



Smoked Baby Back Ribs with Hoisin-Honey Glaze

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon five spice powder chinese
- 4.5 pound baby back ribs
- 2 tablespoons black bean garlic sauce
- 0.5 cup cooking sherry
- 6 garlic clove minced
- 0.5 cup hoisin sauce
- 0.5 cup honey

- 0.5 cup oyster sauce
- 0.5 cup soya sauce

Equipment

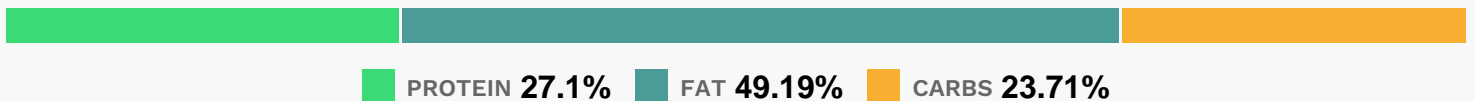
- frying pan
- baking sheet
- knife
- whisk
- loaf pan
- roasting pan
- kitchen thermometer
- aluminum foil
- spatula
- tongs
- candy thermometer
- oven mitt

Directions

- Whisk first 9 ingredients in large roasting pan to blend.
- Add ribs to pan; turn to coat. Chill overnight, turning ribs occasionally.
- Remove ribs from marinade, reserving marinade.
- Place handful of torn newspaper in bottom of charcoal chimney. Top with 30 charcoal briquettes.
- Remove top rack from barbecue.
- Place chimney on lower barbecue rack. Light newspaper; let charcoal burn until ash is gray, about 30 minutes.
- Open bottom barbecue vent. Turn out hot charcoal onto 1 half of bottom rack. Using metal spatula, spread charcoal to cover approximately 1/3 of rack. Fill foil loaf pan halfway with water and place opposite charcoal on bottom rack.

- Place top rack on barbecue. Arrange ribs on top rack above water in loaf pan. Cover barbecue with lid, positioning top vent directly over ribs.
- Place stem of candy thermometer through top vent, with gauge on outside and tip near ribs (thermometer should not touch meat or barbecue rack); leave in place during cooking. Use top and bottom vents to maintain temperature between 250°F and 300°F, opening vents wider to increase heat and closing to decrease heat. Leave any other vents closed. Check temperature every 10 minutes.
- Cook ribs until meat is very tender when pierced with knife, turning ribs and basting with reserved marinade every 20 minutes, about 1 hour 30 minutes total. Open barbecue only when necessary (to baste meat, for instance) and close quickly to minimize loss of heat and smoke. After first 30 minutes of cooking, use technique described earlier to light additional 15 charcoal briquettes in same charcoal chimney set atop nonflammable surface.
- If cooking temperature drops below 250°F, use oven mitts to lift off top rack with ribs and place on heatproof surface. Using tongs, add half of hot gray charcoal from chimney to bottom rack. Replace top rack on barbecue, placing ribs above water in loaf pan. Cover with lid.
- Transfer ribs to baking sheet; let stand 10 minutes.
- Cut meat between bones to separate ribs and serve.
- *Available at Asian markets and in the Asian foods section of many supermarkets.

Nutrition Facts



Properties

Glycemic Index:19.55, Glycemic Load:12.64, Inflammation Score:-3, Nutrition Score:24.92260871698%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 666.17kcal (33.31%), Fat: 36.05g (55.47%), Saturated Fat: 12.54g (78.37%), Carbohydrates: 39.09g (13.03%), Net Carbohydrates: 37.79g (13.74%), Sugar: 30.56g (33.96%), Cholesterol: 148.57mg (49.52%), Sodium: 2168.31mg (94.27%), Alcohol: 2.06g (100%), Alcohol %: 0.79% (100%), Protein: 44.69g (89.39%), Selenium: 67.9µg (97%), Vitamin B3: 15.93mg (79.63%), Vitamin B1: 1mg (66.79%), Vitamin B6: 1.02mg (50.83%), Vitamin B2: 0.77mg (45.57%), Zinc: 5.76mg (38.38%), Phosphorus: 378.94mg (37.89%), Vitamin B12: 1.28µg (21.32%), Vitamin B5: 1.89mg (18.93%), Potassium: 653.8mg (18.68%), Vitamin D: 2.36µg (15.72%), Iron: 2.8mg (15.58%), Copper: 0.3mg (15.09%), Manganese: 0.29mg (14.3%), Magnesium: 52.18mg (13.04%), Calcium: 94.9mg (9.49%), Fiber: 1.3g (5.22%), Vitamin E: 0.58mg (3.87%), Folate: 12.54µg (3.13%), Vitamin C: 1.26mg (1.53%)