



Sweet-and-Sour Balsamic-Glazed Spareribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1836 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups balsamic vinegar (don't waste your best balsamic here)
- ☐ 1 can beer dry (preferably)
- ☐ 0.5 cup t brown sugar dark
- ☐ 4 sprigs thyme sprigs fresh
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup coarse mustard
- ☐ 0.5 cup honey
- ☐ 2 cups catsup

- ☐ 4 servings kosher salt
- ☐ 1 tablespoon blackstrap molasses
- ☐ 1 onion diced red
- ☐ 2 racks spare ribs
- ☐ 0.5 cup water
- ☐ 1 tablespoon worcestershire sauce

Equipment

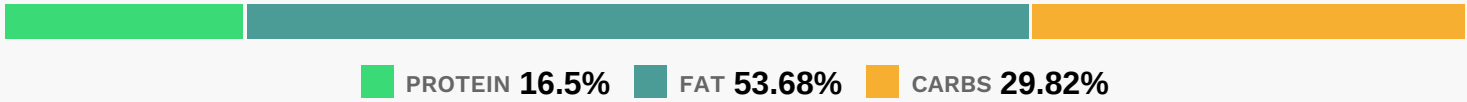
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the oven to 250°F and place each rack of ribs on a square of aluminum foil.
- ☐ Sprinkle the ribs generously with salt, add a few sprigs of thyme to each, and then wrap well.
- ☐ Place the rib packets on a cookie sheet and bake for 3 to 4 hours, until the ribs are extremely tender. Allow the ribs to cool slightly in their packets before opening.
- ☐ To make the glaze, combine all of the ingredients in a large pot on medium-low heat. Allow to simmer, stirring every so often, for a few hours, until the sauce is nice and thick. Set aside.
- ☐ To bring the ribs and glaze together, do the following. Turn on the broiler (if you don't have a broiler, get the oven up to 450°F).
- ☐ Cut the rib racks into individual ribs, place them on a foil-lined cookie sheet or broiler tray, and brush them aggressively with the glaze. Pop them under the broiler and watch them carefully: all that sugar makes them burn very easily! You want the glaze to fuse with the ribs; it takes 3 to 4 minutes. If you're cooking the ribs in the oven, do so just until the glaze begins to bubble, 4 to 5 minutes.
- ☐ Serve the ribs hot with lots of napkins—trust me, you'll need them.
- ☐ * The recipe for the glaze makes enough for up to four racks, so if you have a hungry crew, double the meat.* Keep an eye on the sauce; it has a tendency to bubble up.

Excerpted from Secrets of the Best Chefs: Recipes, Techniques, and Tricks From America's Greatest Cooks by Adam Roberts (Artisan Books). Copyright © 2012 by Adam Roberts; styled food photography copyright © 2012 by Johnny Miller. Recipe inspired by Vinny Dotolo & Jon Shook.

Nutrition Facts



Properties

Glycemic Index:80.19, Glycemic Load:35.55, Inflammation Score:-9, Nutrition Score:45.495652012203%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 1835.65kcal (91.78%), Fat: 107.18g (164.89%), Saturated Fat: 34.33g (214.57%), Carbohydrates: 133.93g (44.64%), Net Carbohydrates: 132.16g (48.06%), Sugar: 116.42g (129.35%), Cholesterol: 364mg (121.33%), Sodium: 1931.65mg (83.98%), Alcohol: 3.47g (100%), Alcohol %: 0.45% (100%), Protein: 74.13g (148.27%), Selenium: 108.77µg (155.38%), Vitamin B6: 2.97mg (148.46%), Vitamin B3: 23.69mg (118.47%), Vitamin B1: 1.52mg (101.38%), Vitamin B2: 1.41mg (82.93%), Zinc: 12.03mg (80.2%), Phosphorus: 751.29mg (75.13%), Vitamin D: 10.47µg (69.77%), Potassium: 1884.08mg (53.83%), Iron: 7.08mg (39.31%), Magnesium: 141.46mg (35.37%), Manganese: 0.66mg (32.99%), Vitamin B5: 3.14mg (31.38%), Copper: 0.61mg (30.58%), Vitamin B12: 1.75µg (29.11%), Vitamin E: 3.5mg (23.34%), Calcium: 197.81mg (19.78%), Vitamin A: 678.25IU (13.56%), Vitamin C: 10.01mg (12.13%), Fiber: 1.76g (7.05%), Folate: 24.43µg (6.11%), Vitamin K: 4.02µg (3.83%)