



Asian Style Baked Ribs

Serves 4

1 sparerib pork rack – about 3 pounds

FOR THE MARINADE:

¼ cup sherry

¼ cup soy sauce

¼ cup Hoisin sauce

¼ cup brown sugar

¼ tsp. hot Chinese mustard

1 head garlic cloves – peeled and smashed

FOR THE GLAZE:

1 cup plum marmalade

¼ cup soy sauce

¼ cup rice wine vinegar

½ TBS prepared horseradish

Remove the fascia or membrane from the back of your ribs. You can do so by separating it carefully from the bone and pulling it away with a paper towel. Trim off all the excess fat from the front.

Place all the marinate ingredients in a bowl – except for the garlic. Whisk it well. Add the garlic and mix.

Place the ribs in a large zip bag and pour in the marinade. Make sure the whole rack is coated well. Refrigerate for 24 hours - turning the bag a couple of times.

Heat the oven to 325 degrees. Place the ribs on a rack in a roasting pan. Add some water to the bottom of the pan. Remove the smashed garlic from the marinade and place in the water. Discard the marinade. Cover the ribs with foil and bake for 3 hours.

While the ribs are baking, place all the glaze ingredients in a heavy bottom pan. Whisk until the marmalade has dissolved completely. Bring to a simmer and cook until sauce is reduced and thick.

Remove the ribs from the oven – after 3 hours – and brush with half of the glaze. Return the ribs to oven and continue baking – uncovered – for another hour. Re-glaze the ribs and bake for an additional 30 minutes. Remove from oven and cut. Enjoy with many napkins!

4 ribs - CALORIES 459.74; FAT 34.36 grs (sat 12.61; mono 15.28; poly 3.1); PROTEIN 33.27 grs ; FIBER 0.06 grs; CARBS 2.43 grs; CHOLESTEROL 137.21 mg; IRON 2.22 mg; SODIUM 317.40 mg; CALCIUM 54.66 mg

