

Men Who Care BBQ Dinner Recipe

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Baby Backed Ribs with Cornbread, Baked Beans and Italian Roaster Corn

Ribs

3 pounds of spare ribs, preferably baby back

Rub

¼ cup of brown sugar, 1 tbs celery seed, 1 tbs chili powder, 1 tbs salt. Mix together and rub on spare ribs. Place them under the broiler 4 to 5 minutes per side.

Sauce

½ cup vinegar, 1 can tomato soup, ½ cup dark molasses

Put ribs in a roasting pan and pour sauce over the ribs. Bake at 325 degrees for 2 hours. Put in a crock pot for a house party.

Corn Bread

Pre-heat oven to 350 degrees. Spray a 12 x 9 baking pan with cooking spray. In a large bowl stir in the dry ingredients: 2-1/2 cups all-purpose flour, 1 -1/2 cups sugar, 1 cup finely ground yellow cornmeal, 1 tbs baking powder, 2 tbs fine sea salt

In a medium bowl beat together: 6 eggs, 1 cup of milk

Stir in the egg mixture into the dry ingredients. Add nine tbs of softened un-salted butter and stir until blended. Pour batter into the pan and smooth the top. Bake for 35 minutes, or until golden brown and a toothpick in the center comes out clean.

Baked Beans

Soak 2 cups of navy beans overnight to soak.

Drain beans, add salt and cook in a pot with two inches of water above the beans. Bring to a boil and then simmer until barely tender, at least 30 minutes. Add about a teaspoon of salt subject to diet.

In a baking dish add a peeled medium onion in the center. Place 4 uncooked baby back ribs to either side of onion. Drain the beans when cooked and add to the pot. Pour a mixture over the beans including ½ cup of molasses, 2 tablespoons of dark brown sugar, 2 tablespoons of crushed mustard, and tablespoon of ground black pepper. Also experiment with ketchup and various BBQ sauces.

Bake for four hours covered at 250 degrees. Remove the ribs and the onion. Cut into pieces, remove bones and return to baking dish. Cook for another 45 minutes without a cover.

Italian Grilled Corn

Shuck 6 ears of corn. Place on a high grill for three minutes per side. Repeat the process once or twice. Place ½ cup of extra-virgin olive oil and three tablespoons of balsamic vinegar in a dish. In another dish add 1 cup of grated parmigiana cheese, 2 tablespoons of fresh chopped mint and a teaspoon of hot red pepper flakes. Roll the corn in the oil and vinegar and then the cheese mixture. Bring your favorite local beer.