

MARINATE FOR MEAT

250ml vinegar
250ml oil
250ml soy sauce
250ml golden syrup
125ml Worcestershire sauce
250ml tomato sauce
 crushed garlic
 finely chopped chilies

Mix all the ingredients together. Cover meat with the marinade and leave to stand for 1 hour or longer.

Keep the extra marinade in a bottle and use as needed
Braai Pork ribs and keep basting regularly.

BASIC VINAIGRETTE (200ml)

Ingredients

50ml Rice Vinegar
2g Prepared Mustard
Salt
Pepper
Herbs (Origano, Parsley, Basil)
150ml Olive oil
200 g Baby Rocket

Method

1. Place the vinegar, mustard and seasoning into a bowl and whisk to combine
2. Add the oil gradually while whisking to achieve a temporary emulsion.
Store in a container until required

Plating:

1. Mix the dressing to re-emulsify prior to use

Plating:

1 rib
10 g Cucumber
2 g Rocket