

a's spicy *Rib Dinner*



Serves 4

Ingredients (Ribs)

2 racks of baby back ribs	2/3 cups (158 ml) soy sauce
1 tbsp. (15 g) fresh ginger, minced	2 cloves garlic, minced
1 tbsp. (15 g) sweet paprika	1/2 tsp. (3 g) cayenne pepper
2 tsp. (10 g) brown sugar	2 tsp. (10 g) salt
Juice and grated zest of one orange, lemon and lime	
2 tsp. (10 g) each of Szechuan peppercorns, coriander seeds, cumin seeds and mustard seeds	

Method (Ribs)

1. Combine the soy sauce, citrus juice, zest, ginger and garlic in a blender and process to a smooth paste.
2. Spread the paste over both sides of the ribs and marinate in a refrigerator for 7 hours.
3. Combine the dry spices in a blender and grind to a fine powder.
4. Remove the ribs from the marinade and blot dry with paper towels.
5. Preheat oven to 200°F/93°C.
6. Rub spice mix on both sides of ribs.
7. Place the ribs in a pan with the orange juice and braise for 6 - 8 hours.
8. Preheat the grill to a medium/high heat.
9. Place the ribs on the grill and glaze with the roasted tomato ginger BBQ sauce.

Ingredients (Roasted Tomato ginger BBQ sauce)

2 oz. (336 g) Paysanne ripe tomatoes, seeded	1 tbsp. (15 g) ginger, minced
Dash of lemon zest	1 hot chili, seeded
1 clove of minced garlic	2 tbsp. (30 ml) soy sauce
2 tbsp. (30 ml) sweet sauce	2 tbsp. (30 ml) honey
1 tbsp. (15 ml) rice vinegar	2 tsp. (10 ml) fresh lemon juice
1/2 cup (125 g) brown sugar	4 tsp. (60 g) mustard
2 green onions, both white and green parts finely chopped	

Method (Roasted tomato ginger BBQ sauce)

1. Preheat oven to 350°F/149°C.
2. Arrange the Paysanne tomatoes on a baking sheet and sprinkle with brown sugar. Roast the tomatoes for 1.5 hours.
3. Put all ingredients in blender and process until smooth.

Flavor Note

For added flavor, toast the spices over medium heat on a dry skillet until fragrant (about 3 minutes).

Nutritional Facts per serving (185 g): Calories 600

Fat 43 g (66%), Saturated Fat 17 g + Trans Fat 0.4 g (87%), Cholesterol 180 mg, Sodium 1110 mg (46%), Carbohydrate 2 g (1%), Fiber 0 g (0%), Sugars 1 g, Protein 47 g, Vit A (2%), Vit C (10%), Calcium (6%), Iron (15%). % = % Daily Value



a's spicy
Rib Dinner