

# Barbecued Ribs

**Servings: 4**

*2 racks spare ribs, about 2# each*

*3 tablespoons soy sauce*

*1 tablespoon dry sherry*

*4 tablespoons catsup*

*1 tablespoon orange juice, frozen concentrate*

*4 tablespoons sugar*

*2 tablespoons honey*

*1 tablespoon hoisin sauce*

*1/2 teaspoon five-spice powder*

*2 drops red food coloring*

Cuisine: Barbeque

**Preparation Time: 5 hours**

Trim any fat off the ribs and remove the overlapping piece of the meat on the bony side, if any. Lay the ribs flat on a tray and mix the remaining ingredients to form a marinade. Rub the marinade on both sides of the ribs and place in the refrigerator for at least 4 hours, overnight if possible. Place marinated meat on a rack over a pan filled with 1 inch of water to prevent sticking and burning in the oven. Preheat oven to 375°F. Roast ribs for 35 minutes. Increase oven to 450°F and cook for 10 more minutes. Serve Immediately.

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Per Serving (excluding unknown items): 159 Calories; 4g Fat (19.9% calories from fat); 4g Protein; 29g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 1026mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 2 Other Carbohydrates.