

# Caribbean Jerk Pork Ribs

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Replacing processed, pre-prepared commercial offerings with flavor profiles based on real herbs and spices is a great way to rediscover your palate-and break the addictive nature of the modern Western diet. This rub is great on a variety of meats, poultry, and seafood.

### ***Ingredients:***

- 2 to 3 pounds St. Louis style pork ribs
- 2 Tbs. pomegranate molasses (may substitute honey)
- Jerk Seasoning (recipe follows)

### *Jerk Seasoning Rub:*

- 4 tsp. ground allspice
- 1  $\frac{1}{2}$  tsp. chili powder
- 1  $\frac{1}{2}$  tsp. ground ginger
- 1 tsp. ground cinnamon
- $\frac{1}{4}$  tsp ground cloves
- $\frac{1}{4}$  tsp. ground nutmeg
- 1 tsp. fresh ground black pepper
- 2 tsp. salt
- 1 Tbs. fresh thyme
- 2 tsp. fresh oregano
- 1 tsp. fresh parsley
- Juice and zest of 1 lime
- $\frac{1}{2}$  habanero, scotch bonnet or other hot pepper (add more for more heat, if desired)
- $\frac{1}{4}$  cup malt vinegar
- 4 garlic cloves
- 1 Tbs. honey

### ***Directions:***

Preheat the oven to 250°F. Place all of the rub ingredients in a food processor and purée until smooth. Place the ribs in a single layer in a baking sheet. Cover with the jerk seasoning. Cover completely with aluminum foil and cook until fork-tender, 2 ½ to 3 hours. Alternatively, smoke according to your smoker's directions; just go low and slow. Remove the ribs and allow to cool. Pour off any liquid from the baking sheet, reserving 1/4 cup and removing any fat. Add the pomegranate molasses to this liquid and coat the tops of the ribs with this mixture. Put the broiler on high and cook the ribs until a nice crust forms, 1 to 2 minutes. Remove and serve.

