

Meat Cookery Media Project

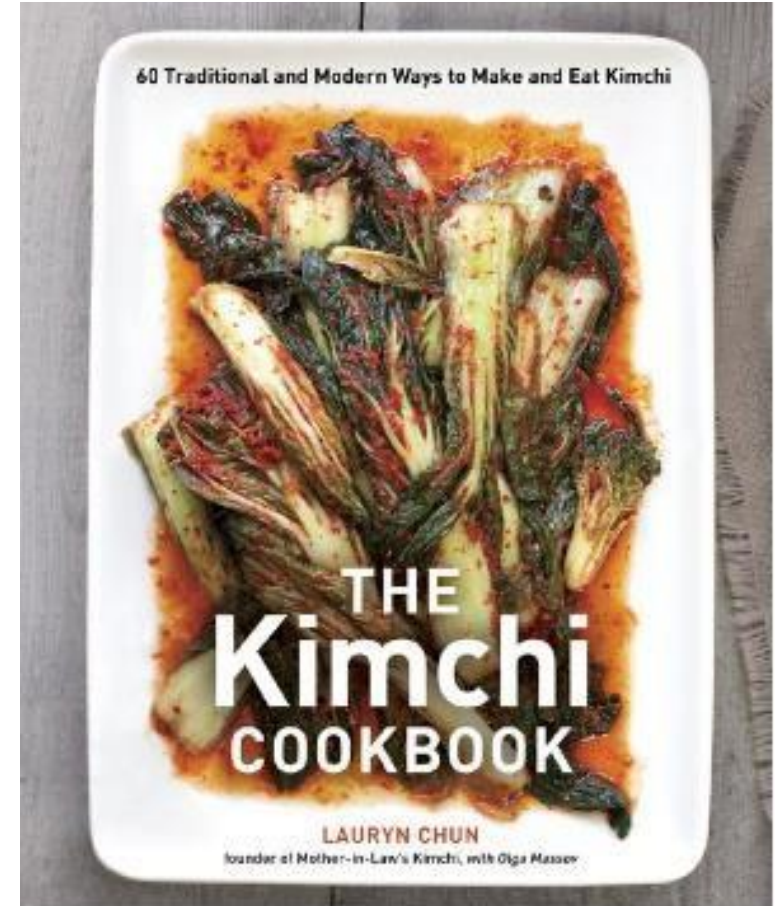
5/31/2015

Why was this recipe chosen?

For my project, I chose a recipe out of The Kimchi Cookbook, by Lauryn Chun: kimchi oven-baked baby back ribs.

My motivation for choosing this recipe was threefold:

- The book was a Christmas present from my dad.
- I had a lot of kimchi juice saved up and was looking for a way to use it.
- The recipe looks really tasty.



Kimchi Oven-Baked Baby Back Ribs*

Kimchi Oven-Baked Baby Back Ribs

Did you know that you can make a barbecue glaze using kimchi juice? The recipe couldn't be simpler. Mike Suppa, the executive chef at Todd English's Plaza Food Hall and a fan of our kimchi, told me about his popular baby back ribs. He collects leftover kimchi juice, marinates the ribs in the juice for two days, and then slow cooks them to perfection. Right before serving, he reduces the juice with sugar for a tangy sweet-and-sour glaze. What you get are delicious, falling-off-the-bone ribs with a hint of delicate kimchi flavor.

- › **Prep:** 4½ hours, plus 2 days for marinating
- › **Makes 2 main-course servings, 4 appetizer servings**

2 pounds baby back ribs
1½ cups kimchi juice, divided
3 tablespoons sugar
1 teaspoon Korean chile pepper flakes (optional)

*This recipe can be found in The Kimchi Cookbook, by Lauryn Chun, 2012 (ISBN 978-1607743354):

Kimchi Oven-Baked Baby Back Ribs, continued

Place the ribs in a large resealable bag and add 1¼ cups of the kimchi juice. Squeeze the air out of the bag, seal, and marinate, refrigerated, for 48 hours.

