



Grilled Ribs with Hoisin-Plum BBQ Sauce

Prep: 20 minutes plus marinating
Grill: 1½ hours • Serves: 6

Ribs

- 2 garlic cloves, minced
- ¼ cup soy sauce
- 2 tablespoons sesame oil
- 2 teaspoons chili garlic sauce
- 2 teaspoons kosher salt
- 1 teaspoon grated fresh ginger
- ½ teaspoon ground cloves
- ½ teaspoon ground mustard
- 2 racks St. Louis pork ribs (about 2 pounds each), membranes removed (see Chef Tip)

Hoisin-Plum BBQ Sauce

- 4 ripe plums, cut in half, pits removed
- 1½ cups hoisin sauce
- ½ cup sliced green onions plus additional for garnish (optional)
- ¼ cup rice vinegar
- ¼ cup soy sauce
- 2 tablespoons ketchup
- 1 teaspoon sesame oil

1. Prepare Ribs: In small bowl, combine garlic, soy sauce, sesame oil, chili garlic sauce, ginger, cloves and mustard. Rub mixture over ribs; cover and refrigerate at least 2 hours or overnight.

2. Preheat outdoor grill with all the burners on high. Once preheated, turn off 1 of the burners for a 2-burner grill, or center burner for a 3-burner grill. Reduce remaining burners to medium low. Place ribs over unlit part of the grill; cover and cook 1½ to 2 hours or until meat easily pulls away from bone, turning every 20 minutes.

3. Meanwhile, prepare Hoisin Plum-BBQ Sauce: Place plums over lit part of grill; cook 10 minutes, turning once halfway through cooking. Remove plums from grill; let cool and cut into ½-inch pieces.

4. In small saucepot, heat hoisin, onions, vinegar, soy sauce, ketchup, sesame oil and plums to simmering over medium heat; simmer for 20 minutes. Makes about 4 cups.

5. Turn all burners to medium-high heat. Brush ribs with sauce; turn and cook 2 minutes. Brush ribs with sauce; turn and cook an additional 2 minutes. Serve ribs with remaining sauce; garnish with onions, if desired.

Approximate nutritional values per serving:
 845 Calories, 50g Fat (18g Saturated),
 189mg Cholesterol, 3091mg Sodium,
 37g Carbohydrates, 3g Fiber, 49g Protein

Chef Tip

Removing the thin, papery membrane on the underside of the ribs prior to applying a marinade allows a rub or marinade to penetrate the meat. To remove membrane from ribs, turn the ribs bone-side-up. With a sharp paring knife, carefully lift up the edge of the membrane from a corner of the slab. Work your fingers between the membrane and ribs to loosen. Grab the membrane with a paper towel and pull across the slab to remove.

Dietitian's Dish

- > Replace ribs with tenderloin, top loin, or sirloin cut for lower fat and calories.
- > Cut back sodium by swapping lower sodium soy sauce for regular.