


Messy but fun to make



Maisie, 5

My BBQ ribs

SERVES 4 • PREP 5 mins plus
marinating • COOK 20 mins on
the barbecue or under the grill,
1 hr in the oven 

This is a brilliant recipe for younger children, as it will work even if they're not too precise with measuring out ingredients.

1.5kg/3lb 5oz pork ribs

FOR THE MARINADE

1 tsp sesame oil

2 tbsp dark soy sauce

few drops of Thai fish sauce

6 tbsp honey

1 tbsp tomato ketchup or tomato purée

dash of Worcestershire sauce

1 tsp balsamic vinegar

1 Mix all the marinade ingredients together and rub it all over the ribs. Kids love doing this – the messier the better – I am convinced it helps the flavour. If you don't have 2-3 hrs to marinate the ribs in the fridge, leave them for at least 5-10 mins before you cook them.

2 Cook on a barbecue or under the grill for 20 mins in total, turning the ribs over halfway through and brushing them with the marinade every 5 mins or so.

3 If you are using an oven, preheat it to 180C/160C fan/gas 4 and cook the ribs for 1 hr or so, turning them in their juices from time to time (you will probably need to add a little water to the pan towards the end of the cooking time). They are ready when they are nice and sticky and golden. Serve with plain rice and a simple salad.

'I loved mixing all the sticky ingredients together. When they were cooked, I liked eating them with my fingers. We had a family dinner and we piled all the bones on a plate in the middle of the table - my little brother, Jack, said it looked like a dinosaur house.'

• **My Daddy Cooks**
(£16.99, Hodder & Stoughton),
Good Food offer price £15.29
Over 100 tried-and-tested
recipes for deliciously simple
but innovative home-cooked dishes.

• **Nick Coffer presents Weekend Kitchen**
every Saturday at 12 noon on BBC Three
Counties Radio.