



# Veal ribs with oranges and honey

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 1 kg of veal ribs
- 150 ml of sake
- 2 oranges, peeled
- 1 tablespoon of honey
- 2 tablespoons of light soy sauce
- 2 cloves of garlic, minced
  
- salt
- pepper
- 1 tablespoon of potato starch
  
- 1 cup of pearl barley

to garnish:

- baby spinach
- spring onion

## Instructions

1. Wash and wipe dry veal ribs, cut, sprinkle with salt and pepper.
2. Squeeze juice from 1 orange, mix with sake, pour it into pot, place ribs inside simmer 45 minutes.
3. Mix sauce ingredients, honey, soy sauce, garlic.
4. Add into pot, mix.

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5. Reduce sauce.
  6. Dissolve 1 tablespoon of potato starch with 2 tablespoon of water and pour into pot.
  7. Meanwhile, soak pearl barley, dry on sieve, boil 2 cups of water, add pearl barley, reduce heat and simmer about 20 min till water is absorbed.
  8. Serve with baby spinach, spring onion and slices of orange.