



Hubby's Honey Glazed Ribs

BY CHEF NINA COMPTON

SERVES 2

KNOW AHEAD:

This recipe calls for an overnight marinade.

INGREDIENTS → 1 Hubby's Honey Glazed Ribs
Seasoning Card:
• 1 tsp (2 pods) Smoked Pimentón
Paprika Powder
• 1 tsp (2 pods) Cayenne Chile
• 1 tsp (2 pods) Rosemary
• 1 tsp (2 pods) Allspice Powder

SERVE WITH →
• Potato salad
• Coleslaw
• Potato chips
• Dirty Rice Arancini

RECIPE SEASONING CARDS
BY CHEF NINA COMPTON
AVAILABLE AT EATOCCO.COM

FRESH

- 2 lb baby back ribs (When buying, look for good coverage of meat over the bones. Avoid "shiners" – meat that is cut close to the bone, or has exposed bones – and frozen product.)

PANTRY

- 1 cup chicken broth or stock
- 1 cup honey
- 1 cup soy sauce
- ¼ cup white sugar
- ½ cup apple cider vinegar
(or white vinegar)

INSTRUCTIONS

1. MARINATE THE RIBS: Combine the chicken broth, honey, soy sauce, sugar, cider vinegar, 2 Smoked Pimentón Paprika pods, 2 Cayenne Chili pods, 2 Rosemary pods, and 2 Allspice Powder pods in a bowl and mix. If there is a layer of membrane, or silverskin, still attached to the back of the baby back ribs, you will need to remove it, as the texture is tough when cooked and keeps the marinade from penetrating the meat. To remove the membrane, slide a dinner knife anywhere between the membrane and the meat, and lift up the knife until you can grab a piece and strip off the membrane with a paper towel. Once the membrane is removed, coat the marinade all over the ribs and refrigerate the ribs overnight. Save any leftover sauce, as you'll want to brush more onto the baby back ribs tomorrow.

2. COOK THE RIBS: Heat the oven to 300°F. Remove the ribs from the marinade, reserving any extra sauce, and wrap the ribs tightly in a foil pouch, on a baking sheet. Bake for 3 hours. Then unwrap the foil, and add another coat of leftover marinade to the ribs. The ribs should feel tender when tested with a fork. From here, broil the ribs in the oven for 5 minutes to finish cooking, or alternatively you can cook on a grill for 5 minutes. Grilled or broiled, the goal is to caramelize the ribs to make them nice and crispy, which you'll know is done when they look caramelized and slightly charred.

3. PLATE: Divide the ribs between two plates and eat until *occo!*

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, "FOOD COMA." OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*