

BRAISED COUNTRY-STYLE PORK SHOULDER RIBS

Serves 8 to 10.

By Dennis W. Viau; modified from an Internet recipe.

I purchased these boneless ribs in a large package for another recipe, but I had nearly four pounds remaining. What to do? I braised the meat in this recipe. This braised pork is so tender, it can be served over steamed rice or shredded for pulled-pork sandwiches.



Ingredients:

1½ cups (355ml) orange juice, either fresh squeezed or from concentrate
4 pounds (1.8kg) boneless pork shoulder pieces (*country-style boneless ribs*)
Salt and pepper
Optional: The zest from 1 or 2 of the oranges, if using fresh (about 1 teaspoon of zest)
½ cup (118ml) soy sauce
3 tablespoons sugar
2 teaspoons minced fresh ginger (or ¾ teaspoon ground dry ginger)
2 cloves garlic, minced
2 green onions, chopped
½ teaspoon pepper
½ cup (85g) brown rice
½ cup (100g) white rice
½ cup (100g) wild rice
1¼ cups (300ml) chicken stock, preferably homemade
1 tablespoon butter

Directions:

If using fresh oranges, squeeze enough to have about 1½ cups (355ml) of juice. Retain some of the orange rinds for optional zest. Set aside.

Trim and discard large pieces of fat from the pork. Season the meat with salt and pepper.

Heat the orange juice, soy sauce, sugar, ginger, and garlic to boiling in a large pot. Stir to dissolve the sugar. Reduce the heat to low and arrange the pork pieces in one layer in the liquid, turning the meat over to coat the other side. Meanwhile, heat the oven to 325°F (163°C). When the oven comes up to temperature, cover the pan and bake for 1 hour. Turn the meat over with tongs, then bake another 1 hour.

During the second hour of roasting, start the rice. Cook the brown rice and wild first, as they need the most time to cook, by heating the stock in a pan and adding the rice. Bring to a boil, cover the pan, and reduce the heat to low. Cook about 30 minutes covered, then add the white rice, cover, and cook an additional 15 minutes.

When the meat has finished cooking, transfer to a large plate and cover with foil. To keep warm, you can turn off the oven and place the covered meat inside. Heat the braising liquid to a boil over high heat, reduce to medium-low. Simmer to reduce the liquid to about ½ or less of its volume. It will take 10 to 15 minutes. Optional: Add the orange zest and about half the chopped green onion toward the end of the cooking time.

To plate, spoon rice onto a plate, add 1 or 2 pieces of pork and garnish the meat with the sauce and onions. Serve with a favorite green vegetable on the side.

The **Step By Step** guide begins on the following page.

STEP-BY-STEP

1



For this recipe I squeezed fresh orange juice, but you can use juice from frozen concentrate.

2



The original recipe did not call for zest from the oranges. I chose to add some toward the end of the cooking time for additional flavor.

3



The pork I buy for this recipe, and others like it (such as Smoky Pork and White Bean Chili) is sold at the local warehouse store as “country style boneless ribs.” It is strips of pork shoulder, from which I trim the larger pieces of fat.

4



After trimming, season the meat with salt and pepper.

5



These are the ingredients for my braising liquid: orange juice, soy sauce, sugar, fresh ginger, and garlic.

6



Heat the braising liquid ingredients in a large pot and bring to a boil. Stir to dissolve the sugar.

7



Heat your oven to 325°F (163°F)

Arrange the pieces of pork in one layer in the braising liquid. Then turn over to coat the other side. When the oven reaches temperature, cover the pan and place in the oven. Bake for 1 hour. Then turn the pieces of pork over and bake an additional hour.

8



During the second hour of baking, I started cooking a mixture of wild rice, brown rice, and white rice. The wild rice and brown rice take the longest to cook. Start those and cook in a covered pan for 30 minutes. Then add the white rice, stir with a fork, cover and cook an additional 15 minutes. Stock can be used instead of water for the cooking liquid. Butter can also be added.

9



When the pork has cooked for a total of 2 hours, turn off the oven. Transfer the meat to a pan, cover with foil, and return to the oven to keep warm.

10



Heat the braising liquid to a boil, reduce the heat to medium-low, and reduce the liquid by about half. Toward the end of the reduction time I added the optional orange zest.



Plate the pork with rice and your favorite green vegetable. Spoon some of the sauce reduction over the meat and garnish with chopped green onion, chives, or parsley.

Conclusion

This is not a difficult dish to make. The pork is melt-in-your-mouth tender. Additionally, the leftover pork can be used for pulled pork sandwiches, which is how I used it.