

# Oven Baked Manawa Honey Pork Spare Ribs



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## Ingredients

2 tbsp Manawa Honey  
2 tsp brown sugar  
1/3 cup of olive oil  
juice of a lemon  
1 tsp salt  
2 tsp ground pepper  
4 cloves of garlic crushed  
2 tsp paprika  
2 tbsp oregano  
1 tbsp yellow mustard  
4 tbsp bbq sauce of choice

1 1.5kg rack of pork ribs

## Directions

Preheat oven to 120C degrees.

Mix all of the glaze ingredients together in a large bowl except the bbq sauce, whisk well. Add the pork ribs and massage the glaze all over the pork ribs thoroughly.

Place ribs meat-side down on aluminium foil. Prick back of rib rack several times with a knife.

Generously apply coating of glaze to all sides of rib rack.

With rib rack meat-side down, fold foil around it to create a tight seal. Transfer to large roasting pan.

Bake in preheated oven until tender and cooked through, about 2 hours. Remove and cool 15 minutes.

Increase oven temperature to 175 degrees C.

Open foil, drain and discard any accumulated juices and fat. Brush barbeque sauce on all sides of rack.

Place rack meat-side up and return to oven, leaving foil open. Bake for 10 minutes, remove from oven, and brush another layer of barbeque sauce on meat-side only. Repeat baking and brushing with sauce 3-4 more times, for a total of 50 minutes baking time.

Cut rack into individual rib segments and serve with more barbeque sauce.

Recipe developed for Manawa Honey NZ

by Chef Jimmy Boswell

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