

Asian Spiced Back Ribs with Honey Soy Glaze



Ingredients

2 racks pork back ribs

Rub:

½ cup / 125 mL packed brown sugar

2 Tbsp / 30 mL ground ginger

1 tsp / 5 mL EACH ground black pepper and garlic powder

½ tsp / 2 mL salt

¼ tsp / 1 mL cayenne pepper

Honey Soy Glaze:

½ cup / 125 mL honey

½ cup / 125 mL sodium-reduced soy sauce

2 tsp / 10 mL prepared yellow mustard

2 tsp / 10 mL Worcestershire sauce

4-5 drops hot pepper sauce

Directions

1. Lift and peel membrane from the back of each rack of ribs.
2. In small bowl, combine rub ingredients until well-blended.
3. Massage ribs all over with rub. Cover loosely with plastic wrap and let stand at room temperature for up to 1 hour.
4. Preheat oven to 350°F. Roast ribs on a rimmed, parchment-lined baking sheet for about 1 ½ hours. Cover loosely with foil if ribs are browning too quickly.
5. In small bowl, thoroughly combine glaze ingredients.
6. Turn off oven. Remove ribs from oven and brush all over with glaze.
7. Wrap each rack in heavy duty aluminum foil. Keep warm and let rest for up to 1 hour in cooled oven.

Tip: To serve as an appetizer, slice racks between bones into single rib portions and arrange on a

platter.

Additional Info

- **Cut:** Ribs
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 150
- **Number of Servings:** 4-6