

Sticky Guava Ribs

By [Kia Damon](#)

Published Sept. 17, 2024



David Malosh for The New York Times. Food Stylist: Simon Andrews.

Total Time 3 hours and 10 minutes
Prep Time 10 minutes
Cook Time 3 hours
Rating 5 ★★★★★ (235)
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These easy, oven-baked ribs are sticky, sweet, spicy and splendidly delicious. The sweet guava paste makes an excellent foundation for the barbeque sauce, resulting in a sauce that's quick to caramelize and clings to your fingers with every bite. The low and slow cooking technique gives you tender, fall-off-the-bone meat with little to no effort and plenty of rendered fat to baste the ribs before you sauce them up. If you're feeding a crowd, you can make the ribs ahead of time and broil them before serving. That'll give you time to prepare a [green salad](#) or [mango slaw](#) for sides. The extra sauce keeps well in the fridge for two weeks or in the freezer for three months. Stash it away for a rainy day or you can double the amount of ribs for a larger serving -- that's if you don't eat them all before your guests arrive.

INGREDIENTS

Yield: 4 servings

- 2 pounds pork or beef ribs, membrane removed
- Salt and pepper
- 8 ounces guava paste, cubed
- ¼ cup tomato paste
- ¼ cup apple cider vinegar
- 3 garlic cloves, minced
- 3 tablespoons lime juice (from 1 to 2 limes)
- 1 tablespoon soy sauce
- 1 tablespoon smoked paprika
- ½ tablespoon ground ginger
- ½ tablespoon onion powder
- 1 teaspoon ground cayenne

[Add ingredients to Grocery List](#)

[Ingredient Substitution Guide](#)
[Nutritional Information](#)

PREPARATION

Step 1

Heat the oven to 275 degrees and season both sides of the ribs generously with salt and pepper. Line a baking sheet with heavy-duty foil, place the ribs rounded-side up on the sheet then tightly wrap foil over the top of the pan, completely sealing the ribs inside. Cook until the meat is tender and nearly falling off the bone without much resistance, about 3 hours.

Step 2

While the ribs cook, combine the guava paste, tomato paste, vinegar, garlic, lime juice, soy sauce, paprika, ginger, onion powder, cayenne and ¼ cup water in a large, deep pot. (The sauce is prone to splattering.) Bring to a boil on high while whisking the ingredients. Adjust heat to maintain a simmer, cover and cook, whisking periodically, for about 10 minutes so the flavors meld. Taste for salt and pepper. (The sauce can be refrigerated in an airtight container for up to 2 weeks, or frozen for up to 3 months.)

Step 3

When the ribs have finished cooking, remove the foil and brush with some of the rendered fat from the pan, then brush generously with the guava barbeque sauce on both sides. Set the oven to broil. Return the ribs to the oven and broil them on the top rack for 5 to 7 minutes per side, until the sauce is caramelized and browned in spots. Cut into pieces and serve with some extra sauce on the side, if you like.

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Debi 2 months ago

Great technique for using any type of sauce. The sweet guava and spice combo in this one was spot-on however. Absolutely delicious! (Cut cayenne in half, as had dinner guests & didn't know their spice tolerance...turned out just picante enough. Also, cooked for about 3.5 hrs & one rack did fall apart. But, that's what you want with ribs, right?!) Will be our go-to ribs for now on!

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MKilfoyle 5 months ago

Really good and easy recipe for ribs. I live in Florida so Guava paste is easy to come by.

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Mw 6 months ago

I found guava paste at World Market.

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