



We had quite a bit of Pomegranate left from the night before in the fridge. So waste-not-want-not and all that?...

Marinade Ingredients:-

500g of Pork Ribs

500ml of Pomegranate Juice

Water to cover the Ribs

Sauce Ingredients:-

120ml of Pomegranate Molasses

2 Tbsp of Brown Sugar

2 Tbsp of Brown Sauce

2 Tbsp of Tomato Sauce

1 Tbsp of Red Wine Vinegar

1 Tbsp of Worcestershire Sauce

½ Tsp of Grated Ginger

1 Tsp of Cumin

1 Tsp of Cumin Seeds

Method:-

- (1) Pour the Pomegranate Juice over the Ribs with enough water to cover entirely.
- (2) Cover with foil and cook for 2 hours in a pre-heated oven at 160c.
- (3) Turn half way through.

(4) Add all the Sauce ingredients to a pan and gently simmer until it thickens.

(5) Drain the Ribs and coat in the Sauce.

(6) In an over proof dish place in a pre-heated oven at 200c for a further 20 minutes, bashing occasionally.

We served ours with a fresh salad and twice fried Chips. Really tasty!