



## Mixed Grill with Sweet and Spicy Bourbon Sauce

 Dairy Free

READY IN



375 min.

SERVINGS



8

CALORIES



1239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 5 pounds baby back ribs
- ☐ 1 cup beef broth
- ☐ 4 pounds beef ribs trimmed
- ☐ 2 tablespoons bourbon
- ☐ 8 strips. with skin and bones
- ☐ 3 tablespoons chili powder
- ☐ 1 tablespoon chili sauce hot () (such as sriracha)

- ☐ 0.8 teaspoon kosher salt
- ☐ 1.3 cups t brown sugar dark packed ( )
- ☐ 2 tablespoons ginger fresh peeled chopped
- ☐ 18 garlic clove pressed peeled
- ☐ 9 spring onion chopped
- ☐ 1 cup blackstrap molasses light ( )
- ☐ 0.8 cup tamari sauce low-sodium (do not use )
- ☐ 6 tablespoons rice vinegar

## Equipment

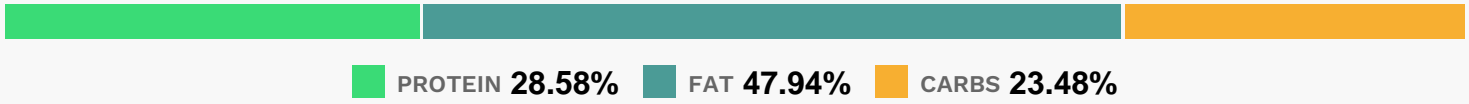
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil

## Directions

- ☐ Place sugar, next 8 ingredients, and 1 1/2 teaspoons freshly ground black pepper in large bowl.
- ☐ Whisk until salt dissolves.
- ☐ Mix in green onions.
- ☐ Sprinkle pork, beef, and chicken on all sides very lightly with coarse salt and pepper.
- ☐ Let stand 30 minutes. Arrange pork rib racks in single layer on large rimmed baking sheet. Arrange beef short ribs in single layer in 13 x 9 x 2-inch metal baking pan. Arrange chicken in another 13 x 9 x 2-inch metal baking pan.

- ☐ Pour 3/4 cup marinade each over pork, beef, and chicken; turn to coat. Marinate 1 hour at room temperature. Cover, chill, and reserve remaining marinade for grilling.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 350°F.
- ☐ Add beef broth to pan with short ribs; turn ribs, meat side down, in broth. Cover pork, beef, and chicken pans tightly with foil.
- ☐ Place pork on lower rack.
- ☐ Place beef and chicken on upper rack.
- ☐ Bake pork and chicken until tender, about 45 minutes.
- ☐ Remove both from oven; open foil. Continue to bake beef until tender, about 1 1/4 hours longer (2 hours total).
- ☐ Remove from oven; open foil.
- ☐ Pour pan juices from pork, beef, and chicken into medium saucepan. Spoon off fat. Boil until reduced to scant 2 cups sauce, 25 to 30 minutes.
- ☐ Add bourbon; return sauce to boil, then remove from heat. Season with salt, pepper, and more hot chili sauce, if desired. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature. Rewarm before serving.
- ☐ Coat grill racks with nonstick spray and prepare barbecue (medium-high heat).
- ☐ Cut pork racks between bones into ribs.
- ☐ Brush all meat with some of reserved marinade. Grill pork, beef, and chicken until slightly charred, brushing with more marinade and turning occasionally, 12 to 15 minutes.
- ☐ Mound pork, beef, and chicken on platter. Pass bourbon sauce alongside.

## Nutrition Facts



## Properties

Glycemic Index:25.13, Glycemic Load:14.88, Inflammation Score:-8, Nutrition Score:49.024782201518%

## Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 1238.68kcal (61.93%), Fat: 65.44g (100.68%), Saturated Fat: 22.69g (141.81%), Carbohydrates: 72.1g (24.03%), Net Carbohydrates: 70.31g (25.57%), Sugar: 66.06g (73.4%), Cholesterol: 331.66mg (110.55%), Sodium: 1997.93mg (86.87%), Alcohol: 1.25g (100%), Alcohol %: 0.25% (100%), Protein: 87.78g (175.56%), Selenium: 109.84µg (156.92%), Vitamin B3: 25.03mg (125.16%), Vitamin B12: 7.36µg (122.61%), Vitamin B6: 2.29mg (114.52%), Zinc: 14.36mg (95.74%), Phosphorus: 841.28mg (84.13%), Vitamin B1: 1.12mg (74.46%), Vitamin B2: 1.04mg (61.03%), Potassium: 2124.29mg (60.69%), Magnesium: 210.77mg (52.69%), Iron: 9.36mg (51.99%), Manganese: 1.03mg (51.54%), Vitamin B5: 3.69mg (36.91%), Copper: 0.65mg (32.73%), Vitamin K: 33.7µg (32.1%), Vitamin A: 1164.88IU (23.3%), Calcium: 232.04mg (23.2%), Vitamin D: 2.08µg (13.85%), Vitamin E: 1.93mg (12.87%), Fiber: 1.79g (7.16%), Folate: 28.23µg (7.06%), Vitamin C: 5.05mg (6.12%)