

Recipies

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Mom's Mac & Cheese

- boil water with a 1/2 tablespoon of salt add half a box of noodles
- drain when noodles are tender turn heat off
- add 1 large spoonful of butter
- add chunks of velveeta
- add 2 cups milks or whipping cream
- add 2 shakes salt and pepper
- stir

BBQ baked pork chops

Using pantry staples and minimal ingredients, our Oven Baked Pork Chops come to you loaded with flavour. If you love our [Sticky Bbq Ribs](#) recipe, you will crave these pork chops for dinner any night of the week. Perfect with bone in or boneless chops.

Oven Baked Pork Chops on a baking tray | cafedelites.com

baked pork chops

Hello EASY pork dinner!

While there's nothing easier than throwing pork into your oven, there's nothing better than baking your meat smothered in sauce. Especially when it's a sauce packed with flavour — and so much of it you get to drizzle it all over your sides. (Think [creamy mashed potatoes](#) or [buttery mashed cauliflower](#).)

SO MUCH SAUCE... but not just any sauce. THIS pork chop marinade does a few things:

1. Coats pork chops to keep them tender and juicy on the inside. This way, there's no need to cover them with foil while baking.
2. Chars the edges giving you golden and crispy chops.
3. There's no need to marinate them! The sauce alone creates incredible flavours when mixed through the pork juices while baking, creating plenty of pan juices *without* marinating.

PLUS, you will love that the ingredients are either easy to find OR already in your kitchen pantry!

Bbq Baked Pork Chops with bbq sauce | cafedelites.com

how to cook pork chops in the oven

With no brining or marinating needed, you'll be thanking me later while licking your plates clean after eating *these* baked pork chops.

First thing to do is to move oven shelf to about 8-inches/20cm from the top heat element *before* preheating. This gets you ready for broiling later. Then, you're going to mix up your bbq sauce marinade. We use Masterfoods Bbq sauce, but you can use Hunt's Original or Sweet Baby Ray's.

Season your chops with seasoning salt, cracked black pepper, garlic powder, onion powder and paprika. If you don't have any of those, substitute with regular salt or sea salt and regular pepper.

Seasoning pork chops first creates the first layer of flavour.

[How To Bake Pork Chops in the oven | cafedelites.com](#)

Slather *some* of the sauce ALL OVER your chops, including the sides. Use only two-thirds of the sauce to give you plenty to baste with later. Bake for 15 minutes in your hot, preheated oven. Then flip your chops; baste with the remaining marinade and broil/grill for just over 7 minutes to start the caramelization process.

Flip once more, baste with those delicious pan juices and broil (or grill) for a couple more minutes until chops are cooked through and deliciously caramelised all over. This is *important* step if you want golden baked pork chops. The other alternative (no broiler or grill) will give you no colour or crispy edges.

should you cover pork when baking?

There's no need to cover them with this recipe, as your marinade acts as the cover! Baked pork chops are super easy like this.

how long does it take to cook chops in the oven?

All up, this baked pork chops recipe will take about 25 minutes of cooking time depending on your oven. Check them occasionally when they are under the broiler to ensure they don't burn. I do know some ovens run hot, so please, be careful and use your discernment.

[Juicy sliced pork chops drizzled with sauce | cafedelites.com](#)

how do you bake pork chops without drying them out?

The sauce alone ensures juicy, tender chops. Baking pork chops for the first 15 minutes, then broiling for a further 10 minutes all together creates a crispy outer layer which helps keep those juices recirculating back into the meat while baking. Flipping the chops a couple of times while baking also gets those flavours baking evenly, retaining the juices while preventing the edges from burning.

more pork chop recipes

[Easy Honey Garlic Pork Chops](#)

[Pork Chops With Creamy Mushroom Sauce](#)

[Creamed Spinach Stuffed Pork Chops](#)

[Bbq Baked Pork Chops with bbq sauce | cafedelites.com](#)

BAKED PORK CHOPS

Baked Pork Chops with the BEST bbq pork chop marinade ready in half an hour! Using pantry staples and minimal ingredients, our baked pork chops come to you loaded with flavour. Perfect for dinner any night of the week with bone in or boneless chops.

