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## Sweet and sour spare ribs instant pot

These sweet and sour ribs are reminiscent of the sweet and sour rib version of your favorite Chinese restaurant. The restaurant's ribs are usually made with small pieces (1 to 2 inches) of pork ribs and come to the table deliciously glazed in their tasty sauce. In order to get their ribs perfectly tender inside while giving them a crisp look, restaurant chefs simply threw them into a deep fryer. Since deep frying at home is little tightening, as it can be messy and complicated, they use the instant pot to achieve the drop effect of the tender bone and then get a quick run under a grill or on a crispy grill on the outside. Instead of using baby back ribs, we use St. Louis-style pork ribs. These are ribs that have had the sternum bone, cartilage, and rib tips removed. You can put the entire snout in the instant pot, which makes them easy to handle, and the way they are trimmed makes them easy to separate and serve once cooked. Cooktop Cove This content requires cookies to be represented. Allow cookies (you may need to update after you click Allow cookies)This content requires cookies to be represented. Allow cookies (you may need to update after clicking Allow Cookies) Resources This recipe is from my Aunt E.J. Kam, a good friend of my mother's, who both worked in the Hawaii air industry all their career. This is a completely local-style version of Hawaii in the Chinese classic Sweet 'n Sour Spare Ribs, where in this presentation, it is prepared in a pressure cooker. The virtues are, instead of taking more than an hour or more for the spare ribs to soften and infuse all flavors, they are made within 30 minutes from start to finish, so tender and full of flavor and nutrients. This recipe is proven and true by Your Truly (Poma) and 100% onolicious! Aunt E.J.'s Agrio Replacement Ribs – Adapted for pressure cooker • 5-pound tray of spare pork ribs • Ginger, peeled and thinly sliced • Daikon, bite-sized chunks • Carrots, bite-sized chunks • 1 fifteen oz. can of pineapple, including juice. In this case • Shoyu, 1 cup • vinegar (preferably apple cider), 1 cup • cane sugar, 1 cup I really like the suggestions for dinner. I love cooking, but I don't always love finding what to cook. My husband suggested sweet and bittersweet out of nowhere and I thought it sounded like a great idea! I've heard amazing things about making Instant Pot sweet and bittersweet, so I thought I'd just use my mother-in-law's sauce recipe and throw the ribs there based on some research cooking and word of mouth, and turned out large!3 pounds of pork ribs; Cut the small cup of brown sugar from 1 cup of 1/2 cup vinegar water1/2 cup ketchup2 tablespoons of soy sauceSalte and pepper to season1. tablespoon corn starch + 2 tablespoons of water from the custom cube ribs and season with salt and pepper in the instant pot. Mix brown sugar, brunette, vinegar, ketchup and soy sauce together and pour over the ribs. They can marinate for a while in the fridge, or they're ready to cook right now. As the meat was just outside the fridge, I let it marinate on the counter for about an hour before I started cooking. Set your Instant Pot to Manual and High for 25 minutes; make sure the valve is set to seal. When the pressure has been reached and the valve is sealed and has the cooking time (it will beep 10 times to let you know it is done), let it rest for about 5 minutes before manually releasing the valve. Remove the ribs from the pot with a slotted spoon, turn Instant Pot into Sauté and let the sauce boil. Mix your cornstarch and water to make a mixture and add it to the boiling sauce, constantly whisking until thickened. If a thicker sauce is desired, make more of the mixture and add to the sauce. Instant Pot Sweet and Sour Spare ribs3 lbs pork ribs; cut the small cup of brown sugar from 1 cup of water of 1/2 cup vinegar1/2 cup ketchup2 tablespoons soy sauceSalte and pepper to season1. tablespoon corn starch + 2 tablespoons of water slurryCut small ribs and place in Instant Pot; salt and pepper to season. Mix brown sugar, water, vinegar, ketchup and soy sauce and pour over the ribs. They can marinate for a while in the fridge, or they're ready to cook right now. Set your Instant Pot to Manual and High for 25 minutes; make sure the valve is set to seal. When the pressure has been reached and the valve is sealed and has the cooking time (it will beep 10 times to let you know it is done), let it rest for about 5 minutes before manually releasing the valve. Remove Instant Pot ribs with a slotted spoon and set it to Sauté. Let the sauce boil and add the corn starch/water mud to the sauce by whisking constantly until thickened. Add more of the mixture if you want thicker sauce. I like to serve this with my baked rice and a vegetable. This was a delicious and easy bone. If you don't have a pressure cooker, you can brown the ribs in a frying pan, make the sauce, pour over ribs and simmer, cutlery, for an hour and then add your mud to thicken the sauce. I hope you enjoy! Copyright insured by Digiprove © 2017 Sarah Schultz One of my favorite recipes of pork ribs, but they were still delicious! That's when I knew I was going to love this electric pressure cooker! One of the most requested Instant Pot rib recipes I'm asked for is Instant Pot Country Style Ribs. This bittersweet version has a lot of flavor, and is easy to This recipe from Instant Pot Sweet and Sour Country Ribs is very easy to make. Sweet and sour sauce is rich and spicy. The chunks of sweet pineapple are delicious with pork (I love pork and fruit together). Here are the basic steps to make Instant Pot Sweet and Sour Country Style Ribs: You can use boneless or boneless peasant style ribs for this Instant Pot Sweet and Sour Country Ribs recipe. They will cook very tender and delicious! Serve these sweet and sour Instant Pot country ribs with some hot cooked rice, and a green salad or side of vegetables for a delicious and complete meal! You may also like Instant Pot Mississippi Pot As Roasted Instant Pot Corned Beef and Cabbage 3-4 lbs Country Style Pork Ribs (boneless or boneless) 2 tablespoons of coarse salt (table salt 1 1/2 tablespoons) 1 - 1 1/2 cups pineapple juice (from drained pieces). You'll want at least one cup) 1/4 cup rice wine vinegar 1 tablespoon low-sodium soy sauce 1 28 oz pineapple chunks, drained (reserve juice.) 