

Braised Pork Ribs with Vegetables



Makes:

8 servings

Utensil:

Saladmaster Food Processor

12" Electric Oil Core Skillet

3.5 Qt. Double Walled Bowl

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Recipe:

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Recipe Description:

Ordinarily when braising, the longer meat marinates and cooks, the more tender the results. To skip the effort and save time, use the Saladmaster Electric Skillet for quicker braising. It allows the marinade to spread into the meat while preserving all it's juices, making the meat moist and soft.

The cut of meat also affects cooking time and tenderness. This Saladmaster recipe uses a cut of meat otherwise known as country style ribs, but you can also substitute by using thickly sliced pieces of picnic pork shoulder or boston butt.

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- 2 lbs
- pork ribs, boneless
- 1 sweet potato, process, use Cone #3
- 1 potatoes, process, use Cone #3
- 1 carrots, process, use Cone #3
- 1 onion, strung, use Cone #2
- 4 baby portobello mushrooms, sliced, use Cone #4

1 hot pepper, sliced
 1 dried red pepper, rehydrated and sliced
 1 spring onion, sliced, both green and white parts
 1 bell pepper, diced
 6 tbsp
 soy sauce
 2 tbsp
 sugar
 2 tbsp
 corn starch, dissolved in 3 tbsp of water
 1 tbsp
 rice wine vinegar
 1 tbsp
 ginger, shredded, use Cone #1
 ½ tsp
 black pepper
 1 tbsp
 sesame oil
 2 tbsp
 garlic, shredded, use Cone #1
 1 tbsp
 hot pepper, minced

Directions:

1. Soak the pork ribs in cold water to remove any blood
2. Preheat skillet to 400 F / 200 C . Sear the ribs front and back in your skillet and remove excess oil.
3. To make the sauce, add the soy sauce, rice wine vinegar, cornstarch, sesame oil, hot pepper, ginger, garlic, sugar and pepper to a bowl and whisk to combine.
4. Add vegetables and sauce and combine. Cover and reduce heat to 300 F / 150 C and continue to cook.
5. When Vapo-Valve™ begins to click steadily, reduce heat to 200 F / 95 C and cook for 30 minutes or until ribs are tender.
6. Serve as is or over rice. Garnish with green onions.

Nutritional Information per

▼ Serving

Calories: 268
Total Fat: 8g
Saturated Fat: 6g
Cholesterol: 89mg
Sodium: 893mg
Total 19g
Carbs:
Dietary Fiber: 3g
Sugar: 4g
Protein: 26g