

# Baked Barbecue Spareribs with Apple Rice



Lip Smacking - Fall Off the Bone Tender -- common phrases used to describe ribs, and they would all be correct in describing this recipe.

Cooked meats go back more than one million years, to the time of Homo erectus. It is thought that they were the first to cook meat over an open fire. No one knows for certain exactly how it all came about, but one thing is for sure, they'd be surprised at how it has evolved.

These could possibly be the tastiest ribs you'll ever have, and easy to make with common pantry items. The hardest part about this recipe is waiting to eat.

2 - 3 lbs pork spareribs  
1 lemon, thinly sliced

## Sauce:

1 15oz bottle ketchup  
1 cup water  
1 cup brown sugar  
1/4 cup chopped onion  
1 bay leaf  
1 tbsp parsley flakes  
1/2 tsp ground cloves  
1/4 tsp ginger  
1 tsp salt  
1 tsp black pepper  
1/4 tsp garlic powder

Preheat oven to 325\*.

Cut meat into single rib portions.

Place in a shallow pan, cover with foil and bake for 1 hour.

While the ribs are baking, prepare the sauce.

In a medium saucepan, mix together all the sauce ingredients.

Heat to bubbling, then reduce heat and cook until thickened.

Remove ribs from oven and drain excess fat.

Remove bay leaf from sauce, and pour over the ribs. Top with lemon slices.

Bake covered for 1 hour.

Uncover and bake an additional 30 minutes.

### Apple Rice

1-1/4 cup water

1-1/2 cup apple juice

1 tsp salt

2-1/2 cups instant rice, brown or white

In a medium saucepan, bring water, juice and salt to boil.

Stir in rice.

Cover saucepan and turn heat off.

Let sit for 5 minutes until liquid is absorbed.

Fluff with a fork and serve.

Submitted by Janet Stevenson

Janet was born right here in the Village.

After a time of living away, she has returned to live in her childhood home.