

# Teriyaki BBQ Baby Back Ribs



## Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 4

1 slab baby back ribs

2T canola oil

1c Major Grey's mango chutney

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

1/2c soy sauce

4 garlic cloves, minced

1 pinch cayenne pepper

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.

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 hours. Remove from oven, cool completely, wrap in foil and refrigerate overnight..

Remove ribs from refrigerator and allow to come to room temperature. Preheat grill to medium and spray grates with non~stick cooking spray. Reheat ribs 20~30 minutes each side, brushing every 5 minutes with sauce.

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

**Debbie Spangler ~ Certified Personal Chef**

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