
Barbeque Spareribs

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St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

4 to 5 sparerib slabs
4 tablespoons onions, chopped
2 tablespoons butter
1 tablespoon oil
2 cups ketchup
1 cup water
2/3 cup vinegar
4 tablespoons mustard
2 tablespoons lemon juice
2 tablespoons paprika
4 tablespoons Worcestershire sauce
4 tablespoons sugar
dash pepper

Brown four to five sparerib slabs in the oven broiler really well on both sides.

In a big pot, fry the onions in butter and oil. Add the remaining ingredients to complete the sauce. Place the well done spareribs into a pan with the sauce. Simmer for 1/2 hour. Stir occasionally.

(This dish can be made ahead of time and freezes well.)

Pork

Per Serving (excluding unknown items): 1194 Calories; 43g Fat (29.2% calories from fat); 14g Protein; 219g Carbohydrate; 11g Dietary Fiber; 62mg Cholesterol; 7282mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 8 Fat; 13 1/2 Other Carbohydrates.