

Recipe from Linda's Kitchen

06-28-2008

Name

BABY BACK RIBS

Category

Type

Keyword

RIBS

Primary Ingredient

RIBS

From

Bk

Amount

1-2 racks

Ingredients

baby back ribs

1 tbsp

Cavendars greek seasoning

1 tbsp

Cooking oil (keeps water from boiling over)

(see BBQ Sauce by BK)

Preparation Instructions

Cut ribs into sections with about 6 ribs per section.

Fill large sauce pan with 2-3 quarts of water.

Add Cavendars seasoning and oil to pot.

Bring to a boil.

Add all ribs after water begins to boil.

Continue to boil until ribs protrude 1/2" (10-15 mins)

Remove ribs and place on grill.

Coat liberally with BBQ sauce.

Cook each side for 4-5 minutes.

Notes: