

Chinese Style Soy Pork Ribs



Ingredients:

500 gms of pork ribs
1 bulb of garlic
1 cinnamon stick
1 star anise
5 cloves
½ tsp of fennel seeds
1 black cardamon
1 tsp pepper seeds
1 cup of soy sauce
a little sugar
a little cornflour
Spring onions or fresh herbs of your choice

Method:

1. Blanch the pork ribs in hot water to eliminate impurities.
2. Place all ingredients (except ribs, cornflour and onions) into a stock pot leaving the garlic whole.
3. Add sufficient water to cover the ingredients and the ribs which will be added later.
4. Bring liquid to boiling point and then add the ribs.
5. Simmer for an hour or until the meat is tender, but do cook until the ribs fall apart.
6. Adjust the seasoning to taste.
7. Remove the ribs from the pot.
8. Thicken the stock with some cornflour.
9. Pour over the ribs.
10. Garnish with spring onions or herbs to serve.

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