Position a rack in the middle of the oven and preheat the oven to 300°F. Discard the marinade and place the ribs in an ovenproof dish or a roasting pan. Sprinkle the ribs with 1 tablespoon of the sugar. Cover the dish with foil and slow cook the ribs for 3 hours. Check periodically to ensure that the sugar is not burning in the pan. (If you catch the sugar burning, add some water to the pan.) Remove from the oven and transfer the ribs to a plate.

To make the glaze, strain the roasting juices through a fine-mesh strainer into a small pot. Add the remaining kimchi juice, the remaining sugar, and the chile pepper flakes and bring the mixture to a boil. Boil, stirring occasionally, for about 20 minutes, until the juice has thickened and reduced by half. Remove from the heat. Place the ribs back in the baking dish and, using a pastry brush, generously brush the glaze over the ribs. Broil the ribs for 2 minutes, until the glaze is thick and set. Watch the ribs carefully, checking after 1 minute to be sure they aren't charring. Remove from the broiler and allow to rest for 10 minutes. Serve hot or warm.

Ingredients

- 2 pounds baby back ribs
- 1 ½ cups kimchi juice, divided
- 3 tablespoons sugar
- 1 teaspoon Korean chile pepper flakes



The Baby Back Ribs

The meat for this recipe was purchased at a local supermarket.

The Baby Back Ribs

The ribs were found in the back of the store in an open freezer unit. The temperature on the unit read 23°F, though none of the selections were frozen.



The Baby Back Ribs

I chose the Simple Truth brand of pork ribs. These are advertised as no antibiotics, no added hormones, no preservatives, and vegetarian fed.

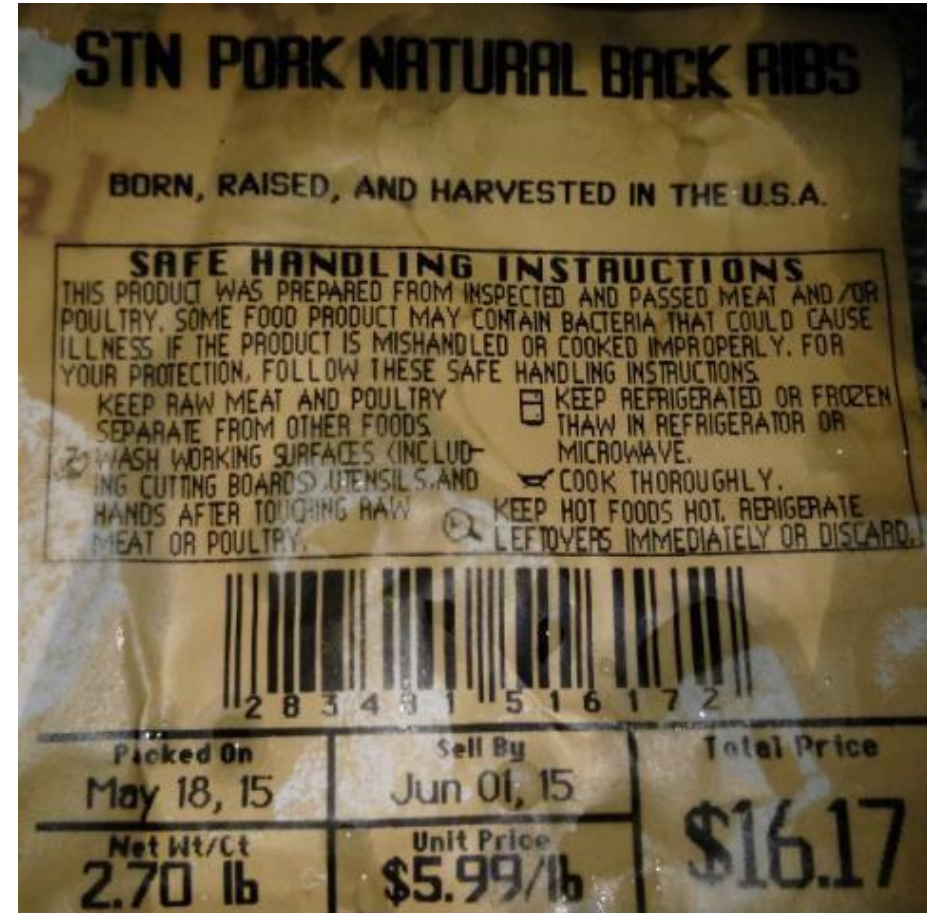
As such, these are not needle-tenderized, nor enhanced. They were previously frozen, so it was likely packaged elsewhere.