2 tablespoons ketchup 2 tablespoons Sriracha Hot sauce 2 tablespoons cornstarch 1/4 cup brown sugar (loose package) Serve on (any of these) 3 - 4 cups white rice (cooked, hot) Mashed Potatoes Cauliflower rice (cooked, hot) 2 tablespoons Coriander, chopped, to garnish (optional) 2 tablespoons green onions, chopped, to decorate (optional) Season ribs with coarse salt and set aside. Pour the pineapple juice, vinegar and soy sauce into the pot. Add the ribs in a uniform layer. I put them on their sides and they fit into my 6 qt very well. Sprinkle the pineapple pieces over the ribs and close the lid. Place the steam release knob in the sealing position. Press the Pressure Cook/Manual button, then press the + or - button or dial to select 20 minutes. The pot will take a few minutes to reach the pressure. This would be a good time to make the rice, if you haven't already. In a bowl, mix ketchup, sriracha, corn starch and brown sugar. Book. When the cooking cycle is over, let the pot feel intact for 10 minutes (10 minutes of natural release). Then manually release the remaining pressure by turning the steam release knob to the ventilation position. Remove ribs with tweezers to a plate, cove with foil. Book. Pour the liquid/drip into a grease separator, straining the pineapple pieces. Pour half the degreased liquid back into the pot and turn on the Discard setting. When the liquid starts simmering, whisk the ketchup mixture. Keep stirring until thickened. If you need more liquid, stir a little more. Turn off the pot. Add the ribs and pineapple pieces back into the pot and top with the sauce. Serve on hot white rice and spoon over extra sauce. Garnish with coriander or green onions. We are a participant in the Amazon Services LLC Partner Program, an affiliate advertising program designed to provide a so that we earn fees by linking to Amazon.com and affiliates. Jump to recipe Jump to Instant Pot video print recipe Replacement Ribs- Juicy, fall off bone Spare ribs with a beautiful sweet and spicy Chinese sticky sauce. The ribs are cooked first with the sauce and then roasted for a couple of minutes to get a beautiful caramelization. You can also Air Fry instead of roasting in the oven. These finger-licking ribs can be served as an aperitif on game night or as a main course with some steamed rice or even mashed potatoes. Why make ribs on Instant Pot Spare ribs can take a long time to cook and sometimes become very dry. Pressure cooking will retain moisture instead of cooking, which makes the meat very smooth. In addition! THE SAUCE! I swear he'll leave you licking your fingers! You get delicious sweet and sour sauce full of flavors. It's so good at it's own with plain rice, but poured on top of the ribs- it's just EPIC! Ingredients for instant pot replacement ribs Here is the list of ingredients and their alternatives Spare ribs You can use spare ribs or baby back ribs. Spare ribs are more fleshy and will take longer to cook than baby back ribs. They also don't fit inside the instant pot without cutting them, which is one of the reasons for cutting them before hand into individual pieces. Soy sauce Use any good quality soy sauce. Replace Tamari for a gluten-free version. Sugar White Sugar will work here. You can also use Brown Sugar instead. Honey or maple syrup is also a good choice, but the sauce could get a little more speck because of it. Dry Sherry Here are plenty of alternatives. Ideally Shaoxing Wine is best used here, but you can also use Mirin/White Wine/Sherry. Rice vinegar You can replace rice vinegar with normal white vinegar or cider vinegar. Garlic There are no alternatives here. Just forget it if you don't have it. Chili flakes You can use chilli flakes or paprika. I like my spicy food, so I used my Indian chili powder. Corn starch or powder This is a staple of the pantry. How to make Instant Pot Spare Ribs Step 1: Preparation If you use Replacement Ribs – Cut the Ribs. You can do it yourself or cut it while you buy them. This makes cooking faster and ensures that the sauce reaches all corners and cracks. It also makes the ribs fit into the instant pot. If you use baby back ribs – You can use the sle as it is. Measure all ingredients. Make any exchanges if necessary. Step 2: Pressure cooker Add water,Sherry (Check section ingredients above for alternatives), Soy sauce, rice vinegar, sugar and garlic chopped into the instant pot. Do not mix. Cover with ribs and close the instant pot. Do not mix at this point. Select PRESSURE COOK for 32 minutes (for replacement ribs) or 20 min (for baby back ribs) in HIGH PRESSURE with the pressure valve in the sealed position. When the time is up, let the pressure be released on it is and set the ribs aside in the grilled frying pan. Step 3: Sauce switch to SAUTE mode. Add corn starch mixed with little water to the sauce. Bring the sauce to a boil. It should have thickened into syrup. Step 4: Brush the ribs with the sauce and cook in a preheated oven at 500 F or 250 C for 5-10 minutes. Flip, brush again with sauce and roast for an additional 5-10 minutes. You can also make this step on a hot barbecue or in the air fryer. How to serve pork ribs This dish has plenty of sauce left over. You can eat them as they are or on top of rice or mashed potato with a drizzle of sauce on top. Garnish with some green onions or just a pinch of toasted sesame seeds as shown below. Here are more instant pot recipes for you! Instant Pot BBQ WingsInstant Pot Sweet and Sour ChickenInstant Pot Lemon Garlic Chicken FACEBOOK INSTAGRAM ? PINTERESTDon don't forget to tag #instantpotdishes instagram if you try my recipe I feel AWESOME when I try one of my recipes and would love to see it. You can also share it on my Facebook Page. Please pin this recipe to Pinterest too! You can also join our community of instant potters to discover sharing and connecting with like-minded people. People.