

## **Umami Ribs**

*Sarah Salzman (Adapted from The Noma Guide to Fermentation  
by Renee Redzepi & David Zilber)*

### **Ingredients**

1 rack (~3-4lbs) pork spare or St. Louis style ribs  
1/3 cup plus 1 tbsp Plum vinegar or plain kombucha vinegar or ACV  
1/3 cup plus 1 tbsp Fish Sauce  
1/3 cup plus 1 tbsp Beef Broth/stock  
1/3 cup plus 1 tbsp Olive Oil

### **Preparation**

Marinade: combine equal parts vinegar, fish sauce, beef broth and olive oil. Exact amounts of each liquid can be adjusted based on how many lbs of ribs in the rack.

Place ribs in a large resealable bag and add marinade. Squeeze the air out of the bag, seal and marinate, refrigerated, for 48 hours.

Position rack in the middle of the oven and preheat the oven to 275 degrees Fahrenheit.

If the ribs still have the thin membrane covering the back of the rack, remove it. See how in note below.

Place ribs, meat-side up, into a large roasting pan or rimmed baking sheet. (It may be necessary to cut the ribs in half in order for them to fit into the pan).

Cover the pan tightly with aluminum foil or wrap ribs tightly with foil and place on a baking sheet, and then bake until the meat is fork tender and falls easily from the bones, 3 hours. Remove ribs from oven and transfer to a plate.

*Removing the Membrane:* Place the ribs meat-side-down on a cutting board. Locate the thin membrane covering the rack. This membrane can be tough when cooked. To remove, use a knife to gently slide under the membrane then using your fingers, pull the membrane away from the bones. If slippery or difficult to remove, use a kitchen towel to take hold of it and pull.