

## Old Man's Bones (Ribs)



Preparation time: 10 minutes, plus marinating time

Cooking time: 45 minutes

**Serves:** 4-6

**Profitability:**

**Author:** Lyle's Golden Syrup®

**Ingredients:**

1kg pork rack of loin or pork spare ribs

2 garlic cloves, crushed

2 tbsp red wine vinegar

2 tbsp Lyle's Black Treacle

1 tbsp Lyle's Golden Syrup

2 tbsp tomato ketchup

**Steps:**

Make the marinade by putting all of the ingredients except the pork into a small pan, warm until the treacle and syrup become runny and stir everything together. Remove from the heat and cool

Cut the racks of pork into individual ribs, slicing between the bones. Transfer to a large dish and pour over the marinade, turn to coat. Cover and marinate for at least 2 hours but preferably overnight

Heat the oven to 190°C. Take a large roasting tin, add about 2cm of water then place a rack across the tin. Place the ribs on the rack and cook in the oven for 45 minutes, turning and brushing with any marinade left in the dish twice during cooking