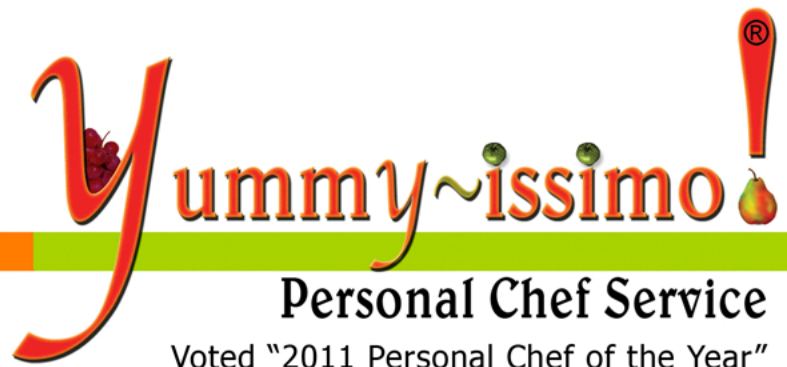


# Mango BBQ Baby Back Ribs



## Personal Chef Service

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 Best Caterer"

This sauce is so good, make extra to keep in the refrigerator to use on chicken or brush on salmon and roast

Serves 4

1 slab baby back ribs

1/2c soy sauce

2T canola oil

4 garlic cloves, minced

1c Major Grey's mango chutney

1 pinch cayenne pepper

1c BBQ sauce ~ I like Sweet Baby Ray's

Have the butcher remove the back silver skin and cut the slab into 4 pieces.

Preheat oven to 350. Heat oil in large skillet and brown ribs. Place ribs in baking dish large enough to hold them comfortably but not so large that the sauce doesn't come up onto the ribs.

In same skillet, over low heat, simmer the mango chutney, BBQ sauce, soy sauce, garlic and cayenne for 10 minutes. Pour sauce over ribs, cover tightly with foil and bake approximately 3 1/2 to 4 hours. During the last 1 hour, remove foil and baste ribs every 20 minutes.

Check for doneness. Ribs should be close to "falling off the bone" tender. Serve with sauce on the side.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



**Debbie Spangler ~ Certified Personal Chef**

[www.yummyissimo.com](http://www.yummyissimo.com) ~ [debbie@yummyissimo.com](mailto:debbie@yummyissimo.com)