

## MENU 24

### BBQ SPARE RIBS

4 1/2 pounds ribs  
1/2 cup soy sauce

Place ribs in Dutch oven with a cover and add 3 cups of water. Bring to a boil and cook 5 minutes. Remove ribs from water and drain well. Brush ribs with a mixture of the soy sauce and cornstarch. Continue to brush both sides of ribs, until all the soy-cornstarch mixture is gone. This should be done periodically over a period of 30-45 minutes to allow the mixture to penetrate the meat. Place ribs on greased grill about 3 inches from briquettes. Cook until tender, about 20 minutes. Every 2 or 3 minutes the ribs should be turned and basted each time with sauce. Serve immediately with remaining sauce. Serves 6.

I have two favorite sauce recipes. Each one has a completely different flavor.

#### Sweet and Sour Sauce

Mix in saucepan:

1 cup catsup  
1 cup water  
1/4 cup brown sugar  
1/4 cup vinegar  
1/4 cup Worcestershire sauce  
1 T. celery seeds  
1 t. chili powder  
1 t. salt  
Dash of pepper  
Few drops of Tabasco

Bring to boil then it's ready to use.

#### Texas Barbecue Sauce

Mix in saucepan:

1 cup tomato juice  
1/2 cup water  
1/4 cup catsup  
1/4 cup vinegar  
2 T. Worcestershire sauce  
2 T. brown sugar  
1 T. paprika  
1 t. dry mustard  
1 t. salt  
1/4 t. chili powder  
1/8 t. cayenne pepper

Simmer 15 minutes or until slightly thickened.

SERVE WITH:

Perfection Salad (see Recipe 4)  
and  
Baked Broccoli (see Recipe 5)