



Korean Style BBQ Sauce

10'
Hands on

4-6
Portion(s)

1
Difficulty



Ingredients

For the spareribs

- 6 lamb chops
- 1 pinch salt
- 1 pinch pepper
- 1 tablespoon(s) olive oil

For the sauce

- gochujang
- 2 tablespoon(s) rice vinegar
- 2 tablespoon(s) sesame oil
- 1 teaspoon(s) fish sauce
- 2 tablespoon(s) sesame seeds, toasted

Διατροφικός πίνακας

Nutrition information per 100 gr.

309 Calories (kcal)	29.9 Total Fat (g)	4.6 Saturated Fat (g)	2.9 Total Carbs (g)
15%	43%	23%	1%
2.0 Sugars (g)	4.5 Protein (g)	1.7 Fibre (g)	1.5 Sodium (g)
2%	9%	7%	25%

Method

This recipe is an authentic barbeque sauce and transfers its intense flavors to pork in seconds when used as a marinade!

For the spareribs

- Preheat oven to 210* C (410*F) Fan.
- Season the spareribs with salt and pepper.
- Place a pan over high heat and let it get very hot.
- Add 1 tablespoon of olive oil and the spareribs.
- Sauté for 2 minutes on each side until golden.
- Transfer to a baking pan lined with parchment paper.
- Bake for 4-5 minutes for a medium cooked result.
- When ready, remove from oven and allow them to rest for 5 minutes before serving.

For the Korean style bbq sauce

- Combine all of the ingredients in a bowl and serve alongside cooked spareribs.