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# Bar-B-Q Spare Ribs

*The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN*

**4 pounds spare ribs**  
**2 onions**  
**1 cup brown sugar**  
**2 tablespoons prepared mustard**  
**1/2 cup vinegar**  
**2 tablespoons Worcestershire sauce**  
**1 tablespoon salt**  
**1 teaspoon paprika**  
**1/2 teaspoon black pepper**  
**1/2 teaspoon cayenne**  
**1/2 teaspoon chili powder**  
**3/4 cup ketchup**  
**3/4 cup water**

Place the spare ribs in a large pan with a cover.

In a bowl, combine the rest of the ingredients. Mix well. Pour over the spare ribs.

Bake at 350 degrees for 1-1/2 hours. Remove the cover for the last 15 minutes.

Yield: 6 to 8 servings

## **Pork**

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*Per Serving (excluding unknown items): 895 Calories; 3g Fat (2.8% calories from fat); 8g Protein; 227g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 9283mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 0 Fat; 13 1/2 Other Carbohydrates.*