BRAZILIAN · DINNER · LUNCH

Costela Assada (Brazilian Salt-Roasted Beef Ribs)

190 min · Serves 6 · 496 kcal a serve · Video 4:55 · Tv Churrasco

Carnivore · Gluten-free ingredients · Dairy-free · Nut-free

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Just beef ribs, rock salt and time: no oil, sauce or sugar. Each serve gives about 41 g of protein and is rich in vitamin B12, zinc and selenium.

Diet notes: Keto (0 g net carbs a serve).

Ingredients 3 · SERVES 6

- [ ] 2 kg **bone-in beef ribs** (costela)
- [ ] **coarse rock salt**, to taste (the excess is brushed off before serving)
- [ ] 800 ml **water**, for the roasting tin

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200°C. Lay a few metal forks or a rack in a roasting tin so the ribs sit above the bottom, and pour in 400 ml of the water. 0:50
2. Season the ribs generously all over with coarse salt and set them on the rack. 1:10
3. Roast for 2 hours. 1:24
4. Pour the remaining 400 ml of water into the tin (you can also spray a little over the meat) and roast 1 hour more, until the ribs are done. 1:30
5. Lift out the ribs, brush off the excess salt, cut between the bones and serve. 1:52

> **Tip** Serves 6 (our estimate from 2 kg of ribs). The video also shows a foil-wrapped version with 240 ml water, finished with Tuscan sausages; this one keeps it to meat and salt. Lower the oven if the outside browns too fast.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
496 kcal	41 g	0 g	0 g	37 g	500 mg
2,070 kJ	83% of a day	0 g net · 0 g sugars	0% of a day	16 g saturated	22% of a day
		0% of a day		47% of a day	

Energy from net carbs 0% · protein 33% · fat 67% — fits keto: 0 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Vitamin B12 234% · Zinc 143% · Selenium 88% · Vitamin B6 28% · Iron 24%

Recipe and video: Tv Churrasco (@tvchurrasco) on YouTube — youtube.com/watch?v=qKBlJtXpbxg, published 15 July 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/costela-assada-salt-roasted-beef-ribs