

## SWEET AND SOUR CHINESE SPARE RIBS

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Preparation Time ; 30 minutes

Cooking Time; 1 hour

This recipe will fill three containers of 1.25 cups each. (Three portions)

To do a bigger recipe, just add 1 or 2 jars of VH SAUCE for RIBS and 1 or 2 kg of Ribs. No need to add or change any of the other ingredients. For a bigger recipe you will need a bigger cooking pot then just a 4 quarts cooking pot.

### INGREDIENTS FOR THE SAUCE.

- 6 Clove of garlic finely chopped.
- 3 Table Spoon of Olive Oil.
- 3 Jars of 341 ml of **VH SAUCE for RIBS.** (Medium)
- ½ Cup of molasses (regular).
- 1 ¼ Cup of white vinegar.
- ½ Cup of water.



In a 4 quart cooking pot, (or bigger) put only the Oil and the garlic for now and **brown the garlic lightly** at medium heat and then add all the other ingredients above and put aside for now. Be extra careful not to burn the garlic.

### THE RIBS.

**I suggest buying Back Ribs instead of Side Ribs. Back Ribs have more meat and less fat and are also less expensive then Side Ribs. I get the Ribs cut at about 2 inch long.**

1 to 1.5 Kilogram of Pork Back Ribs  
(cut ribs into individual pieces.)

- ¼ Cup of Olive Oil.



In a large pan with high side, Brown the ribs on all sides with the Olive Oil **at medium to heat.** Do not put all the ribs at once, only enough at one time just to cover the bottom of the pan. Transfer the Ribs as they are browned in the cooking pot containing the Sauce and put more ribs in the pan until all the ribs are browned.

Bring the sauce to a light boil at medium heat then reduce the heat to low and place the cover partially open on the pot and let simmer for one hour. **(ATTENTION) This sauce will over boil very easy** so always keep a close eye on the boil. Count the time from the time of the first boil and let simmer for one hour. Stir slowly every five minutes and after one hour the ribs will be ready and the meat will start to curl up at the ends of the bones. At this point the ribs are ready for consumption but they will be much tender and have a much better taste if they are cool down in the sauce and put in the fridge and re heated the next day. This is like a next day recipe.

Remove the ribs with a pierced spatula and place the ribs in equal portions in all the containers. Cover the ribs with enough sauce over them and stir the sauce before each pouring of the sauce into the containers and do not forget to leave one inch of space in the containers for the freezer. Let cool down at room temperature for one hour then put the lids on and transfer the containers in the fridge.

The remaining extra sauce can be frozen to be used in a next batch of Ribs, and there would be no need to add anything else but that next batch should be consumed the same day not refrozen.

**BON APPÉTIT**