KIKKOMAN

Spiced Apple & Soy BBQ Ribs

Total time **140 mins** **20 mins** preparation time **60 mins** marinating time **60 mins** cooking time

Nutritional facts (per portion):
4,388 kJ / 1,097 kcal

Fat: **46 g** Protein: **118 g**
Carbohydrates: **55 g**

INGREDIENTS

2 portion(s)

1 kg	pork ribs
250 ml	Kikkoman Naturally Brewed Soy Sauce
125 ml	apple juice
3	cm ginger
3	cloves garlic
1	anise star
3	cardamom pods
1	bay leaf
3	allspice berries
1 piece	cinnamon bark
1 tsp	coriander seeds
0.5 tsp	cumin seeds
100 g	brown sugar

PREPARATION

Step 1

Put the soy sauce and the juice in a saucepan. Add spices and sugar - then bring to a boil. Then add grated ginger and garlic. Remove from the stove and leave to cool.

Step 2

Remove the membrane from the ribs. Cover the meat with marinade and put aside for 1 hour for marinating.

Step 3

Preheat the grill to medium temperature and cook the ribs for 10-15 minutes on each side brushing with the marinade from time to time. Next, wrap the ribs in aluminum foil and continue to cook for another 30-40 minutes until tender.