

燒豬排骨 – Grilled Pork Short Ribs

2 人用 (servings)

材料 Ingredients

極上全自然一字排	1 磅	Premium Meat RWA pork back ribs	1 lb
香茅 · 切碎	2 條	Lemongrass, chopped	2 stalks
蒜頭 · 壓碎	2 粒	Garlic, crushed	2 cloves
乾蔥 · 切碎	1 粒	Shallots, finely chopped	2 pcs
薑茸	2½ 湯匙	Ginger, grated	2½ tbsp
紅辣椒 · 去籽切碎	2 支	Thai chili, seeded and thinly sliced	2 pcs
芫茜碎	¼ 杯	Fresh cilantro, chopped	¼ cup
糖	1½ 湯匙	Sugar	1½ tbsp
黑胡椒粉	½ 茶匙	Ground black pepper	½ tsp
蠔油	3 湯匙	Oyster sauce	3 tbsp
菜油	¼ 杯	Vegetable oil	¼ cup

步驟 Directions

1. 煲滾一鍋熱水放入一字排煮 10 - 15 分鐘熄火用冷水沖洗隔乾水份。
2. 在一碗內，將所有醃料攪拌 (香茅、蒜頭、乾蔥、薑茸、紅辣椒、芫茜、糖、黑胡椒粉、蠔油、菜油)。
3. 肋骨放入膠密實袋內加入醃料。放入雪櫃醃 4-6 小時。
4. 預熱焗爐 200°C 約 15 分鐘。
5. 肋骨放在焗盆上放入烤爐烤 30 - 40 分鐘或至肉全熟透。

1. Blanch ribs in boiling water for 10 to 15 minutes, then give it a cold water bath, then drain.
2. In a bowl, combine all marinate ingredients, lemongrass, garlic, shallots, ginger, chili, cilantro, sugar, black pepper, oyster sauce and vegetable oil.
3. Place ribs in large resalable plastic bag and pour in the marinate to leave in the fridge for 4 to 6 hours.
4. Preheat oven to 200°C for about 15 minutes.
5. Place marinated ribs on baking tray and bake for 30 to 40 minutes or until cooked.