

C's BBQ Bourbon Ribs

The Most Amazing Barbecue Bourbon Ribs Ever!

Ingredients:

4 pounds Country Style Pork or Beef Ribs

Marinade:

1/4 cup Ketchup (sugar free ok)
1 tsp. dry mustard
1/4 cup bourbon or whiskey
2 cloves crushed garlic (use a press)
3/4 cup Splenda Brown Sugar, packed
1/4 Low-sodium soy sauce
1/2 cup Red Chili sauce, or to taste (HOT!!)
1/4 cup Worcestershire sauce
Dash of pepper

Directions:

1. Make the marinade. Set aside a small dish for brushing on during cooking.
2. Pour the marinade in a giant Zip-lock bag and add the ribs. Let them soak for up to three hours, but no longer than that.
3. About 15 minutes before you are ready to start grilling, heat up the grill so that it's nice and hot.
4. Just before you put the ribs on, turn down the flame to medium. Place the ribs across the grill so that they are evenly distributed across the flame. Turn them only once per side, brushing them with the reserved marinade. Cook until the meat is no longer pink. Depending on the thickness of the rib, about 8 minutes per side will usually do it. Enjoy!

HINT: DO NOT USE MARINADE FROM THE ZIP-LOCK ON THE

COOKED RIBS!

TOSS IT. RE-USING IT MAY MAKE YOU SICK!