The Baby Back Ribs

Baby back ribs are taken from the top of the rib cage between the spine and the spare ribs, below the loin muscle.

My choice (2.70 pounds, for \$16.17) is a little larger than the recipe calls for, but it was the closest I could find from the choices. Overall, the label looked clear.



Organics Granulated Cane Sugar

The sugar I used came from a package of Organics Granulated Cane Sugar, from the local Safeway store.

A package contains about 75 tablespoons of sugar, so the total cost to this recipe was about \$0.14.



Singsong Korean Hot Pepper Fine Type Powder

While the recipe called for Korean chile pepper flakes, I already had a package of the powder, and I decided to use this instead.

The package cost \$12.98 and contains about 300 teaspoons worth of powder. For the recipe, the cost is about \$0.04.



Kimchi Juice

The juice was the leftover liquid from several jars of Seoul Kim Chi.

While a jar goes for around \$4.69, the juice is a usually the leftover. Because of that, I didn't factor the juice into the overall cost.



Total Cost

At about a pound a serving, the ribs should come out to about 3 servings. Everything combined, the price per serving comes out to be about \$5.45.

	Price/Package	Price/Recipe	Price/Serving
Pork back ribs	\$16.17	\$16.17	\$5.39
Sugar	\$3.49	\$0.14	\$0.05
Korean pepper powder	\$12.98	\$0.04	\$0.01
Total	\$32.64	\$16.35	\$5.45

Marinating

To prevent contamination, the package of spare ribs were opened and dumped into a vacuum sealable bag, without having been touched. 1 ¼ cups of kimchi juice was added and bag was sealed.



Marinating

The pork was then double-bag (just in case, though not necessary) and placed in the bottom shelf of my refrigerator for a couple of days.



Cooking

After two days, the meat was ready to be cooked. Tables were cleaned, hands were washed, and the pans were made ready.

Also, one tablespoon of sugar was measured and set aside.



Cooking

The spare ribs were carefully removed from its bag and placed on the pan. Foil was then wrapped around it, though slits were cut into the bottom so some of the juice could drain (for the glaze).



Cooking

The oven was then preheated to 300°F. After that, the meat was placed on the middle rack and was left alone for 90 minutes.



Cooking

After 90 minutes, the meat was pulled out of the oven for a check. The temperature of the meat was already at 182°F.

However, the recipe called for 3 hours of cooking, so the ribs were put back in the oven for another 90 minutes.



Cooking

After another 90 minutes, the meat was removed from the oven. The temperature of the meat was now nearly 210°F.

Now was the time to cook the glaze.



Cooking

The juice from the ribs was combined with the remaining kimchi juice and two tablespoons of sugar and boiled until thickened into a glaze.

The glaze was then brushed onto both sides of the ribs.



Cooking

Finally, the oven was set to broil and the ribs, now glazed, were cooked two additional minutes.

Finally finished, the ribs were given a chance to rest for ten final minutes.



Dinner

About one-third of the meat (or about 8 ounces) was cut and measured for dinner. The other two-thirds would eventually be put into a container and placed into the refrigerator.



Dinner

Since it was a nice day with clear skies, I set up the picnic table and ate outside.

Along with the ribs, I had about a half-cup of beans, some kimchi (without juice), and a glass of wine, made locally. Cheers.



Leftovers

Dinner was excellent. All that was left was to clean up and put the leftovers into a container and then into the refrigerator.

Something tells me that they will not be leftover for long. Tomorrow at the latest, I imagine.

