

Barbecue Beer Ribs

*These sweet, smoky ribs are coated in a crunchy, dark glaze.
The addition of beer creates a unique and appealing flavour.*

Pork back ribs, cut into 2 – 3 bone portions	4 lbs.	1.8 kg
Water, to cover		
Dry sherry	1 cup	250 mL
MARINADE		
Can of beer	12 1/2 oz.	355 mL
Brown sugar, packed	2/3 cup	150 mL
Soy sauce	1/2 cup	125 mL
Barbecue sauce	1/2 cup	125 mL
Liquid honey	1/4 cup	60 mL
Garlic cloves, minced (or 1/2 – 1 tsp., 2 – 5 mL, powder)	2 – 4	2 – 4

Combine ribs, water and sherry in large pot or Dutch oven. Bring to a boil. Reduce heat to medium-low. Simmer, uncovered, for about 1 1/2 hours, skimming off fat occasionally, until ribs are tender. Remove ribs to wire rack over baking sheet with sides to drain and cool. Discard liquid and solids in pot. Place ribs in large resealable freezer bag.

Marinade: Combine all 6 ingredients in medium saucepan. Heat and stir on medium until boiling and brown sugar is dissolved. Cool. Makes 3 cups (750 mL) marinade. Pour over ribs. Seal. Turn until coated. Marinate in refrigerator for at least 3 hours, turning several times. Remove ribs, reserving 1/2 cup (125 mL) marinade. Preheat gas barbecue to medium-high. Place ribs on greased grill. Close lid. Cook for about 5 minutes per side, brushing with reserved marinade, until heated through. Serves 6.

1 serving: 674 Calories; 23 g Total Fat (10.4 g Mono, 2.5 g Poly, 7.9 g Sat); 143 mg Cholesterol; 43 g Carbohydrate; 1 g Fibre; 67 g Protein; 1490 mg Sodium

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