

Typ: Fleisch

Quelle: Betty Crocker's

Bemerkungen:

Zutaten: 4 ½ pounds fresh pork spareribs, cut into serving pieces
 ¼ cup vinegar
 ¼ cup molasses
 ¼ cup chili sauce
 2 tablespoons soy sauce
 ¼ teaspoon ground ginger
 1/8 teaspoon red pepper sauce
 1 medium clove garlic, crushed
 1 can (8 ounces) crushed pineapple in juice, undrained

Rezept: SWEET AND ZESTY SPARERIBS
 Place pork spareribs, meaty sides up, on rack in shallow roasting pan. Roast uncovered in 160°C oven 1 ½ hours.

 Mix remaining ingredients; brush over pork. Roast, turning and brushing frequently with pineapple mixture, until pork is done, about 45 minutes longer. (Use about half of the pineapple mixture to brush pork.) Heat remaining pineapple mixture to boiling, stirring occasionally. Serve with pork. 6 servings; 665 calories per serving.

MUSTARD SPARERIBS

Cut 4 1/2 pounds fresh pork spareribs into serving pieces. Place meaty sides up on rack in shallow roasting pan. Roast uncovered in 160°C oven 1 hour.

Brush pork with mustard sauce (page 412). Roast, turning and brushing frequently with sauce, until done, about 45 minutes longer. 6 servings; 860 calories per serving.

Serve with Scalloped Potatoes (page 662), Skillet Cherry Tomatoes (page 671) and Fresh Fruit Cups (page.225).

Mustard Sauce

Mix 1/2 cup molasses and 1/3 cup Dijon-style mustard; stir in 1/3 cup cider vinegar.