CHINESE · LUNCH · DINNER

Steamed Pork Ribs in Black Bean Sauce (See Jup Pai Gwat)

豉汁蒸排骨

30 min · plus 30 minutes marinating Serves 2 455 kcal a serve

Video 5:07 in Cantonese · 張媽媽廚房Mama Cheung

No dairy listed No nuts listed

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Steamed, not fried: about 26 g protein and 7 g net carbs a serve, with only 2 g added sugar from a teaspoon of sugar; rich in selenium and zinc from the pork.

Diet notes: Gluten-free with a swap: Use tamari instead of soy sauce, and dry sherry or a gluten-free rice wine instead of Shaoxing wine.

Ingredients 12 · SERVES 2

- [ ] 300 g **pork belly ribs** (spare ribs), chopped into small pieces
- [ ] 1½ tsp **potato starch** mixed with 1 tbsp water
- [ ] 1 tsp **Shaoxing wine**
- [ ] 1 tsp **sugar**
- [ ] 2 tsp **soy sauce** (light)
- [ ] 1/6 tsp **ground black pepper**
- [ ] 6 g **fermented black beans** (douchi), rinsed and patted dry
- [ ] 2 **garlic** cloves, minced
- [ ] 2 more **garlic** cloves, minced, to fry golden
- [ ] 1 tbsp **vegetable oil**, to fry the garlic
- [ ] 1 tsp **sesame oil**
- [ ] 1 **red chilli** (mild or hot), sliced

Allergens found in the listed ingredients: Gluten, Sesame, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat a small pan, add 1 tbsp oil and, while it is warm rather than very hot, fry 2 of the minced garlic cloves until golden. Set aside with the oil. 1:20
2. Rinse the fermented black beans and pat them dry. Crush or chop half of them with the knife handle to release their flavour; keep the rest whole. 1:45
3. Mix the ribs with the potato starch slurry until silky, then add the Shaoxing wine and mix until absorbed. Add the soy sauce, sugar, black beans, raw garlic and pepper, then the sesame oil and the fried garlic with its oil. 2:15
4. Mix in the sliced chilli (or keep it to scatter on after steaming if you don't like heat) and marinate for at least 30 minutes, or overnight in the fridge. 3:05
5. Spread the ribs in a single layer on a plate with a slight rim to catch the juices. 3:44
6. Bring water to the boil in a steamer, put in the plate and steam over medium-high heat for 12 minutes. Turn off the heat and leave covered 4 minutes more; check the pork is cooked through. 3:55

> **Tip** Serves 2 with other dishes (our estimate). In Hong Kong it is eaten with rice or as dim sum; serve it with steamed greens for a lower-carb meal. You can marinate the ribs the night before.

The method is a summary in our words, in English — the video (in Cantonese) shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
455 kcal	26 g	7.5 g	0.5 g	35 g	480 mg
1,900 kJ	52% of a day	7 g net · 2.5 g sugars	2% of a day	10 g saturated	21% of a day
		3% of a day		45% of a day	

Energy from net carbs 6% · protein 23% · fat 71% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 60% · Omega-3 50% · Vitamin B12 38% · Zinc 37% · Vitamin B6 24%

Source of (10–19%) Vitamin D 11% · Vitamin E 11% · Iron 10%

Recipe and video: 張媽媽廚房Mama Cheung (@mamacheung) on YouTube — youtube.com/watch?v=EXw6NpESJE8, published 22 June 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/see-jup-pai-gwat-steamed-ribs-black-bean