SHANGHAI TRADITIONAL SWEET and SOUR PORK RIBS

Chef Andreas Fuchs

PARK HYATT SHANGHAI

Serves 4

Ingredients
1000 g pork spare ribs (cut 2-3cm long) // 80 g spring onions; chopped // 150 g cane sugar, divided // 100 g cooking oil // 200 g Chinese black vinegar, divided // 60 g soy sauce light // 1200 g water, divided // 10 g star anise // 10 g cinnamon // 10 g salt // 10 g sesame seed // 5 g chive

Method
• Parboil the pork rib in boiling water, remove.
• Caramelize 30 g of the sugar, add 100g of the water and bring to the boil so the caramel can dissolve. Keep standby.
• Sweat off the spring onions, ginger, star anise and cinnamon with cooking oil until fragrant, around two minutes.
• Add the half cooked pork ribs, 150 g of the aromatic vinegar, the brown sugar water, soy sauce, salt, the rest of sugar and water in to the pot together.
• Making sure the water covers all the ribs, bring to boil, lower heat and simmer until meat is tender. During this process, the liquid will evaporate and the sauce will become thick, sticking to the ribs.
• When the sauce is glazing the ribs, add the vinegar.
• When presenting the lukewarm ribs, sprinkle the sesame seeds and chive on the top.

Note
Pork ribs are popular throughout China and are a favorite for most families. In addition, the recipes differ vastly from northern to southern regions. Famous in China is this Shanghainese "Traditional Sweet and Sour Pork Rib". The rich brown sauce, which gets its main character from the black rich vinegar, has not much to do with the “sweet and sour” that we think of in western countries. Through fermentation in wooden barrels, this vinegar gains a rich dark color and intense full bodied flavor. In combination with cane sugar and spices, this glaze is a perfect representation of the typical flavor profile of Shanghainese cuisine. It is served as an appetizer and normally comes to the table only lightly warmed, as many of the famous Shanghainese appetizers.