PREP:5MINUTES MINS

COOK:25MINUTES MINS

TOTAL:30MINUTES MINS

SERVES: SERVES

INGREDIENTS

MARINADE

- 3 tablespoons Bbq sauce
- 1 tablespoon low sodium soy sauce
- 1 tablespoon olive oil
- 2 teaspoons packed brown sugar
- 2 teaspoons balsamic vinegar
- 1 teaspoon Worcestershire Sauce
- 1 teaspoon minced garlic
- 1/4 teaspoon salt
- 1/8 teaspoon pinch cayenne pepper)

PORK CHOPS

- 4 pork chops or cutlets, around 7-8oz or 200-250g each (bone in or boneless)
- 1/2 teaspoon each garlic powder, onion powder and paprika
- Seasoning salt and cracked black pepper, to season

INSTRUCTIONS

- Move oven shelf is about 8-inches/20cm from the top heat element. Preheat oven to 430°F (220°C) for standard oven, or 390°F (200°C) for fan forced/convection.
- Lightly grease a baking sheet/tray with oil. Line with foil or parchment paper, set aside.
- Combine together Bbq sauce, soy sauce, olive oil, brown sugar, balsamic vinegar, Worcestershire Sauce, minced garlic, salt and cayenne pepper in a bowl, Mix well, set aside.
- Rub pork chops with salt, pepper, garlic powder, onion powder and paprika. Arrange chops onto prepared baking sheet.
- Take two-thirds of the marinade to slather each chop generously all over. Reserve the rest for basting later.
- Bake for 15 minutes. Remove from oven. Flip pork over and baste each chop with the reserved marinade, brushing all over to evenly coat (or spread using the back of a spoon).
- Change oven setting to broil (grill) on medium-high heat setting. Broil until edges are caramelized, about 7-10 minutes (please make sure oven shelf is about 8-inches/20cm from the top heat element).
- Remove from oven. Flip once more and baste all over with the pan juices. Return to broiler for a further 1-3 minutes until nice and golden.
- To serve, brush all pan juices back onto the pork. Season with a little extra cracked black pepper and garnish with parsley or fresh herbs of choice.

Sticky oven barbecue ribs

oven barbecue ribs slathered in the most delicious sticky barbecue sauce with a kick of garlic and optional heat!

Juicy melt-in-your-mouth oven baked Barbecue Ribs are fall-off-the-bone delicious! Double up on incredible flavour with an easy to make dry rub first, then coat them in a seasoned barbecue sauce mixture so addictive you won't stop at one! Finger licking good ribs right here!

Oven Barbecue Ribs slathered in the most delicious sticky barbecue sauce with a kick of garlic and c

ribs

These pork barbecue ribs are a no fail, hands down family favourite recipe. There is nothing better than letting your oven do all the work for you, while smelling the incredible BBQ pork aromas drifting all through the house. Sitting down to a plate of steaming hot sticky pork ribs is what's happening this Father's Day for many of our American readers! Get ready for the best ribs of your life!

You have all been loving our [slow cooker ribs](#) for a few years now, but many of you have asked how to make ribs in the oven. Are you ready?

American Ribs Oven Baked and slathered in

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ribs in the oven

Oven, slow cooker or on the barbecue; pork ribs are so versatile they can be cooked either way. If you love soft, fall-off-the-bone ribs, then go for our [slow cooker method](#). But, if you love juicy, tender and crispy ribs with caramelised edges, then this oven ribs method is for you!

how to remove the membrane/skin off baby back ribs

This is a controversial and personal step when cooking ribs. I grew up eating ribs with the skin left on and only started removing them about 10 years ago — advice from a chef. Personally, I love the chewiness of the membrane when left on, BUT, I also love the ease of eating ribs with it removed.

Go with what YOU love!

- Turn ribs over with bone/rack-side facing up. Carefully slide a blunt knife under the membrane at one end of the rack.
- Lift to loosen the membrane off of the bone.
- Using a sheet of paper towel to hold onto the membrane, peel it off the back of the ribs.
- It should come off in one piece.

Oven Barbecue Ribs | [cafedelites.com](#)

how to cook ribs in the oven

The easiest barbecue ribs besides slow cooking!

- Prepare ribs as above, then pat them dry with a sheet of paper towel.
- Rub with our dry rub mixture (recipe below). I like to drizzle some olive oil over them for the best juicy, tender and crispy results.
- Arrange them on a lined baking tray. You can use foil or parchment paper.
- Bake for a couple of hours, then slather with our BBQ sauce mixture. Use a brush or spoon to spread it evenly over the tops.
- Broil (or grill) for an additional 2-5 minutes to get crispy, charred edges.

ribs marinade

Our marinade is only made up FOUR ingredients!

- BBQ sauce — use a good quality bbq sauce for this recipe. You can use a smoky flavoured sauce or regular sauce. I prefer plain, regular bbq sauce.
- Garlic — you won't be sorry adding a good kick of garlic to these ribs!

- Olive oil — a little oil in the sauce gives even crispier, caramelised results when mixed through the barbecue sauce.
- Worcestershire sauce — adds incredible flavour!

For those of you who love a little heat or spice in your life, you can add in Chili or Cayenne powder!

