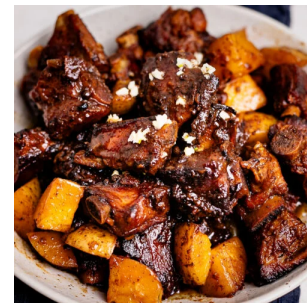


Chinese Red Braised Ribs {Hong Shao Pai Gu}

This Chinese red braised ribs recipe uses an instant pot to cut the cooking time but maintains amazing flavors and tenderness of the ribs.

Prep Time	Cook Time	Total Time
10 mins	45 mins	55 mins



No ratings yet

Course: Main Course Cuisine: Chinese Diet: Gluten Free

Keyword: braised pork belly, chinese food, Chinese pork belly, Chinese recipe, hong shao rou

Servings: 4 -5 Calories: 439kcal Author: Shuang Shuang Liang

Ingredients

- 3 lb ribs Cut in half across the bones
- 1/4 cup water
- 1/4 onion roughly chopped (optional)
- 2 inch ginger roughly chopped
- 1 tbsp Chinese five spices
- 1 tsp salt or to taste
- 1 tbsp Liao Jiu Chinese cooking rice wine (optional)
- 2-3 tbsp coconut aminos or soy sauce

Red Braising

- 1/4 cup cane sugar regular or rock sugar
- 1/4 cup oil
- 2-3 tbsp soy sauce low sodium
- Salt to taste
- 2 cloves garlic minced
- 1 tbsp Lao Chou dark soy sauce (optional)
- 2 medium potatoes cubed (optional)

Instructions

Marinate and Cook the Ribs

1. Get the ribs cut in half from the middle (so the bones are half of the normal length, this can typically be requested at meat counter in grocery stores)
2. Place the ribs in an instant pot. Season with salt, chinese five spice, Shaoxing Wine (optional) and coconut aminos. Add chopped onion, ginger.
3. For best result let it marinate for at least half an hour. Then add 1/4 cup of water in it.
4. Seal and cook on high pressure for 12-15 minutes.*
5. Remove the ribs from the pot and let it cool. Set the broth left in the instant pot aside for later.

Caramelizing the Sugar

1. Heat the oil in a wok (a large pan or pot works too) until shimmering and then add the sugar.
2. Cook the sugar over medium to high heat, continue to stir to create caramelization for 4-5 min or until the color is amber. Make sure to stir constantly to prevent burning.
3. Once the color has turned amber- add in the ribs immediately.

Red Braising the Ribs

1. Cut the semi-cooled ribs into individual pieces.
2. Add ribs in to the caralized sugar and oil and stir for a couple minutes to get the carmalized sugar evenly coated around the meat.
3. Once meat has been coated well in the caramelized sugar, allow the meat to sear on both sides for about 1 minute, to get a crispy glaze.
4. Add minced garlic (if using any). Stir and let it release the aroma for another 2-3 minutes.
5. Add the cubed potatoes and stir well.
6. Add 1.5 cups of broth which was set aside, coconut aminos, Lao Chou (dark soy sauce), Liao Jiu (rice wine), and salt to taste to the pot.
7. Close the lid and cook for 25 - 30 minutes or until the sauce has been reduced to a thick, shiny, syrupy liquid.
8. Enjoy!

Notes

* If you choose to use regular soy sauce, you can add less salt to taste.

Nutrition

Serving: 1g | Calories: 439kcal | Carbohydrates: 16g | Protein: 30g | Fat: 36g | Saturated Fat: 8g | Polyunsaturated Fat: 24g | Trans Fat: 1g | Cholesterol: 96mg | Sodium: 937mg | Fiber: 1g | Sugar: 4g

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