
Charcoalled Chinese Spareribs

Home Cookin - Junior League of Wichita Falls, TX - 1976

6 to 8 pounds spareribs, cut into serving-size pieces

1 can (8 ounce) pineapple chunks, juice reserved

1 onion, cut in chunks

1 green pepper, cut in strips

1/2 cup juice from the pineapple

1/3 cup brown sugar

1 cup honey

3/4 cup lemon juice

1/4 cup lime juice

1/4 cup sherry

1/3 cup soy sauce

1/2 teaspoon garlic salt

salt

pepper

Place the ribs in a large sealable Ziploc bag.

In a bowl, combine all of the other ingredients. Mix well. Pour the marinade into the Ziploc bag with the spareribs. Seal the bag and turn several times to coat the ribs.

Marinate the ribs overnight, turning several times.

Brown the meat over hot coals on the grill, basting with the marinade sauce.

Place the ribs in a large casserole dish.

Cook, covered, in a 325 degree oven for 45 minutes.

Yield: 6 to 8 servings

Grilled, Pork

Per Serving (excluding unknown items): 1968 Calories; 41g Fat (18.0% calories from fat); 38g Protein; 378g Carbohydrate; 7g Dietary Fiber; 133mg Cholesterol; 6630mg Sodium. Exchanges: 4 Lean Meat; 4 1/2 Vegetable; 1 1/2 Fruit; 6 Fat; 21 1/2 Other Carbohydrates.