

Sweet and Sour Spareribs

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

Servings: 4

*2 pounds spareribs, cut in
2-inch lengths
1/4 teaspoon pepper
2 teaspoons salt, divided
2 tablespoons brown sugar
2 tablespoons cornstarch
1/4 cup vinegar
1/4 cup cold water
1 cup pineapple juice
1 tablespoon soy sauce*

Preheat the oven to 450 degrees.

Place the spareribs in a baking pan. Sprinkle with pepper and one teaspoon of salt.

Bake for one hour or until the ribs are crisp, brown and tender. Turn once or twice.

In the meantime, in a large skillet, mix the sugar, cornstarch and remaining salt. Stir in the vinegar, cold water, pineapple juice and soy sauce. Cook very slowly, stirring vigorously, until the juice becomes transparent.

Place the ribs, drained of fat, on a large serving platter. Pour the sauce over them.

Per Serving (excluding unknown items): 475 Calories; 33g Fat (63.8% calories from fat); 24g Protein; 18g Carbohydrate; trace Dietary Fiber; 110mg Cholesterol; 1433mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 5 Fat; 1/2 Other Carbohydrates.