

Pork Spareribs Grilled with Corn Salad



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Ingredients

PORK SPARERIBS

- 2 tablespoons Kosher salt
- 1 teaspoon freshly ground black pepper
- $\frac{1}{2}$ teaspoon celery seed
- $\frac{1}{2}$ teaspoon garlic powder
- 1 tablespoon ground coriander
- 1 tablespoon paprika
- 2 racks pork spareribs (membrane removed, about 8 pounds)

PICKLE GLAZE

- $\frac{1}{2}$ cup pickle juice (dill or sweet hot pickles)
- 1 cup brown sugar

TOMATO CORN SALAD

- 1 vine ripened or heirloom tomato (grated)
- 2 limes (juice and zest)
- $\frac{1}{4}$ cup cilantro (finely chopped)
- 2 tablespoons olive oil
- 1 jalapeno (shaved thinly into rings)
- $\frac{1}{2}$ cup scallions (finely sliced)
- 2 cups sweet 100 tomatoes (halved)
- 4 ears corn (shucked)

Method

1. In a small mixing bowl add the salt, black pepper, celery seed, garlic powder, coriander and paprika and mix to combine. Season the pork racks on both sides.
2. In a small saucepan add the pickle juice and brown sugar. Bring to a gentle boil, whisking to dissolve the sugar. Remove from the heat and set aside.
3. Preheat the grill or grill pan over low heat. Place the ribs on the grill, meat side up, cover with lid and allow to cook slowly for about 2 hours, turning halfway through. After 2 hours, the ribs should be tender when you press the meat between the bones. If not, continue to cook, checking every 30 minutes (up to 3 to 4 hours of total cooking time).
4. When the ribs are tender, remove from the grill and heat the grill to medium-high heat, adding more charcoal if necessary. Return the ribs to the grill, meat side down and char on each side, about 2-3 minutes per side. Brush pickle syrup glaze during the last few minutes of cooking.
5. For the Tomato Corn Salad: Into a large bowl, grate the vine-ripened tomato. Add the lime juice, lime zest, cilantro and olive oil. Season with salt and pepper, add the jalapeno, scallion and tomatoes and fold to combine. Set aside while grilling the corn.
6. Add the corn to the grill and char for 2-3 minutes per side, until cooked through. Remove from the grill, cut the kernels off and fold into the tomato salad. Serve with spareribs.
7. Tip: To make the ribs in the oven – preheat the oven to 275°F. Season both sides with rub and place on baking sheet, meat side up. Bake in the oven, uncovered, until the meat between the bones is tender, about 2 hours. Remove from the oven and set aside. Preheat grill or grill pan to medium-high heat. Add the ribs and char on both sides, 3-5 minutes per side, basting with glaze.

Notes

We used Pork Back Ribs – very meaty.

Prep

- Total Time: 4 Hours

Source: The Chew – Michael Symon (8 servings)

Rigatoni with Chicken and Feta



Rigatoni with Chicken and Feta

Ingredients

1 lb. fresh rigatoni or 8 ounces dried
3 tablespoons olive oil
1 lb. rotisserie chicken meat (store-bought, skin removed and meat pulled)
2 cloves garlic (minced)
28 ounces whole, peeled San Marzano tomatoes (crushed by hand)
8 ounces feta cheese, divided (crumbled)
1 bunch basil (torn, to serve)
kosher salt and freshly ground black pepper

Method

1. Fill a large heavy-bottomed pot with salted water and bring to a boil. Add rigatoni and cook 1 minute less than package directions. Reserve 1/2 cup pasta water.

2. Meanwhile, place a large sauté pan over medium-high heat. Add olive oil, garlic and chicken. Cook, stirring occasionally, until the garlic becomes aromatic, about 1 minute. Add tomatoes and season with Kosher salt and freshly ground black pepper. Bring to a simmer and cook for 2 minutes.
3. Drain pasta. Add pasta, bring to a simmer and cook for 1 more minute. Remove from the heat. Add half of the feta and stir to combine.
4. Finish with a drizzle of olive oil. Garnish with more feta and basil.
5. Tip: if you can't find fresh rigatoni, use dried!

Notes

14 WW SmartPoints if only using 4 ounces feta in pasta preparation step #3 and not using additional 4 ounces for garnish, 17 WW SmartPoints if using all 8 ounces for prep and garnish.

Source: Michael Symon on The Chew (4 servings)

[Broiled Sockeye Salmon with Citrus Glaze Recipe](#)

Broiled Sockeye Salmon with Citrus Glaze Recipe

Ingredients

- 1 $\frac{1}{2}$ pounds skin-on, sockeye salmon, pin bones removed, up to two pounds
- $\frac{1}{3}$ cup dark brown sugar
- 2 tablespoons lemon zest
- 1 $\frac{1}{2}$ teaspoons kosher salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper

Method

1. Position a rack in the oven 3 inches from the broiler. Line a half sheet pan with aluminum foil and place the salmon on the pan.
2. Place the sugar, zest, salt, and pepper into the bowl of a small food processor and process for 1 minute or until well combined. Evenly spread the mixture onto the salmon and allow to sit for 45 minutes, at room temperature.
3. Turn the oven on to the high broiler setting for 2 minutes. After 2 minutes, place the salmon into the oven and broil for 6 to 8 minutes or until the thickest part of the fish reaches an internal temperature of 131 degrees F on an instant-read thermometer. Remove the salmon from the oven and allow to rest, uncovered, for 8 to 10 minutes. Serve immediately.

Notes

9 WW SmartPoints per serving

Prep

- Prep: 15 Minutes
- Inactive: 55 Minutes
- Cook: 8 Minutes

Source: Alton Brown (4 servings)

Michael Symon's Pretzel Crusted Pork Cutlets



Michael Symon's Pretzel Crusted Pork Cutlets

Take a bite out of this tasty dish, which is only \$3.12 per serving!

Ingredients

For the Pork Loin:

$\frac{1}{2}$ lb. Pork Loin (cut into 1/2-inch thick pieces – pounded thin)

2 Eggs (lightly beaten)

$\frac{1}{4}$ cup Flour

1 cup sourdough Pretzels (crushed)

2 tablespoons Butter

Salt and Freshly Ground Pepper

For the Crunchy Salad:

*greens – see note

2 Apples (sliced)

1 bunch Radishes (sliced)

1 tablespoon Whole Grain Mustard

3 tablespoons Olive Oil

2 tablespoons Red Wine Vinegar

Method

1. For the Pork Loin: Set up shallow dishes, one with flour, one with egg, and one with the crushed pretzels.
2. Season the pork on both sides with salt and pepper. Dip first into the flour, then the egg, and then the pretzel.
3. Heat the butter in a large skillet over medium-high heat.

Once it has foamed and subsided, arrange the pork, cooking about 2 to 3 minutes per side. Cook in batches if necessary as to not crowd the pan. Remove to paper towel lined plate.

4. For the Crunchy Salad: In a large bowl, whisk together the mustard, olive oil, and red wine vinegar with a generous pinch of salt and a few grinds of pepper. Once combined, add the apple and radish and toss until coated. Serve the salad on top of each of the pieces of pork.

Notes

*Michael had no amount listed for the frisee used in the salad online, use however much you like. I substituted in baby arugula.

Source: Michael Symon on The View (4 servings)