

Grilled, Pork

Baby Back Ribs

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Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 24 hours

2 cups low-sodium chicken broth

1/4 cup soy sauce

1/4 cup dry sherry

2 tablespoons brown sugar

1 teaspoon fennel seeds

6 black peppercorns

1 rack baby back ribs

sliced scallions for garnish

In a saucepan, stir the broth, soy sauce, sherry, sugar, fennel seeds and peppercorns. Bring to a boil. Simmer for 10 minutes. Cool slightly.

Place the ribs, meaty side up, in a shallow pan and pour the marinade over the top. Cover and refrigerate overnight.

Bring the ribs to room temperature.

Preheat the oven to 350 degrees.

Bake for 45 minutes, basting occasionally.

Preheat the grill.

Cook the ribs on medium for 5 minutes per side (do not burn).

Cut up the ribs and arrange on a serving platter.

Sprinkle with the scallions.

Per Serving (excluding unknown items): 61 Calories; 1g Fat (17.8% calories from fat); 7g Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1052mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates.