



PORK RIBS

INGREDIENTS

2 pounds of pork baby back ribs or short ribs (one large full rack)

SPICE MIXTURE

1 tablespoon Hungarian paprika or smoked paprika

1 tablespoon chili powder

***3-4 garlic cloves, chopped finely
(or 2 teaspoons dried garlic powder)***

1 teaspoon ground cumin

1/4 teaspoon ground cloves

GLAZE MIXTURE

1/2 cup unsweetened pineapple juice

2 tablespoons honey

***2 tablespoons white wine vinegar
(or plain white vinegar)***

1 teaspoon organic chili powder

1/2 teaspoon black pepper

1/2 teaspoon hot pepper flakes

1 teaspoon orange or lemon zest

1 tablespoon tomato paste

2 tablespoons scotch or whiskey

PREPARATION: 10 MINUTES

BAKING: 3 HOURS

6 SERVINGS

*Allow a few hours
for marinating.*

Nutrient Analysis

PER SERVING (1/6 of recipe)

Renal exchange:

2.5 Protein

Calories **253kcal**

Protein **18g**

Carbohydrates **7g**

Fibre **1g**

Total Fat **17g**

Saturated Fat **6g**

Cholesterol **66mg**

Sodium **118mg**

Potassium **331mg**

Phosphorus **158mg**

PREPARATION

- 1** Rub the ribs on both sides with the spice mixture. Place them in a dish, cover with foil and put them in the fridge. Ideally you do this a couple of hours before baking. The longer the ribs marinate, the deeper the flavour!
- 2** Put the ribs on a baking sheet lined with foil. Sprinkle with water.
- 3** Bake for 2 1/2 hours at 200° F (conventional oven).
- 4** Mix all the ingredients for the glaze in a small blender, remove the ribs from the oven and coat the ribs, reserving excess for basting.
- 5** Return the ribs to the oven for 1/2 hour at 325° F. You can also place them on your BBQ on low heat for 15 to 20 minutes, turning and basting twice.

SUGGESTION

*Serve with lemon wedges,
rice and coleslaw for a tasty
summer meal.*

Note: *Left-over ribs make
a great lunch snack!*