

# Chinese Spare Ribs

*Mrs Monica Chang*

*St Timothy's - Hale Schools - Raleigh, NC - 1976*

## **Servings: 6**

*4 pounds spare ribs, cut small*

*3/4 cup sugar*

*1/2 cup sherry wine*

*1 bottle catsup*

*1 teaspoon garlic powder*

*1/2 cup soy sauce*

In a pot, place the ribs, sugar, sherry, catsup, garlic powder and soy sauce. Mix well. Simmer for 45 minutes.

Place the spare ribs and sauce in a casserole dish.

Place under the broiler at 200 degrees for 10 minutes.

Baste the ribs and turn over once. Baste again.

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Per Serving (excluding unknown items): 114 Calories; trace Fat (0.2% calories from fat); 1g Protein; 28g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1402mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 1/2 Other Carbohydrates.