Juicy Barbecue Ribs in the oven | cafedelites.com

love pork? try these recipes!

[Easy Honey Garlic Pork Chops](#)

[Crispy Pork Carnitas \(Mexican Slow Cooked Pulled Pork\)](#)

[Pork Roast With Crackle](#)

Oven Barbecue Ribs slathered in the most delicious sticky barbecue sauce with a kick of garlic and c

OVEN BARBECUE RIBS

Oven Barbecue Ribs slathered in the most delicious sticky barbecue sauce with a kick of garlic and optional heat! Juicy, tender and melt-in-your-mouth ribs are so easy to make! Double up on incredible flavour with an easy to make dry rub first, then coat them in a seasoned barbecue sauce mixture so addictive you won't stop at one!

[PRINT](#) [SAVE](#)

PREP:10MINUTES MINS

COOK:2HOURS HRS 15MINUTES MINS

TOTAL:2HOURS HRS 25MINUTES MINS

SERVES: - 6 PEOPLE

INGREDIENTS

RIBS:

- 4 pounds (2 kg) baby back pork ribs
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 2 teaspoons paprika
- 2 teaspoons salt
- 1 teaspoon cracked black pepper
- 1/2 teaspoon cumin
- 1 teaspoon chili or Cayenne powder (optional)
- 2 tablespoons olive oil

SAUCE:

- 2 cups (500ml) barbecue sauce
- 3 tablespoons minced garlic
- 2 tablespoons olive oil
- 1 tablespoon Worcestershire sauce
- 1/2 - 1 tablespoon cayenne pepper (optional for heat)
- 1 teaspoon salt

INSTRUCTIONS

- Preheat oven to 350°F (180°C).
- Peel off tough membrane that covers the underside/bony side of the ribs. Place on a baking sheet or tray lined with foil (or parchment paper).
- Combine together garlic powder, onion powder, paprika, salt, pepper, cumin and chili or Cayenne. Sprinkle seasoning over ribs and drizzle with oil. Rub the seasoning all over the ribs on both sides. Cover tray with foil and bake for 2 hours.
- During the last 5 minutes of cook time, mix together sauce ingredients.
- Remove ribs from the oven, remove foil and spread the tops of the ribs with the barbecue sauce mixture.
- Increase oven temperature to 460°F (240°C). Return ribs to the oven, uncovered, and bake for a further 10 minutes. Change oven settings to broil (or grill) on medium-high heat to lightly char and caramelize the edges (about 3 minutes).
- Rest for 10 minutes to allow the juices to recirculate back into the meat before slicing.
- Enjoy!

Crispy Chicken with Sweet and Spicy Sauce

Crispy Chicken with Sweet and Spicy Sauce

Ingredients:

Chicken:

- 4-6 chicken breasts or 6-8 chicken thighs, cut into pieces
- 1 egg, whisked
- 2 cups plain flour
- 1 cup cornflour
- 2 tbsp paprika
- 2 tbsp garlic granules
- Salt and pepper, to taste

Sauce:

- 2 tbsp white wine vinegar
- 6 tbsp soy sauce (or more, to taste)
- 3 tbsp sweet chili sauce or honey
- 2 tbsp ginger, grated
- 4 cloves garlic, minced
- 4 tbsp tomato sauce/ketchup
- 2 tbsp brown sugar

Additional Ingredients:

- Cashew nuts
- Spring onions (scallions), chopped
- Finely chopped chili peppers (optional)
- Cooked rice, for serving

Instructions:

Prepare the Chicken:

1. Cut the chicken breasts or thighs into bite-sized pieces.
2. Place the chicken pieces in a bowl and coat with the whisked egg.

3. In a separate bowl, mix the plain flour, cornflour, paprika, garlic granules, salt, and pepper.
4. Transfer the egg-coated chicken pieces into the flour mixture and coat them thoroughly.

Fry the Chicken:

1. Heat oil in a frying pan or wok over medium-high heat.
2. Fry the coated chicken pieces until they are nice and crispy. Set aside on a plate lined with paper towels to drain excess oil.

Prepare the Sauce:

1. In a measuring jug or bowl, mix together the white wine vinegar, soy sauce, sweet chili sauce or honey, grated ginger, minced garlic, tomato sauce/ketchup, and brown sugar until well combined.

Combine Chicken and Sauce:

1. Wipe the wok or frying pan clean and return it to the stove over medium heat.
2. Add the fried chicken pieces back into the pan.
3. Pour the sauce over the chicken and simmer for about 5 minutes, allowing the sauce to thicken and coat the chicken.

Finish and Serve:

1. Add the cashew nuts and chopped spring onions to the pan. Stir to combine.
2. Serve the chicken with cooked rice and garnish with finely chopped chili peppers, if desired.