



ROUTE FOOD: Red-Hot BBQ Beef Ribs

Makes 4 Servings

Ingredients:

4 meaty beef ribs, 10-12 inches long and weighing about 1 pound each

Vegetable / Canola oil for grilling or broiling

Sizzling Barbecue Sauce

2 tablespoons canola oil

1 large onion, finely chopped

2 cloves garlic, very finely chopped

1 ½ cups tomato ketchup

½ cup bottled chili sauce

4 tablespoons dark brown sugar

4 tablespoons lemon juice

1 tablespoon Worcestershire sauce

½ tablespoon hot pepper sauce, or to taste

Salt and freshly ground black pepper, to taste

1. To prepare the sauce, heat the oil in a saucepan over medium heat. Add the onion and garlic and cook, stirring occasionally, for 5-7 minutes until softened. Stir in the remaining ingredients, lower the heat, and simmer, stirring frequently, for about 45 minutes, until the flavors blend and the sauce is slightly thickened. Taste and adjust the seasoning, if necessary.
2. Put the ribs in a non-metallic bowl large enough to hold them in a single layer. Pour the sauce over and make sure the ribs are well coated. Cover and refrigerate for at least 2 hours or overnight.
3. Prepare an outside charcoal, gas, or electric grill, or preheat a broiler. Arrange the ribs on an oiled rack, or a greased foil-lined broiler pan. Cook for about 20 minutes for medium, turning the ribs regularly and basting with remaining sauce. Serve hot or at room temperature with freshly cooked corn-on-the-cob.