



## Keto Ribs

Ribs in a chocolate coffee sauce.

Course **Appetizer, Main Dish**  
 Cuisine **General**  
 Keto Recipes **Keto Appetisers, Keto Main Courses**

Votes: **1**  
 Rating: **5**  
 You:

Servings **4 SERVINGS**      Prep Time **10 MINUTES**      Cook Time **60 MINUTES**

### Ingredients

- 500 grams      Pork Ribs
- 120 grams      Onions
- 10 grams      garlic
- 100 grams      Cherry Tomatoes
- 4      Dried Red Chillies
- 100 grams      100% Chocolate
- 1/2 Tbsp      Instant Coffee Powder
- 1      Spring Onion
- 1/2 Tsp      Cumin Powder
- 1/2 Tsp      Black Pepper Powder
- 1/2 Tsp      Coriander Powder
- Salt to Taste
- Water as required
- Butter as required

Servings:  servings

Units:

### Instructions

1. For this recipe we're using a pressure cooker. You can also use a slow cooker/instant pot. Put all ingredients into the pressure cooker except the chocolate and the spring onion. Add water as required. About 250ml should be enough.
2. Pressure cook for 30 minutes on a medium heat till the ribs are super tender. Remove the ribs from the cooker and then blend all the remain ingredients to get a nice thick sauce.
3. Reduce the sauce on the heat for about 10 minutes. Add in the chocolate and cook till it reaches a nice thick consistency. You can add heavy cream if it's super hot, also you can add some butter and even peanut butter. These are all optional.

4. Then cut the ribs and pan fry them in butter with a few spoons of that sauce. Garnish with spring onions and serve.