

Spareribs with Orange and American Ginseng

花旗香橙骨

Makes 4 servings

October

Let's Cook at On Lok!

1 oz fresh American ginseng or 2 American ginseng tea bags
1-1/2 cups boiling water
1-1/4 lb spareribs, cut into 2-inch pieces (have butcher cut)

Marinade:

3/4 tsp sea salt
2 tbsp Chinese rice wine
2 tsp cornstarch

2 oranges (blood orange preferred)
2 pieces dried tangerine peel, soaked to soften and sliced
2 tbsp cooking oil
2tbsp fresh lemon juice
2 tbsp Teriyaki Baste & Glaze
2 tsp cornstarch dissolved in 2 tbsp water
2 tsp lemon zest for garnish

1. Steep American ginseng tea bags in boiling water for 15 minutes. Discard tea bags and reserve tea.
2. Combine spareribs with marinade ingredients in a bowl. Toss to coat. Set aside for 30 minutes.
3. Juice one orange. Cut the remaining orange into thin slices.
4. Heat a wok or stir-fry pan over high heat until hot. Add oil and pan-fry spareribs until lightly browned on both sides, about 3 – 4 minutes. Add ginseng tea and tangerine peel; bring to a boil over medium-high heat. Reduce heat, add lemon juice and Baste and Glaze sauce; braise until ribs are almost tender, about 20 minutes. Add orange juice and braise for another 5 minutes.
5. Add orange slices and cook until heated through. Thicken sauce with cornstarch slurry. Garnish with lemon zest. Serve hot.