

Barbecue Chops

Last Updated Thursday, 05 July 2018 15:20



Sweet and sticky chops, delicious served with chips or vegetables on the side.

Trim and wash 1kg of chops.

Chop 2 onions and saute in oil until soft.

Marinate chops in:

2 tsp crushed garlic

2 Tbsp soy sauce

2 Tbsp Worcestershire sauce

2 Tbsp vinegar

1 ½ Tbsp brown sugar

2 tsp mixed herbs

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2 tsp mustard powder

2 Tbsp tomato sauce

1 tsp chilli powder

¼ tsp turmeric

¼ tsp dana jeero

½ tsp salt

Add chops to softened onions. Cook till tender.