



Chinatown Char Siu Barbeque Ribs or Pork

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



966 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons five spice powder chinese
- 2 slabs baby back ribs cut in half lengthwise through all the bones
- 0.5 cup bourbon
- 2 tablespoons sesame oil dark
- 4 servings chives fresh chopped for garnish
- 2 teaspoons garlic powder fresh minced
- 2 tablespoons ground ginger fresh minced
- 0.5 cup hoisin sauce

- 0.3 cup honey
- 0.3 cup sauce
- 2 tablespoons hot sauce such as asian chile sauce or tabasco
- 2 tablespoons onion powder
- 2 teaspoons food coloring red
- 0.3 cup soya sauce

Equipment

- bowl
- frying pan
- oven
- whisk
- grill
- ziploc bags
- broiler pan

Directions

- Combine the marinade ingredients in a bowl and whisk thoroughly.
- Place the meat in a resealable plastic bag (you may need more than one), add the marinade, seal tightly, and toss to coat. Refrigerate for at least 3 hours or overnight.
- Heat your cooker to 300°F. (You can also use an indoor oven. Just place the ribs on a wire grate over a pan or on a broiler pan.) If you are using a gas grill, turn off one or two burners and place the meat over the cool burners. If you are using a charcoal grill, set it up by banking the coals against one side for indirect cooking.
- Remove the ribs from the marinade and cook for about 1 hour; then paint the bone side of the ribs with a coat of the honey or char siu sauce. Cook for 10 minutes, underside up; then turn meat side up, paint with more honey or char siu sauce, and cook for another 10 minutes.
- Remove the ribs, let them sit for 5 minutes, cut them into individual ribs, and serve hot, garnished with chopped fresh chives.
- From The Kansas City Barbeque Society Cookbook: 25th Anniversary Edition by Ardie A. Davis, Chef Paul Kirk, and Carolyn Wells. Copyright © 2010 by the Kansas City Barbeque

Nutrition Facts

PROTEIN 25.7% **FAT 54.67%** **CARBS 19.63%**

Properties

Glycemic Index:34.32, Glycemic Load:9.3, Inflammation Score:-5, Nutrition Score:34.081304114798%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 966.02kcal (48.3%), Fat: 54.99g (84.6%), Saturated Fat: 17.68g (110.49%), Carbohydrates: 44.42g (14.81%), Net Carbohydrates: 41.94g (15.25%), Sugar: 30.9g (34.33%), Cholesterol: 196.65mg (65.55%), Sodium: 1968.35mg (85.58%), Alcohol: 10.02g (100%), Alcohol %: 2.99% (100%), Protein: 58.18g (116.35%), Selenium: 90.3µg (129%), Vitamin B3: 20.56mg (102.81%), Vitamin B1: 1.34mg (89.39%), Vitamin B6: 1.34mg (67.11%), Vitamin B2: 0.99mg (58.35%), Manganese: 1.15mg (57.51%), Zinc: 7.83mg (52.19%), Phosphorus: 502.33mg (50.23%), Vitamin B12: 1.59µg (26.46%), Potassium: 910.02mg (26%), Vitamin B5: 2.49mg (24.86%), Iron: 4.45mg (24.73%), Vitamin D: 3.12µg (20.79%), Copper: 0.4mg (19.89%), Magnesium: 74.44mg (18.61%), Calcium: 134.89mg (13.49%), Fiber: 2.48g (9.91%), Vitamin C: 6.96mg (8.44%), Vitamin E: 0.9mg (6.03%), Folate: 15.85µg (3.96%), Vitamin K: 3.58µg (3.41%), Vitamin A: 125.46IU (2.51%)