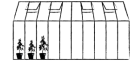


# Sticky Pork Bones (or ribs)



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AWAKINO STATION

Pork bones are often considered an off-cut and disposed of. But here I show you how to slow cook them in the oven, before basting with a sticky glaze. Pile them up high on a plate for a finger-licking good meal the whole family will enjoy.

## Ingredients:

- 1 dozen pork bones
- 2 cups chicken stock

## Dry rub:

- 1/3 cup brown sugar
- 1 1/2 tbsp paprika
- 1 tbsp salt

## Glaze:

- 1 cup tomato sauce
- 1/2 cup Worcestershire sauce
- 1 tsp crushed garlic
- 3 tbsp brown sugar
- 3 tbsp apple cider vinegar
- 1 tbsp honey
- 1 tsp dried mustard

## Method:

1. Preheat your oven to 140°C.
2. Place the pork bones in a large baking tray and pour over the chicken stock. Sprinkle generously with the dry rub, cover with a lid or tinfoil, and pop in the oven for 3 hours to slowly cook away. Alternatively, do this step in your slow cooker.
3. Add all the glaze ingredients to a small saucepan and bring to a boil. Remove the lid from the pork bones and baste with the glaze. Return to the oven and turn up the heat to 180°C.
4. Continue to baste and turn the bones for another 30 minutes to an hour, or until the sauce is sticky and caramelised.
5. Serve with a sprinkle of chives or spring onions and any spare glaze on the side to drizzle over the bones before eating.