

Barbecued Country-Style Ribs

Servings: 4

*4 pounds country style ribs
water*

1/3 cup orange marmalade

1/4 cup lemon juice

1/4 cup soy sauce

1 clove garlic, minced

2 teaspoons cornstarch

2 tablespoons water

Cuisine: Barbeque

Place 4 pounds country-style ribs in large pan; add enough water to cover. Cover; heat to boiling. Reduce heat; cook 1 hour.

Remove ribs; drain.

Place bone side down on grill 3 inches from medium coals. Cook about 30 minutes, turning frequently.

Prepare Orange Sauce. In saucepan, mix marmalade, lemon juice, soy sauce and garlic. Mix cornstarch and water until smooth; stir into saucepan. Cook, stirring constantly, just until mixture thickens and boils.

Spoon sauce on ribs; cook 5 minutes. Turn; spoon sauce on ribs and cook 5 minutes longer or until ribs are done.

These ribs are thick meat from the rib end of the pork loin. If you prefer to use spareribs, decrease cooking time in water to 20 minutes; increase cooking time on grill to 50 minutes. You can parboil a good supply of ribs ahead of time, wrap in aluminum foil and freeze. They'll be ready to thaw and cook on the grill whenever you need them.

Per Serving (excluding unknown items): 85 Calories; trace Fat (0.2% calories from fat); 1g Protein; 22g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1044mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 Other Carbohydrates.