

BBQ Pork Spare Ribs

Ann Woolsey - Marshall Field's Cherryvale

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SAUCE

2 tablespoons lard

1 medium onion

2 tablespoons lemon juice

2 tablespoons Worcestershire sauce

2 teaspoons mustard

2 bay leaves

1 teaspoon salt

2 teaspoons pepper

1 teaspoon crushed red pepper

1 teaspoon garlic powder

6 ounces chili sauce

1/2 gallon BBQ sauce

4 tablespoons brown sugar OR 4 tablespoons honey

5 pounds (one slab) pork spare ribs (for three persons) OR

10 pounds (two slabs) pork spare ribs (for six persons)

Melt the lard in an eight quart pot. Quarter the onion and saute' until lightly browned. Add the remaining ingredients except the brown sugar or honey. Bring to a medium boil. Add the brown sugar or honey. Boil for an additional 2 minutes. Turn off the heat and allow to sit until the ribs are ready to add the sauce.

Cook the ribs on a charcoal grill with a cover. Do not make the fire too hot (it is best to cook the ribs slowly for two hours.) If the need arises, more coals (10 to 12) may be added about 30 minutes after the ribs have begun to cook. New coals added to the existing fire will keep the fire hot enough for two hours. Try to prevent the ribs from charring. Turn the ribs every 15 minutes to achieve even cooking.

After the ribs are cooked, cut apart into individual ribs and place in the sauce. Cover the pot and cook the ribs and sauce for 30 to 60 minutes on low heat. (They can cook longer if desired and are great reheated.)

(Tip: After dinner serve a hot, moist washcloth rolled tightly to clean hands.)

Yield: 3 to 6 servings

Pork

Per Serving (excluding unknown items): 367 Calories; 27g Fat (62.2% calories from fat); 5g Protein; 32g Carbohydrate; 7g Cholesterol; 2600mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 5 Fat; 1 Other Carboh