

# Sticky Chinese Spare Ribs



Preparation time: 15 mins. Cooking time: 60/80 mins. Serves 4.

*Lawrence Keogh's*  
Rediscovering  
Food & Flavours

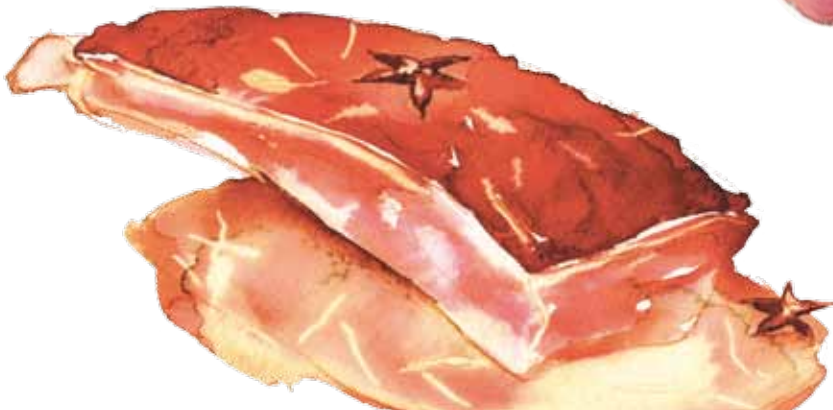
Cooking great food at home has its advantages, not only is it cheaper but you also know what goes into the food, so you can easily adapt the recipe to suit your diet. This version of sticky spare ribs is low in sodium, with the potassium and phosphate coming from the meat. Serve with rice and enjoy.

## INGREDIENTS

- 1kg pork ribs
- 2 onions sliced
- 5 star anise – approx. 4g
- 30g fresh ginger peeled and sliced
- 40g brown sugar
- 10g peeled garlic

### For the Glaze

- 10g ginger
- 1 clove garlic
- 1 star anise
- pepper



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## METHOD

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- Place the ribs in a large pot and cover with cold water, bring to a boil and simmer for approx. 3 minutes to remove impurities.
- Refresh the ribs by running them under a cold tap.
- Place the ribs back in a large pot and add the onions, cinnamon, sugar, ginger, garlic and star anise. Cover generously with cold water.
- Simmer gently for approx. 1 hour or until the ribs are tender.
- Remove the ribs from the pot, and pass the cooking liquid through a strainer (chinois or sieve).
- Reduce the cooking liquid by over  $\frac{3}{4}$ , then add the ribs back to the pot with the glaze ingredients and reduce everything gently; you will notice the sauce you will notice the sauce gets thicker and shinier, eventually forming a gloss over the ribs. Serve with some rice.



## NUTRITIONAL INFORMATION

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Energy (kcal)

**426**

Protein (g)

**57**

Sodium (mmols)

**7.6**

Potassium (mmols)

**25.6**

Phosphate (mg)

**546**

These nutritional values are provided as a guide only and were sourced using McCance and Widdowson's The Composition of Foods. Sixth Summary Edition (2002). Compiled by Food Standards Agency and Institute of Food Research. Published by The Royal Society of Chemistry. Actual values may vary depending upon ingredients, quantities used and cooking methods. The creation, production and delivery of this card has been funded in full by Shire as a service to medicine.