

Panhandle Barbecue Ribs

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

Yield: 4 to 6 servings

*4 pounds pork spareribs
1 cup onion, chopped
3 tablespoons vegetable oil
2/3 cup vinegar
1 cup chili sauce or catsup
1/4 cup Worcestershire
sauce
1/4 cup packed brown
sugar
1 teaspoon salt*

Preheat the oven to 350 degrees.

Cut the spareribs into serving-size portions.
Place in a covered casserole dish.

Bake for 30 minutes.

In the meantime, cook the onions in oil until
tender. Add the vinegar, chili sauce,
Worcestershire sauce, brown sugar and salt.
Simmer for 10 minutes. Drain the fat off the ribs.
Add the sauce.

Bake, covered, for one hour. Remove the cover.

Bake 30 more minutes (Add a little water in the
final 30 minutes, if necessary).

Per Serving (excluding unknown items): 3919 Calories; 307g Fat (70.9% calories from fat); 19g Protein; 87g Carbohydrate; 3g Dietary Fiber; 878mg Cholesterol; 3603mg Sodium. Exchanges: Lean Meat; 2 1/2 Vegetable; Fat; 5 Other Carbohydrates.