

Stella's Barbecued Spare Ribs



Serves 4 Prep 10 mins

Cooking 1h 30 mins

Easy

Ingredients

4 thick spare rib steaks or chops
15g butter or 15 ml oil
1 small onion
1 stalk celery
1 level tbsp brown sugar
2 level tsp dry mustard
salt
1/2 level tsp paprika
2 tsp tomato paste
1 tbsp Worcester sauce
142 ml water
1 tbsp vinegar
2 tbsp lemon juice

1. Preheat the oven to 200C/ 180C Fan/ Gas 6. Peel and chop the onion. Wash and chop the celery. Squeeze the lemon juice. Mix the sugar, mustard, salt & paprika pepper with the tomato paste and the liquids.
2. Place the chops in a wide shallow casserole and bake uncovered for about 30 mins or until well browned. Pour off any fat. Meanwhile, fry the onion in the butter or oil until brown. Add the remaining ingredients and pour over the chops. Cover and continue baking for about 3/4 hour.
3. Accompaniments: Mashed or baked jacket potatoes and broad beans or any other green vegetable.
4. This dish will reheat well in the sauce.