



Deunggalbigui

Grilled Back Ribs | 등갈비구이



<https://koreancuisine.net>

A mouthwatering Korean BBQ specialty featuring succulent pork baby back ribs (*deunggalbi*). First simmered in a fragrant aromatic broth with soybean paste and ginger to render the meat fall-apart tender and eliminate gaminess, the ribs are generously brushed with a sweet-savory garlic soy or fiery spicy gochujang glaze. Grilled over charcoal, an open flame, or baked in an air fryer until caramelized and lightly charred, it offers the ultimate hands-on dining pleasure of tearing juicy meat right off the bone.

 **Prep: 30 mins (plus boiling) | Cook: 15 mins |**  **Moderate |**  **Smoky & Savory K-BBQ |**  **Finger-Licking Ribs**

Ingredients (2-3 servings)

- **Main Ingredients:** 700–800g pork baby back ribs (*deunggalbi*, cut into individual rib pieces)
- **Parboiling Aromatics:** 1 tbsp Korean soybean paste (*doenjang*), 1 thumb ginger (sliced), 4 cloves garlic, 1/2 onion, 1 tsp whole black peppercorns, 2 tbsp cooking wine (*cheongju* or mirin), 2 bay leaves (optional)
- **Spicy Gochujang Glaze (*Maeun-deunggalbi* Style):** 2.5 tbsp gochujang (chili paste), 1.5 tbsp gochugaru (chili flakes), 2 tbsp soy sauce, 2 tbsp rice syrup (*mulyeot*) or honey, 1 tbsp sugar, 1.5 tbsp minced garlic, 1 tbsp sesame oil, 1/4 tsp black pepper
- **Sweet-Savory Soy Glaze Option (*Ganjang* Style):** 4 tbsp soy sauce, 2 tbsp sugar, 2 tbsp rice syrup, 1 tbsp minced garlic, 1 tbsp sesame oil, 1 tbsp mirin, a pinch of black pepper
- **Finishing Touches / Optional Accompaniments:** 1 stalk green onion (finely chopped), 1 tbsp toasted sesame seeds, 100g mozzarella cheese (optional for melted cheese dip)

Allergy Information

- **Contains:** Pork, Soy (*Doenjang*, Gochujang, Soy sauce), Wheat (Gochujang, Soy sauce), Sesame (*Dairy if served with melted cheese*)

Equipment

- Large Stockpot, Grill Pan or Cast-Iron Skillet (or Oven / Air Fryer / Charcoal Grill), Basting Brush, Kitchen Tongs, Knife, Cutting Board

Cooking Instructions

1. **Soaking & Removing Membrane:** Soak pork back ribs in cold water for 30 minutes to draw out excess blood. Peel away the thin, translucent silvery membrane along the concave bone side using a paper towel (for optimal

tenderness). Slice between the bones into individual ribs.

2. **Parboiling with Aromatics:** Fill a large stockpot with water and add *doenjang*, ginger slices, smashed garlic, halved onion, black peppercorns, and cooking wine. Bring to a rolling boil, then add the ribs. Boil over medium heat for 20–25 minutes until the ribs are cooked through and tenderized. Drain and pat dry.
3. **Mixing the Glaze:** In a mixing bowl, combine gochujang, gochugaru, soy sauce, rice syrup, sugar, minced garlic, sesame oil, and black pepper until smooth and glossy.
4. **Glazing & Grilling:** Brush the sauce generously over all sides of the parboiled ribs. Place on a preheated grill pan over medium-low heat (or bake in an air fryer/oven at 180°C for 10–12 minutes), flipping and basting frequently until the sauce caramelizes with appetizing, lightly charred edges.
5. **Garnishing & Serving:** Transfer the sizzling ribs to a platter and top with finely chopped green onions and toasted sesame seeds. Serve hot—provide cotton and plastic gloves so diners can comfortably hold the bones and eat with their hands!

Cooking & Pairing Tips

- **Remove the Bone Membrane:** Stripping the fibrous membrane from the underside of the ribs ensures the meat loosens easily from the bone (*bal-ra-meok-neun mat*) when biting into it.
- **Why Parboiling is Essential:** Boiling the ribs with aromatics first renders out excess fat, purges gaminess, tenderizes tough connective tissue, and ensures the interior is fully cooked so you only need a few minutes of intense surface grilling to caramelize the sauce without burning.
- **Cheese Deunggalbi Trend:** Dip spicy glazed ribs into a skillet of bubbling melted mozzarella cheese—the mild, creamy cheese tempers the spicy kick and creates an irresistible stretch.
- **Perfect Food & Beverage Pairing:** Pairs iconically with seasoned seaweed rice balls (*Jumeokbap*), fluffy steamed egg (*Gyeran-jjim*), chilled soju, or a crisp cold draft beer.

Storage Instructions

- Leftover cooked ribs can be stored in an airtight container in the refrigerator for up to 2 days. Reheat in an air fryer at 170°C for 4–5 minutes or in a lightly covered skillet over low heat with a splash of water.

Nutrition Facts (Estimated)

- Total Content : Approx. 700g (2-3 servings total)
- Calories : 1,150 kcal total (approx. 164 kcal per 100g / 383 kcal per 1 serving)

- Sodium : 980mg (49%)
 - Total Carbohydrate : 28g (9%)
 - Sugar : 18g (18%)
 - Total Fat : 72g (133%)
 - Trans Fat : 0g
 - Saturated Fat : 26g (173%)
 - Cholesterol : 220mg (73%)
 - Protein : 92g (167%)
 - Calcium : 60mg (6%)
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Editor's Review

1. A Sensual Fusion of Fall-Off-the-Bone Tenderness, Juicy Meats, and Savory Glaze

The moment the pre-boiled, tender pork back ribs—brushed with a rich, savory glaze and grilled to a golden char—hit the palate, a burst of succulent meat juices and smoky depth unfolds as the tender meat effortlessly pulls away from the bone. The tactile joy of eating straight off the bone, combined with deep savory flavors, delivers an endlessly satisfying and dynamic gastronomic experience.

2. Culinary Mastery Forged by Pre-Boiling Tenderization and Direct-Flame Glazing

Deunggalbi-gui stands as a masterclass in rib grilling, utilizing an initial boiling stage to relax dense muscle fibers around the bone and eliminate impurities before applying seasoned glazes under controlled high heat to achieve a clean caramelization. Managing thermal intensity to lock in internal succulence while perfecting a glossy exterior represents fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace Found in the Joyful Ritual of Ribs

Echoing the lively, communal atmosphere of family dinners where everyone happily digs in with their hands, a plate of savory grilled back ribs acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Savoring this hearty, flavor-packed delicacy washes away exhaustion, granting an authentic sanctuary of peace and emotional recovery.

