

Chinese Five-Spice Spare Ribs



These Chinese spareribs are slowly simmered in soy sauce, rice wine and seasonings in the thermal cooker. I blanch the spareribs first in a pot of boiling water and drain before cooking.

INGREDIENTS

- " 1kg pork spareribs, cut into 1 or 2 rib sections**
- " 2-3 tbsp oil for stir-frying**
- " 1 ltr chicken stock**
- " 2 slices ginger, crushed**
- " 2 garlic cloves, crushed**
- " 2 tsp five-spice powder**
- " 4 scallions, each cut into four**
- " 1 ltr of chicken stock**
- " 1/2 cup Chinese rice wine or dry sherry**
- " 1 tbsp light soy sauce**
- " 1 tbsp dark soy sauce**
- " 2 - 3 tbsp soft brown sugar, as desired**

METHOD

- 1. Half fill the inner pot with water and bring to the boil.**
- 2. Carefully put the spare ribs in the water and bring back to the boil.**
- 3. Continue to boil for about 2 minutes, so that the scum rises.**
- 4. Pour the ribs into a colander to drain and rinse them to get rid of any remaining scum.**
- 5. Rinse out the inner pot and add the oil, garlic, ginger and five spice. Heat over a medium heat for about two minutes.**
- 6. Add the ribs and brown on both sides (about 5 minutes total cooking time).**
- 7. Add the stock (make sure the ribs are covered), scallions , rice wine and the two soy sauces.**
- 8. Bring to the boil and then turn down to a simmer.**
- 9. Simmer for 5 minutes with the lid on.**
- 10. Turn off the heat and put the inner pot into the insulated outer container.**
- 11. Shut the lid and leave it to thermal cook for 2-3 hours.**
- 12. To serve garnish the ribs with sliced scallions, and shredded carrot.**
- 13. Serve with rice and some stir fried vegetables.**

NOTE: This recipe is supplied by Chef Dave Knowles from the UK and is described for a 4.5 litre inner saucepan so you will need to adjust quantities if you are using something else.