



Chili Maple Mustard Ribs



INGREDIENTS

- 64 oz., with bone (yield after cooking, bone removed) Pork Spareribs
- 1/2 tsp Salt
- 1/2 tsp Black Pepper
- 1 tbsp. Canola Vegetable Oil
- 1/2 cup chopped Onions
- 1/2 cup Sugar Free Maple Flavored Syrup
- 3 tbsps. Red Wine Vinegar
- 3 tbsps. Dijon Mustard
- 1 tbsp. Chili Powder

DIRECTIONS

Grill Method:

1. Preheat grill to a low setting (about 325°F). Sprinkle 4 lbs ribs with salt and pepper; set aside. In a medium saucepan over medium-high heat, heat oil for 1 minute. Add white onion and sauté until softened, about 4 minutes. Stir in syrup, vinegar, mustard and chili powder. Reduce heat to low and simmer until slightly thickened, about 15 to 20 minutes.
2. Place ribs on grill, cover and cook 45 minutes, turning three times. Brush ribs with glaze and continue cooking for another 45 minutes, turning and brushing with glaze several times. Serve immediately.

Oven Method:

1. Preheat oven to 325°F. Sprinkle ribs with salt and pepper; set aside. Make glaze as directed above.
2. Place ribs on baking sheet, cover with foil and bake 45 minutes. Remove foil, brush ribs with glaze, and continue baking for 45 more minutes, turning and brushing with glaze several times.