

## **Noreen White's recipe: My Best Ribs 'n Sauce Need a Fork to Eat 'Mmm**

### ***Ingredients***

#### **Rib sauce:**

- 1 + tbsp Dry mustard
- 2½ tbsp Horseradish
- 1 + tbsp Worcestershire sauce
- ¾ cup Catsup
- 1½ cups Brown Sugar
- ⅓ cup white wine
- 1 28oz can, Crushed tomatoes

#### **To begin a soup stock:**

- 2 large Chopped onions
- 24 pieces Baby carrots

#### **Ribs:**

- 4 racks Back ribs
- Salt
- Pepper
- Sage
- Dry mustard
- ⅓ cup White wine

#### **Also:**

- Soup/perogies/Caesar salad
- Butter
- Shredded cheddar
- Real bacon bits

### **Directions**

1. **For sauce:** Mix first four ingredients in sauce pan, add the rest. Stir to blend well. Heat until boiling, stirring to avoid sticking. While hot, pour into clean and sterilized pint jars or pickle jar with rubber ring on lid. Keeps well and is there when you need it the next time. Makes 3 pints or 6 cups.
2. **For ribs:** Start around 10 am. Spray crockpot with non-stick cooking spray and turn on high. Peel onions and chop into thumbnail sized pieces, then put in the crockpot. Cut carrots into bite-sized pieces and put on top of the onions. Rinse ribs. Turn over so bone side is up. Run a sharp knife under membrane on the small end (it's white and paper-thin. If it's left on it makes the ribs tough and chewy.) Season the meat side only with a sprinkling of salt/pepper/dry mustard/sage. Pat into meat. Cut the ribs into 3 or 4 pieces each and arrange over the onions and carrots. Pour the white wine over the top and put the lid on. Turn on high and let them cook until ready to start to get them ready for supper.
3. After ribs have cooked for 4-5+ hours or until ready to make them for supper. Foil and spray a large cookie sheet. Gently remove the ribs using tongs and place on sprayed/foiled sheet, bone

side up. Using a basting brush and a small dish for the sauce (to avoid cross-contamination), baste the underside liberally with rib sauce. Pour more in the dish as needed. Gently turn the ribs over and liberally brush rib sauce over the meaty side. Set aside until ready to put in the oven. Put into a hot oven (425°) and leave in until hot and bubbling.

4. Make the soup using the stock left in the crockpot. Scrape the sides down to get the browning from the ribs. Pour in another pot and put in the fridge. Cool it: it's easier to remove most of the fat. Add some frozen vegetables (peas, corn, green beans...) and some water and season to taste. Make it the rich tasty soup it was meant to be. Serve it first as a beginning to a fine meal.
5. Cook some perogies, drain and put them back in the pot. Add a good dab of butter and coat them. Serve them with sour cream, real bacon bits and shredded cheddar. Rinse and rip romaine lettuce while the ribs are cooking. Rip it in a container with a tea towel to absorb the water that remains. Make a Caesar salad ahead of time and have that as a side.