

Ian Forrest's Ribs

- Buy ribs from Costco
- Make aluminum foil rib packet on a cookie sheet
 - Get two sheets of foil and fold four sides around ribs to make a packet
 - Place ribs on foil
 - Get two more sheets of foil to make a lid
- Pour half can of coke into the packet
- Seal the packet
- Put in oven
 - 130°C for 3~4 hours
- Pull them out, and take ribs out of aluminum pouch
- Place on wire grill tray
- Paste with BBQ sauce (see below)
- Grill for 9 minutes

Homemade Barbecue sauce

Ingredients

- 220g カットトマト
 - Use blender to make smooth
- 1 cup ketchup
- 1/3 cup light brown sugar
- 1/4 cup honey
- 2/3 cup red wine vinegar
 - Can substitute with rice vinegar
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon taco seasoning
- 1/8 teaspoon mustard seed (whole)
- 1/8 teaspoon cinnamon powder
- Optional: 1/4 teaspoon cayenne pepper

Instructions

- Add all ingredients to a large saucepan and mix together until smooth.
- Cook over medium heat, stirring frequently, until mixture comes to a boil, then reduce the heat and simmer for 20 minutes or up to one hour, stirring occasionally.
- Remove from heat and allow to cool. The sauce will thicken slightly as it cools.
- Store in an airtight container or jar in the fridge for up to 3 weeks.