

Spare Ribs with Parsnip Mash

Recipe By *Michal Frischman*



Cooking and Prep: 
2.5 h

Serves:  8

Contains:  

Preference: Meat

Difficulty: Medium

Occasion: Rosh Hashanah,
Sukkot

Diet: Low Carb

Source: Family Table by
Mishpacha Magazine

Parsnip is a good alternative to mashed potato in this dish, which would otherwise be very heavy and filling for an appetizer. Plus it looks like mashed potatoes, so even picky eaters may unwittingly give it a shot (and love it!).

Ingredients (11)

Meat Ingredients

- 8 bone-in spare ribs
- 1/2 cup **Kedem Red Wine Vinegar**
- 1/2 cup brown sugar
- 1/3 cup **Gefen Soy Sauce**

6 cloves garlic, crushed or 6 cubes **Gefen Frozen Garlic**

2 scallions, sliced, for garnish

Parsnip Mash

8 medium-small parsnips, peeled and sliced into thin circles

2–3 cups **Gefen Soy Milk**, to cover parsnips

4 cloves garlic, peeled

1/2 teaspoon salt, or to taste

pepper, to taste

Start Cooking

Prepare the Meat

1. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius). Arrange spare ribs in a 9x13-inch (23x33-cm) baking pan.
2. Combine vinegar, brown sugar, soy sauce, and garlic and pour over ribs.
3. Bake, covered, for one hour. Lower heat to 250 degrees Fahrenheit (120 degrees Celsius) and continue to bake until meat is very tender and falling off the bone, about one more hour. Garnish with fresh scallions and serve over parsnip mash.

Prepare the Parsnip Mash

1. Place parsnip circles in a medium saucepan and cover with soy milk. Add in four whole cloves garlic.
2. Turn the heat to medium-low and simmer until the parsnip is fork tender, about 15 minutes. Let it sit for five minutes.
3. With a slotted spoon, remove the parsnip and garlic to the bowl of a food processor, reserving the cooking liquid. Pulse until creamy and smooth, adding a tablespoon of soy milk at a time to achieve desired consistency. Season with salt and pepper.

Credits

Photography: Hudi Greenberger.

Food Styling: Renee Muller.