

Lemon Spare Ribs

SOURCE: www.lowcarbluxury.com/recipe

Adding lemon zest and lemonade gives spareribs a deliciously tangy, different flavor.

Ingredients:

- 3 lbs Pork Spare Ribs
- Salt + White Pepper
- 6 TBS Malt Vinegar
- 4 tsp Brown Sugar Twin
- 1 TBS Granular Splenda
- 1 1/2 tsp Dark Soy Sauce
- 1/2 tsp grated Lemon Zest
- 1/2 C pre-made Keto Lemonade OR unsweetened Kool-Aid
Lemonade made up with Splenda)
- 2 Eggs, beaten
- Soy OR Oat Flour for dusting

DIRECTIONS:

Chop ribs into 3" lengths - season with salt + pepper and rub in well. In large bowl mix together vinegar, Sugar Twin, Splenda 1/2 tsp salt, 1/4 tsp pepper, soy sauce, lemon zest + Lemonade - add ribs and marinate several hours.

Dip ribs into beaten egg, then dust with soy or oat flour. Heat oil to 320° F in wok or deep-fryer - deep-fry ribs in batches for 2 minutes till pork is cooked through and a good rich color - drain in wire sieve/colandar. Serve hot.

Serves: 4

3 carb grams per serving.