



Chinese Glazed Riblets with Garlic and Thai Basil



Gluten Free



Dairy Free

READY IN



165 min.

SERVINGS



8

CALORIES



2134 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon five spice powder chinese
- ☐ 0.5 cup basil
- ☐ 1 cup cornstarch
- ☐ 1 tablespoon fish sauce
- ☐ 0.8 cup ginger fresh unpeeled coarsely chopped
- ☐ 3 tablespoons garlic minced
- ☐ 8 servings sauce

- ☐ 6 tablespoons soy sauce reduced-sodium
- ☐ 4 pounds pork spareribs louis-style trimmed cut in half across the bone*
- ☐ 8 servings crossing over quintessential american desserts
- ☐ 6 tablespoons rice wine dry
- ☐ 0.8 cup soya sauce
- ☐ 3 star anise
- ☐ 6 tablespoons sugar
- ☐ 0.5 cup rice vinegar red chinese
- ☐ 0.3 cup vegetable oil for deep-frying for cooking in wok

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ wok
- ☐ spatula
- ☐ tongs
- ☐ colander

Directions

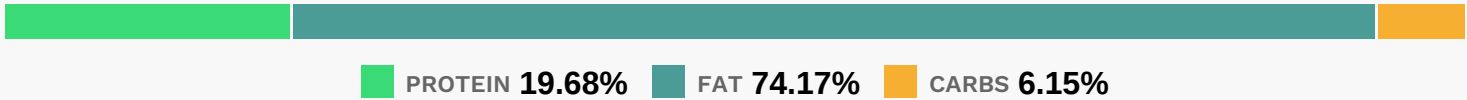
- ☐ Cut apart between bones. Rinse and put in a 6- to 8-qt. pot.
- ☐ Add 2 1/2 qts. water, cover, and bring to a boil. Skim and discard any foam.
- ☐ Add mushroom soy sauce, rice wine, five-spice powder, star anise, and ginger. Return to a boil, then reduce heat and simmer, covered, until meat is tender, 45 minutes to 1 hour.

- ☐ Strain rib mixture through a colander set over a large bowl. Set bowl of braising liquid in a larger bowl of ice water.
- ☐ Let ribs and seasonings cool in colander, then return to liquid and chill, covered, at least 4 and up to 12 hours.
- ☐ Meanwhile, make sauce: In a small bowl, stir together sugar, reduced-sodium soy sauce, vinegar, and fish sauce until sugar dissolves. Set aside.
- ☐ Preheat oven to 250 and set a rimmed baking sheet in it.
- ☐ Pour 1 1/2 in. oil into a 5- to 6-qt. pot. Insert a deep-fry thermometer and heat oil over high heat to 35
- ☐ Meanwhile, skim and discard fat from bowl of ribs.
- ☐ Transfer ribs to a colander and discard seasonings. Working with one-quarter of ribs at a time, toss in a medium bowl with 1/4 cup cornstarch. Gently add ribs to oil. Cook until bones are browned and meat is crisp, 2 to 3 minutes.
- ☐ Transfer ribs to baking sheet in oven.
- ☐ Heat a wok or 12-in. frying pan over medium heat.
- ☐ Add 1 tbsp. of remaining 1/4 cup oil. When it's hot, stir in one-quarter of garlic; cook about 15 seconds, then add one-quarter each of ribs and sauce. Cook, stirring with tongs (or a wide metal spatula, if using a frying pan), until sauce thickens and coats ribs well, 1 to 2 minutes. Stir in one-quarter of basil leaves; cook and toss ribs until basil turns bright green, about 15 seconds.
- ☐ Transfer to a platter. Scrape out excess sauce from wok and spoon over ribs.
- ☐ Cook remaining ribs the same way, adding a splash of water and reducing heat if pan starts to scorch.
- ☐ *Ask a butcher to trim and cut the ribs for you. Find mushroom soy sauce, Shaoxing rice wine, Chinese red vinegar, and Thai basil at Asian markets.
- ☐ Make ahead: Up to 1 day through step 3 (drain ribs after 12 hours).
- ☐ USE PORK SPARERIBS AND BEEF SHORT RIBS. More generously marbled than pork baby back ribs, country-style spareribs, or regular beef ribs, they're noticeably more juicy and flavorful.
- ☐ TRIM SPARERIBS ST. LOUIS-STYLE. Meaning, trim them into a tidy, rectangular shape that cooks evenly. Ask a butcher to trim them, or do it yourself: On the bony side, trim the flap of meat from the center, flush with the bones. Then cut the rack lengthwise between the 4- to 5-in.-wide rib section and the chewy skirt (above). Save scraps for soup.

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REMOVE THE MEMBRANE. Pork spareribs have a membrane on the underside that can shrink up and make the meat cook unevenly. It's easy to remove: Slide the tip of a meat thermometer under the membrane at one end to loosen an edge. Pull off membrane with a paper towel (it may come off in pieces) while holding the rack down with your other hand.

Nutrition Facts



Properties

Glycemic Index:32.51, Glycemic Load:6.96, Inflammation Score:-4, Nutrition Score:44.829130514808%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 2134.02kcal (106.7%), Fat: 173.85g (267.46%), Saturated Fat: 68.72g (429.5%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 31.69g (11.52%), Sugar: 9.92g (11.02%), Cholesterol: 481.44mg (160.48%), Sodium: 2235.2mg (97.18%), Alcohol: 1.81g (100%), Alcohol %: 0.31% (100%), Protein: 103.79g (207.58%), Selenium: 120µg (171.43%), Vitamin B6: 2.9mg (145.17%), Zinc: 21.39mg (142.58%), Vitamin B3: 26.97mg (134.85%), Vitamin B12: 7.07µg (117.88%), Vitamin B2: 1.48mg (87.26%), Phosphorus: 862.77mg (86.28%), Vitamin B1: 1.05mg (70.15%), Iron: 9.76mg (54.23%), Potassium: 1582.28mg (45.21%), Vitamin D: 6.02µg (40.11%), Magnesium: 133.16mg (33.29%), Copper: 0.51mg (25.46%), Vitamin K: 24.81µg (23.63%), Vitamin B5: 1.58mg (15.85%), Manganese: 0.31mg (15.37%), Vitamin E: 1.48mg (9.89%), Calcium: 98.43mg (9.84%), Folate: 24.5µg (6.13%), Vitamin A: 157.61IU (3.15%), Fiber: 0.76g (3.04%), Vitamin C: 1.8mg (2.18%)