

STICKY GLAZED PORK RASHERS



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Allegaartjie is so mooi Afrikaanse woord, en dit is soos dit klink, heerlik. Nou ja ek hou van my tamatie rou, chips, crumbed steak en hierdie pork rashers, heerlik.

$\frac{3}{4}$ cup barbecue sauce

$\frac{1}{4}$ cup Worcestershire sauce/ soya sauce

$\frac{1}{3}$ cup maple syrup/honey

$\frac{1}{4}$ cup Dijon mustard

3 teaspoons smoked paprika

1.5 kg pork rashers (boneless pork ribs)

Preheat oven to 220°C/200°C fan-forced. Combine barbecue sauce, Worcestershire/soya sauce, maple syrup/honey, mustard and paprika in a small saucepan.

Stir until well combined and bring to the boil over medium-high heat. Reduce heat and simmer for 4-5 minutes until slightly thickened. Pour half of the barbecue sauce mixture into a bowl and set aside until ready to serve.

Place pork rashers in a single layer onto a greased rack in a large baking tray well-lined with foil. Liberally brush on both sides with the remaining barbecue sauce mixture. Roast for 55-60 minutes, brushing occasionally with remaining barbecue sauce mixture and turning, until golden brown.

Serve with reserved barbecue sauce.

Recipe and Photo: Elize de Kock