



Recipe Author      From Shirley Mark's clipping collection. Circa 1970s  
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 Serves                Buy ribs per person and adjust sauce volume to suit.  
                             *Current sauce level makes 4 serves*

## Golden Syrup Baked Pork Ribs

### Ingredients

Amount	Ingredient	Preparation	Substitute
<b>Meat</b>			
1 Rack Per person	American Style Pork Ribs	Cut each rack into two slabs	Pork Spare (belly) Ribs 2 per person
<b>Sauce/Glaze</b>			
½ Cup	Golden Syrup		
½ Cup	Tomato Sauce	Pie and sauce type	I used home made ketchup
½ Cup	Onion	finely chopped	Can blend this all in TM
2 cloves	Garlic	Crushed	
3	Gloves		Ground cloves ½ teaspoon
1	Orange	Zested and Juiced	
1 Tblspn	Vinegar		I used apple cider
1 Teaspn	Dijon Mustard		Any mild mustard
1 Teaspn	Worcestershire Sauce		
Dash X 2	Tabasco	Add more as desired.	
To Taste	Salt and Pepper		

### Method

1. Pre heat oven to 180°C.
2. Lay ribs in a baking dish, pour in a small amount of water, then cover baking dish tightly with foil and bake for 30 minutes.
3. Make sauce by combining all ingredients in a saucepan/microwave dish and boil/microwave stirring often (5 minutes if using stove top - 3 min in microwave).
4. Remove ribs from oven and turn oven up to 200 degrees.
5. Remove ribs from pan and drain fat and liquid from pan.
6. Return ribs to roasting pan and coat with sauce; then pour remaining sauce over ribs. Recover roasting pan with alfoil.
7. Bake for 60 to 70 minutes (until tender), basting often with sauce. (Add a little water if sauce gets too thick)
8. Remove from oven and reduce oven to 180-190. Baste ribs well with sauce in pan and cook for a further 30 minutes uncovered until ribs are a deep glossy brown. Baste at least once more in this time.





### Tips and Serving Ideas

**TIP 1:** I served these ribs with a coleslaw made with finely sliced red and green cabbage, grated carrot, finely sliced red onion and a cup of coarsely chopped coriander (or parsley)....dressed with a small amount of light mayo and seasoned with salt and pepper.

**TIP 2:** Have a bowl of water or wet cloth on hand for your guests as these are sticky to eat.

### History of Recipe

Another 1960-70s recipe from Shirley Marks' recipe collection. It came from the news-paper.

