

Barbecue Spare Ribs

Ingredients

- 2 large breasts of New Zealand Lamb cut into riblets
- 1 litre (2 pints) boiling water
- 30ml (2 tablespoons) vinegar

For the Sauce

- 30ml (2 tablespoons) soy sauce
- 30ml (2 tablespoons) clear honey
- 30ml (2 tablespoons) plum jam

- 30ml (2 tablespoons) tomato ketchup
- 15ml (1 tablespoon) white wine vinegar
- 15ml (1 tablespoon) Worcestershire sauce
- 15ml (1 tablespoon) dry mustard
- A squeeze of lemon



Method

1. Remove the excess skin and fat from the breast ribs. Place the rib lets in boiling vinegar and water . Simmer for 15 minutes
2. Mix all the sauce ingredients together and heat slowly until blended
3. Drain the lamb, place in a roasting tin and pour over the sauce.
4. Cook at 180°C (350°F), Gas 4, for 30 minutes, then increase to 200°C (400°F), Gas 6, for a further 20 minutes until crisp