

A JOCK'S GUIDE

Asian Pork Ribs

Source: Karolyn Jung

Ingredients:

1/2 cup Rice Wine
1/2 cup Hoisin sauce(add more or less to taste)
1/4 Soy Sauce (I use light or organic)
1-2 tablespoons honey/agave
3 garlic cloves
Pepper
Pork ribs (whatever cut you prefer and FYI you can use this marinade on chicken then make lettuce wraps!)

Directions:

1. Remove the membrane from the pork ribs and chop ribs to about 3-4 bones per piece
2. Mix rice wine, Hoisin, soy sauce, honey or agave (or mix of both) and crushed garlic
3. Pour over ribs and coat generously. Set all extra marinade aside for later.
4. Marinate overnight or longer (12 hours or more)
5. Preheat oven to 350 degrees
6. Place ribs in a roasting pot.
7. Baste the ribs with some of the extra marinade while in the roasting pot so the excess stays in the pot and keeps the ribs moist.
8. Cover the roasting pot with tin foil and then cover with lid.
9. Cook ribs for 45 min. Take them out of oven and pour cooked marinade into a clean dish (to save for later).

GAME DAY STRATEGIES FROM THE JOCK!

DO NOT get overwhelmed by the number of steps. Just go step by step.

**** Save A LOT** of your fresh marinade from the night before, for basting throughout the cooking time!

TOTAL COOKING TIME?

Approximately 2.5 hours.



10. Pour the fresh marinade (the marinade that you set aside earlier from the overnight marinating) over the ribs again.
11. Cook ribs again for another 30-40 min.
12. Repeat step 9.
13. Cook ribs for about 30 min. again and repeat step 9 but pour the rest of the raw marinade over ribs.
13. Cook ribs for about 15-20 min .then check if ribs are cooked- meat should fall off the bone , moist and have a nice dark brown glaze to it.
14. Pour the cooked marinade that you set aside over all the ribs and let the ribs sit for about 10-15 min. in the roasting pot with the lid on.
15. Ready to serve...usually with rice because the sauce goes very well with the rice.
16. Also great to BBQ for a minute in the summer to get a nice slightly crispy coating on the ribs.



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