

The Art of Cuisine



Barbecue Ribs

- 8 pounds beef or pork ribs*
- 2 garlic cloves*
- 1 bay leaf*
- 1 cup brown mustard*
- 1/2 cup red wine vinegar*
- 1/3 cup brown sugar*
- 2 tablespoons tomato paste*
- 1 teaspoon cayenne pepper*
- 3 tablespoons soy butter, melted*
- 1 tablespoon molasses*
- 3 tablespoons Worcestershire sauce*
- 1/4 cup onion, minced*
- 3 garlic cloves, minced*
- 1 teaspoon onion powder*
- Salt and pepper, to taste*

Fill a large stockpot with water and bring to a boil. Add the ribs, garlic cloves and bay leaf. Parboil the ribs, covered, for 45 minutes to 1 hour, until fork tender.

In a medium saucepan, combine all ingredients. Pour 1 cup of the rib water into the mixture. Cook over medium heat, stirring occasionally, for approximately 15 minutes until the sauce has thickened and is heated through. Add the ribs to the pot, turning with tongs to coat well. Season with salt and pepper. Transfer the ribs to a hot outdoor grill, meat side down first, and cook 8 to 10 minutes on each side, taking care not to burn them. Serve with remaining sauce on the side.

Yield: 8 servings
Prep Time: 10 minutes
Cook Time: 1 hour 10 minutes

www.TheArtofCuisine.com

Email: artofcuisine1@yahoo.com

(916) 934-9230

*Sign up to become a VIP Member with The Art of Cuisine!
When you sign up, you will receive The Art of Cuisine's newsletter, entitling you to free, EXCLUSIVE recipes only for VIP Members. In addition to recipes, VIP Members will have access to FREE cooking videos, FREE e-books, FREE health and cooking tips, and much more.... [Sign up Today!](#)*