

20-Minute Barbecue Ribs

Our **Deep Covered Baker** allows you to prepare barbecue ribs in the microwave, cutting their cooking time in half. They're hearty, delicious and the perfect recipe for quick football season entertaining!



Ribs

- 1 rack (2½-3 lb/1.1-1.4 kg) pork loin back ribs (baby back ribs)
- 1 tsp (5 mL) salt
- ¼ tsp (1 mL) coarsely ground black pepper
- ¼ cup (50 mL) water

Smoky Barbecue Sauce

- 1 cup (250 mL) ketchup
- ¼ cup (50 mL) packed brown sugar
- 2 tbsp (30 mL) **Smoky Barbecue Rub**
- 2 tsp (10 mL) cider vinegar or white vinegar



1. For ribs, remove membrane from rack of ribs using **Boning Knife** (see Cook's Tip). Season both sides of ribs with salt and black pepper. Cut between each bone to separate rack into individual ribs. Arrange ribs, cut side down, in two layers in **Deep Covered Baker**. Add water. Microwave, covered, on HIGH 8 minutes. Turn ribs over. Microwave on HIGH 7-10 minutes or until **Pocket Thermometer** registers 160°F (71°C) when inserted into meatiest part of ribs alongside bones and ribs are no longer pink.
2. Meanwhile, for sauce, combine ketchup, brown sugar, barbecue rub and vinegar in **(1.5-qt./1.5-L) Saucepan**. Bring to a boil, stirring occasionally; remove from heat.
3. Transfer ribs to Stainless **(4-qt./4-L) Mixing Bowl**. Add 1 cup (250 mL) of the sauce and toss to coat.
4. Heat **Grill Pan** over medium heat 5 minutes. Place ribs onto pan; cook 4-6 minutes or until grill marks appear, brushing with remaining sauce and turning once. Transfer ribs to a serving platter. Serve immediately.

Yield: 4 servings

Nutrients per serving: Calories 620, Total Fat 41 g, Saturated Fat 15 g, Cholesterol 160 mg, Carbohydrate 30 g, Protein 34 g, Sodium 1390 mg, Fiber 1 g

Cook's Tip: The membrane found underneath the rack is not only tough, but it also holds in excess fat. Removing the membrane helps to render out the fat during cooking. To remove the membrane, lay the rack meaty side down. Using the tip of the Boning Knife, gently cut under the membrane on one corner. Using a paper towel, grasp the corner of the membrane and gently pull it away from the bones. Trim any excess fat along the underside of the rack.