



## Cook the Book: Thyme-Glazed Baby Back Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1131 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 pounds baby back ribs
- ☐ 4 servings pepper black freshly ground
- ☐ 2 teaspoons peppercorns black
- ☐ 2 cups carrots ( 4 large)
- ☐ 4 servings ground pepper
- ☐ 2 teaspoons pepper
- ☐ 1.5 cups honey
- ☐ 1 large leek

- ☐ 2 cups onion ( )
- ☐ 1 cup red wine vinegar
- ☐ 0.3 cup sea salt for sprinkling fine
- ☐ 5 star anise
- ☐ 8 thyme sprigs

## Equipment

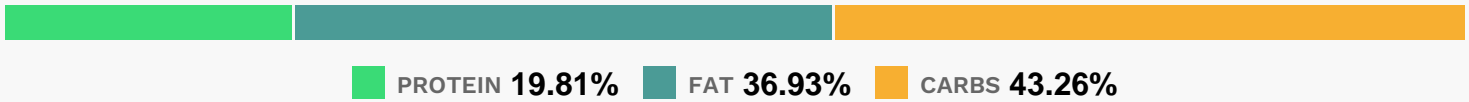
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ stove
- ☐ microwave
- ☐ cheesecloth

## Directions

- ☐ Cut each rack of ribs crosswise into 2 pieces, and place in a large stockpot.
- ☐ Add enough cold water to just cover, about 4 quarts.
- ☐ Add the salt; bring to a boil over medium-high heat. As the water heats, skim off any foam that rises, and place it in a bowl. Once no more foam comes to the surface, strain contents of bowl through a fine-mesh strainer back into pot; discard scum remaining in strainer.
- ☐ Meanwhile, cut off the green portions of the leek (discard or reserve for another use) and the root end. Split the leek lengthwise; rinse under warm water to remove any dirt, and set aside.
- ☐ Place the star anise, chile flakes, peppercorns, and 4 of the thyme sprigs on a square of cheesecloth; tie into a bundle.
- ☐ Once there is no more foam in the stockpot, add spice bundle, leek, onions, carrots, 1 cup of the honey, and the vinegar to pot. Partially cover pot, and reduce heat to keep the liquid at

- just under a simmer; there should be only very light bubbling at edges of pot. Cook 45 minutes or until the meat is tender but not yet falling from bones.
- ☐ Remove pot from heat; cool ribs completely in the liquid.
  - ☐ Preheat oven to 425°F. Line a baking sheet with a Silpat baking mat or parchment paper.
  - ☐ Remove meat from cooking liquid; drain on paper towels, discarding liquid. Scrape away and discard any silverskin remaining on underside of ribs. Dry ribs completely.
  - ☐ Warm the remaining 1/2 cup honey in the microwave or on the stove until liquefied.
  - ☐ Add cayenne pepper to taste.
  - ☐ Brush both sides of ribs with half the honey; sprinkle with the thyme leaves, salt, and black pepper.
  - ☐ Place ribs meaty side up on prepared baking sheet.
  - ☐ Bake ribs about 30 minutes or until the tops are lightly caramelized and shiny.
  - ☐ Serve a half rack per person or cut into individual ribs.
  - ☐ Place ribs on a platter, brush with the remaining honey, and garnish with remaining thyme sprigs.
  - ☐ Photograph courtesy Artisan Books

## Nutrition Facts



## Properties

Glycemic Index:76.03, Glycemic Load:59.78, Inflammation Score:-10, Nutrition Score:42.916086818861%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.39mg, Quercetin: 16.39mg, Quercetin: 16.39mg, Quercetin: 16.39mg

## Nutrients (% of daily need)

Calories: 1130.92kcal (56.55%), Fat: 47.76g (73.48%), Saturated Fat: 16.73g (104.54%), Carbohydrates: 125.89g (41.96%), Net Carbohydrates: 120.15g (43.69%), Sugar: 111.96g (124.4%), Cholesterol: 197.18mg (65.73%), Sodium: 9759.24mg (424.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.65g (115.31%), Vitamin A: 12367.4IU

(247.35%), Selenium: 90.01µg (128.59%), Vitamin B3: 20.72mg (103.6%), Vitamin B1: 1.42mg (94.34%), Vitamin B6: 1.56mg (78.22%), Vitamin B2: 1.03mg (60.6%), Zinc: 8.12mg (54.13%), Phosphorus: 523.44mg (52.34%), Manganese: 0.89mg (44.58%), Potassium: 1279.38mg (36.55%), Iron: 5.25mg (29.14%), Vitamin B5: 2.79mg (27.87%), Vitamin B12: 1.6µg (26.67%), Vitamin K: 25.65µg (24.43%), Copper: 0.48mg (23.82%), Fiber: 5.74g (22.97%), Vitamin C: 18.3mg (22.18%), Magnesium: 86.6mg (21.65%), Vitamin D: 3.14µg (20.96%), Calcium: 190.91mg (19.09%), Vitamin E: 2.33mg (15.54%), Folate: 47.96µg (11.99%)