

Chinese Renal Kitchen - Garlic and Black Pepper Spareribs

 Servings: 4



Nutrient Analysis Per Serving:

Protein	21 g
Carbohydrates	6 g
Fat	24 g
Potassium	337 mg
Phosphorus	189 mg
Sodium	271 mg

**The original recipe was taken from the Chinese Renal Kitchen: Cookbook for People Living with A Special Diet for Kidneys, Renal Department, St. Paul's Hospital, Vancouver, BC, 1998.*

Note: This handout does not replace consultation with your kidney dietitian or health care provider.

Ingredients:

Pork spareribs, cut into 1-inch/2.5 cm pieces	1 pound or 454 grams
Garlic cloves, minced	4
"Fresh red chili peppers, chopped (small peppers, 20g each)"	2-4, depending on spice tolerance

Marinade:

Low sodium soy sauce	1 tablespoon or 15 mL
Black pepper	2 teaspoons or 10 mL
Corn starch	1 tablespoon or 15 mL
Water	3 tablespoons or 45 mL
Vegetable oil	1 teaspoon or 5 mL

Methods

- 1 Combine marinade ingredients. Add spareribs, let marinate about ½ hour.
- 2 Add garlic and red chili to pork, mix well. Arrange evenly on a deep ceramic plate.
- 3 Pour some water in a wok and bring to a boil. On a steamer, place the plate with the pork in the wok and cover. Let steam for 15 minutes or until pork is cooked through. Keep adding water to the wok as needed.