

Mediterranean Back Ribs with Pomegranate Sauce

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5 pounds back ribs
1 tablespoon Kosher salt
1 tablespoon fresh ground black pepper
1 bottle (16 oz) 100% pomegranate juice
2/3 cup ketchup
1 tablespoon molasses
1 tablespoon soy sauce
2 scallions, white and green parts chopped
2 cloves garlic, minced

Season the ribs to taste with salt and pepper.

Heat the grill to medium and turn off burners directly below where ribs will go. Lightly oil the cooking grate.

Place the ribs over indirect heat (over a drip pan or unlit burner).

Close the grill hood and cook until ribs are tender, about 1 1/2 to 2 hours.

Meanwhile, in a medium saucepan, bring the pomegranate juice to a boil over high heat. Boil until thickened and reduced to 1/3 cup, about 15 minutes.

Stir in the ketchup, molasses, soy sauce, scallions and garlic.

Bring to a simmer.

Cook, stirring often, until slightly thickened, about 5 minutes.

During the last 20 minutes of cooking, baste the ribs with the pomegranate sauce. The ribs are done when meat pulls away from the bone.

Per Serving (excluding unknown items): 264 Calories; 1g Fat (2.5% calories from fat); 5g Protein; 67g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 8564mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 0 Fat; 4 Other Carbohydrates.