



## RIBS IN HONEY

### INGREDIENTS:

1 kg of Sokolów Feast ribs  
3-4 cloves garlic  
2 tablespoons honey  
3 tablespoons hot mustard  
1 teaspoon chilli powder  
3-4 tablespoons oil  
Salt, pepper

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### PREPARATION:

1. Wash and dry ribs and divide them into 3-4 smaller fragments. In a bowl mix oil, honey, pressed garlic and spices (chilli, salt, pepper). Add meat. Carefully rub marinate onto each piece. Cover the bowl with foil and put it in the refrigerator for a couple of hours (preferably overnight).
2. Hot the oil in a pan and fry the ribs. Then put them in a casserole dish. Pour the remaining marinade onto ribs, add a little bit of water and bake under cover for approx. 2 hours in 160°C until soft. Add water if required. After that remove the cover and bake for another 15 minutes until brownish. Serve with potatoes or French fries.