



# Caramelized pork ribs

25'  
Hands on

120'  
Cook Time

2-4  
Portion(s)

1  
Difficulty



## Ingredients

- 800 g pork, baby back ribs
- 1 tablespoon(s) olive oil
- salt
- pepper
- 200 g red wine
- 300 g water
- 1 chicken bouillon cube
- 1 teaspoon(s) garlic, powder
- 1 teaspoon(s) cayenne pepper
- 1 teaspoon(s) mustard, powder
- 1 teaspoon(s) paprika, sweet

For the glaze

- 150 g [homemade ketchup](#)
- 20 g soy sauce
- 2 tablespoon(s) granulated sugar
- 1 tablespoon(s) brown sugar

To serve

- spring onion

## Method

- Place a [wide pot](#) over high heat and add the olive oil.
- Add the pork ribs and season with salt and pepper. Sauté for 2-3 minutes until golden brown.
- Follow the same process for each side of the pork ribs until they are all golden brown.
- Remove the oil from the pot and deglaze with the wine.
- Add the water, the chicken bouillon cube, the garlic, the cayenne pepper, the mustard, and the paprika.
- Close the lid and simmer at low heat for 1 ½-2 hours.
- Preheat the oven to 200° C (390° F) set to fan.
- Remove the meat and transfer it to a [baking pan](#) with a rack. You have to do this very carefully so that the -softened- bones will not fall apart during the transfer.
- In the pot with the sauce add the ketchup, the soy sauce, the granulated sugar, mix, and simmer for 2-3 minutes until the sauce thickens.
- Spread the sauce on top of the meat using a spoon, sprinkle with the brown sugar, and bake for 6-8 minutes.
- [Cut](#) into pieces, sprinkle with finely chopped spring onion, and serve.

## Διατροφικός πίνακας

Nutrition information per portion

475 Calories (kcal)	26.0 Total Fat (g)	9.6 Saturated Fat (g)	21.0 Total Carbs (g)
24%	37%	48%	8%
20.0 Sugars (g)	39.0 Protein (g)	0.6 Fibre (g)	5.3 Sodium (g)
22%	78%	2%	88%