

- 1.5kg Pork breast –
sawn in portions
- 10 baby potatoes
- 250g baby green beans

Braai Sauce

- 2 large onions, chopped
- 2 cloves garlic, crushed
- 15ml cooking oil
- 250ml meat stock
- 125ml brown vinegar
- 250ml tomato sauce
- 30ml Worcestershire sauce
- 5g brown sugar
- 5g salt
- Freshly ground black
pepper to taste
- 1g ground cloves
- 1g ground ginger
- 30ml chutney
- 30ml sweet sherry

METHOD

1. First make the braai sauce: Mix all the ingredients, except the sherry, in a small pot and simmer for 30-45 minutes until flavours are thoroughly blended.
2. Add sherry during the last 5 minutes of cooking time, then set sauce aside.
3. Heat a large heavy pot (preferably cast-iron), place meat into the pot, fat-side down, and brown. Add braai sauce and simmer for 1½ - 2 hours or until meat is almost cooked.
4. Scrub potatoes and place on top of meat.
5. Add green beans. Cover with lid and simmer for a further 30 minutes until potatoes are cooked.

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