

Chinese Barbecue Spareribs (Stovetop Method)

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Yield: 3 to 4 servings

*3 pounds pork spareribs,
cut into serving size*

*1 bottle (5 ounce) soy
sauce*

*1/2 cup packed brown
sugar*

1 clove garlic, minced

CHINESE HOT MUSTARD SAUCE

5 tablespoons boiling water

2 tablespoons dry mustard

1/2 teaspoon salt

2 teaspoons salad oil

SWEET-SOUR SAUCE

2 tablespoons sugar

1 tablespoon cornstarch

1/2 teaspoon chili powder

2/3 cup water

3 tablespoons ketchup

1 tablespoon cider vinegar

1/4 cup sweet pickle relish

Prepare the Hot Mustard sauce: In a saucepan, stir the boiling water into the mustard. Combine with the salt and salad oil. Mix thoroughly.

Prepare the Sweet-Sour Sauce: In a saucepan, blend the sugar, cornstarch and chili powder. Stit in the water, ketchup and cider vinegar until smooth. Cook over medium heat until the mixture thickens, stirring constantly. Remove from the heat and stir in the pickle relish.

Simmer the spareribs in water for 30 minutes. Drain.

In a bowl, combine the soy sauce, brown sugar and garlic. Add to the spareribs. Stir to coat the ribs.

Cover and cook over low heat for 30 minutes, stirring often to prevent sticking.

Serve with the Chinese Hot Mustard and Sweet-Sour Sauce.

Per Serving (excluding unknown items): 3366 Calories; 212g f (56.6% calories from fat); 16g Protein; 202g Carbohydrate; Dietary Fiber; 659mg Cholesterol; 19260mg Sodium. Exchange: Grain(Starch); 20 1/2 Lean Meat; 31 Fat; 11 Other Carbohydrates.