



# Soy Glazed Ribs

Hands on



## Ingredients

- 1 ½ kilos beef ribs
- [Creamy Mashed Potatoes](#)

### For marinade:

- 3 cloves of garlic
- 3 ½ tablespoons brown sugar
- 4 tablespoons soy sauce
- 2 ½ tablespoons sesame oil
- 1 ½ tablespoons vegetable oil
- 3 teaspoons ground fresh ginger

## Διατροφικός πίνακας

Nutrition information per 100 gr.

142 Calories (kcal)	5.9 Total Fat (g)	2.8 Saturated Fat (g)	8.1 Total Carbs (g)
7%	8%	14%	3%
1.7 Sugars (g)	13.8 Protein (g)	0.76 Fibre (g)	0.45 Sodium (g)
2%	28%	3%	8%

## Method

Spareribs are a cut of beef that is very tough and needs a long time to cook in order to become tender. The marinade lends a caramel color and helps tenderize the meat.

- Use a knife to remove the top white layer covering the meat. It is a thin but very tough membrane.
- Cut between each bone, vertically, separating the ribs. Transfer to a bowl.
- Add all of the ingredients for the marinade to a food processor. Beat until all of the ingredients are completely incorporated. Transfer to bowl with ribs. Toss to coat. Cover bowl with plastic wrap. Refrigerate overnight or for at least 2 hours.
- Preheat oven to 140\* C (280\* F) Fan.
- Line a baking pan with parchment paper. Spread the ribs out along with the marinade, bone side up. Cover the baking pan with aluminum foil.
- Bake for 3 hours.
- After 3 hours, remove aluminum foil and raise temperature to 180\* C (350\* F) Fan. Bake for another 30 minutes, until the beef turns golden brown.
- When the ribs are ready, serve over [creamy mashed potatoes](#).

## Tip

Sesame oil is sold in small bottles. It is not the kind for frying sold in large bottles. It is a thick oil with an intense sesame aroma and flavor. You can find it in deli's or Asian grocery stores.