

BBQ Pork Ribs - Chinese Style

November 18th, 2020

This recipe serves: 4

Prep Time: 02:00

Cook Time: 00:45

Chinese Style BBQ Ribs are a traditional dish that can take hours to prepare. Fortunately, with the inclusion of an Instant Pot to cook the ribs, you can make tender, fall off the bone ribs, without sacrificing flavor or time.

Ingredients:

5 to 6 pounds Pork Ribs - 2 racks, St. Louis-style, cut into individual ribs

2 Tablespoons Toasted Sesame Oil

Sauce Ingredients

6 inch length (2 ounces) Fresh Ginger, peeled and sliced thin

8 Cloves (4 Teaspoons) Garlic, finely minced or 1 Teaspoon Garlic Powder

1 Cup Honey

3/4 Cup Hoisin Sauce

1/2 Cup Soy Sauce

1/2 Cup Chicken Stock

1/4 Cup Apple Juice

1 Tablespoon Apple Cider Vinegar

2 Teaspoons Five-Spice Powder

Garnish Ingredients

2 Scallions, finely diced

Red Pepper, to taste

Directions:

Mix the sauce, then follow EITHER the Instant Pot Method OR the Stove Top Method.

Glaze the ribs and then finish them in the oven.

Mix the Sauce

Pulse ginger and garlic in food processor until finely chopped, 10 to 12 pulses, scraping down sides of bowl as needed.

Transfer ginger-garlic mixture into a medium-sized bowl.

Add Honey, Hoisin, Soy Sauce, Chicken Stock, Apple Juice, Apple Cider Vinegar, and Five-Spice Powder. Whisk until combined.

Instant Pot Method

Pour the sauce into a large bowl.

Add Ribs and stir to ensure that each rib is fully coated in the sauce.

Remove the stainless steel Insert from a large Instant Pot (5 Quarts or larger).

Stand each rib upright inside the Insert so that the ribs run all around the inside.

Finish standing all the ribs in the insert.

Pour the sauce over the ribs, ensuring that each rib is drenched in sauce.

Seal the Instant Pot, pressurize and cook on High for 20 minutes.

When the timer ends, allow the pressure to release on its own for another 30 minutes.

Release any remaining steam and open the Instant Pot.

Stove Top Method

Pour the sauce into a large bowl.

Add Ribs and stir to ensure that each rib is fully coated in the sauce.

Move all the ribs into a large Pot (5 Quarts or larger).

Pour the sauce over the ribs, ensuring that each rib is drenched in sauce.

Cover and place over low heat and simmer the ribs for 90 minutes, stirring occasionally to cover the ribs with sauce.

Glazing the Ribs

Move each Rib from the Instant Pot or the Pot into a large bowl.

Pour the sauce through a fine-mesh strainer, to filter out all solids, into a medium saucepan.
Add the Sesame Oil.

Bring the sauce to a boil, then reduce until the sauce begins to thicken into a syrup. Monitor the sauce to ensure that it doesn't boil over. The reduction could take anywhere from 20 minutes to an hour.

Finish in the Oven

Move oven rack to middle position and preheat to 425° Fahrenheit.

Line a rimmed baking sheet with aluminum foil. Place a wire rack into the baking sheet.

Pour 1/2 cup of water into the baking sheet. This will catch drippings and prevent smoke in the oven.

Take each rib and drop it into the glaze, coating it thoroughly. Arrange ribs (bone side up) on the prepared baking sheet, so that they are close together but not touching. If all the ribs do not fit, you will need to make multiple batches.

Roast until the glaze starts to caramelize, about 7 minutes. Turn over each rib and continue to roast about another 6 minutes.

Plate the ribs and sprinkle with finely diced scallions and red pepper powder, if desired.