

Sauté Spare Ribs - Costine di Maiale Saltate

Sicilians don't normally eat a lot of meat, but during the winter, and especially during the Holydays, we like a little meat. Here is an easy, fast and delicious recipe for spare ribs.

Cooking time:

Preparation 5 minutes
Cooking 15 minutes
Calories 420 per serving

Difficulty: very easy Serves: 4

Ingredients:

2 tablespoons Nonna Angelina's
Extra Virgin Olive Oil (EVOO)
3 lb. Spare ribs
1 big onion sliced finely
2 tablespoon chopped parsley
Sea Salt
Hot pepper
2 cups water



Directions:

Divide the ribs into pieces and sauté in a pan over high heat with a little water, adding the water when it evaporates. Turn them often to avoid burning. When slightly brown, add salt and red pepper, remove from heat and transfer them to a serving platter keeping the ribs warm.

Sauté the sliced onion until transparent in the same pan with the fat of the ribs. Add the onion to the ribs, sprinkle with chopped parsley and the cooking liquid.

Great a glass of Operetta Nero d'Avola and Perricone opened 30 minutes before serving.

Buon appetito.

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