

CARIBBEAN STICKY SPARE RIBS

There are approximately 566,000 people of Caribbean origin living in the United Kingdom. In many parts of Britain, African-Caribbean people operate as part of a distinct community and frequently organise Caribbean festivals throughout the UK, such as the famous Notting Hill Carnival. At these festivals there is often traditional Caribbean food available, like curried goat, fried dumpling, ackee and sticky spare ribs.

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Serves: 6-8

500g Bramley apples, quartered and cored

2 tbsp vegetable oil

1 red onion, chopped

2cm piece root ginger, peeled and grated

3 tsp jerk spice mix

3 tbsp tomato ketchup

2 tbsp black treacle

300ml pineapple juice

1kg 2lb 2oz pork spare ribs

salt and ground black pepper



Who can resist sticky barbecued spare ribs? These Caribbean style ribs are simmered in a jerk style sauce. You can buy jars of ground jerk seasoning in most supermarkets. It's a mix of thyme, cinnamon, coriander, garlic ginger and, of course, chili! If you're doing these for a barbecue, simmer in the sauce the day before then leave to marinate overnight in the fridge before putting on the barbecue to brown and crisp.

1. Coarsely grate the Bramley apples. Heat the oil in a large frying pan, add the apples, onion and ginger and sauté for 4 minutes. Add the jerk seasoning, ketchup, treacle, pineapple juice and bring to the boil
2. Add the spare ribs to the pan, season, cover and bring to the boil. Then simmer for 30 minutes, turning occasionally until the ribs are tender and the sauce reduced
3. Lift the ribs from the sauce, cook under a hot grill or barbecue for 10 -15 minutes, turning and brushing with more sauce until the ribs are crispy and golden brown. Serve with plenty of napkins and a finger bowl!