

BBQ Pork (Country-Style Ribs) BBQ ポーク (スペアリブ風・日本対応)

Serves: 2

Air Fryer: 170°C → 200°C

Total time: 35 minutes

Ingredients

- 1 package pork ribs (~8 pieces, 400–500 g total) (豚リブ)

Seasoning:

- 1 tsp smoked paprika
 - ½ tsp salt + pinch MSG (塩+MSG)
 - ½ tsp black pepper
 - ½ tsp garlic powder
 - ¼ tsp onion powder
 - ⅛ tsp cayenne (optional)
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- 1 T / 14 g canola oil (キャノーラ油)

Finish:

- 120 ml BBQ sauce (BBQ ソース)

Instructions

- 1. Prep ribs:**
 - Do not cut; keep pieces whole.
 - Trim excess surface fat if needed.
 - Pat completely dry.
- 2. Sort by thickness:**
 - Group thicker and thinner pieces separately.
- 3. Season:**
 - Coat lightly with **oil**.
 - Apply **seasoning** evenly.
- 4. Optional upgrade:**
 - Score thicker pieces with shallow cuts.
- 5. Preheat air fryer to 170°C (3–4 minutes).**
- 6. First cook:**
 - Place ribs in single layer, no overcrowding.
 - Cook **20 minutes** at **170°C**.
- 7. Check and adjust:**
 - Remove thinner pieces if done.
 - Continue thicker pieces 5–8 minutes more.
- 8. Sauce stage:**
 - Toss all ribs with **HALF** the BBQ sauce.



9. Final cook:

- Return to air fryer at **200°C**.
- Cook **5–8 minutes** until caramelized.

10. Finish:

- Add remaining sauce lightly.
- **Rest 5 minutes before serving.**

Notes

- Cook based on thickness, not time alone.
- Do not flip unless pieces are very uneven.
- Too much sauce early will burn.
- Browning = flavor; avoid steaming.
- Resting improves juiciness.

Reheating

- 160°C for 6–8 minutes
- Add fresh sauce after reheating if needed

Nutrition (approx)

Per serving: Kcal: 500 | Protein: 30 g | Fat: 30 g | Carbs: 18 g | Sodium: varies with sauce