KIKKOMAN

# Spiced Apple & Soy 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.