

GARLIC RIBS

Time: 75 minutes (plus marinating time)

Serves: 4

Ingredients:

1kg pork side ribs - cut into individual ribs
60g soy sauce plus additional for serving
30g garlic - minced
30g fresh ginger - minced
10g fino sherry
4 green onions - sliced

Preparation:

Place ribs in a non-reactive bowl.

Combine soy sauce, garlic, ginger and sherry, then pour over ribs. Toss ribs to coat evenly, cover and marinate overnight.

Fill a large pot with steamer basket with water to just below the basket. Add the ribs to the basket and cover.

Once steam is visible, reduce heat to just maintain a boil and cook for one hour. Check occasionally and add water if required.

Remove from heat and served topped with additional soy sauce and green onion.

Nutritional Information Per Serving:

Calories: 453
Fat: 35g
Carbs: 0g
Fibre: 0g
Protein: 32g