

# BBQ Time!

June 4, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



*Who loves BBQ? I just loves juicy ribs that fall off the bone slathered in a really good bbq sauce. My favorite is anything sweet and spicy. BBQ sauce sounds intimidating to make, but trust me it's really not...and once you know the basics you'll be creating your own bbq sauce. And you don't need ribs to eat good bbq. I'll show you a trick to a vegetarian bbq option!*

- 1/2 cup vegetable oil
- 1 sweet onion, very finely chopped
- 2 1/2 cups ketchup
- 2 cups apple cider vinegar or distilled white vinegar
- 1/2 cup Worcestershire sauce
- 1/4 cup Dijon mustard

- Salt and pepper to taste
- 2 tablespoons firmly packed brown sugar
- 1 teaspoon cayenne pepper, or to taste
- Juice of 2 lemons
- 2 racks spareribs, on the bone (6 to 7 pounds)
- 1/4 cup paprika
- 1/4 cup firmly packed brown sugar
- 2 tablespoons coarse kosher salt
- 1 tablespoon cayenne pepper
- 1 tablespoon garlic salt
- 1 tablespoon freshly ground black pepper
- 1/2 cup of honey

Set oven to 350. On a flat surface place ribs and, if necessary, remove the thin membrane from the back of each rack of ribs; discard the membrane. Combine the paprika, brown sugar, kosher salt, cayenne pepper, garlic salt and black pepper in a small bowl. Rub the meat with the oil and then rub liberally with the spice blend. Leave at room temperature before placing in oven. While meat is resting in marinade. Let's get the sauce going:

In a saucepan, heat the oil over medium heat; add the onions and simmer until soft and melted, 5 to 7 minutes. Add the ketchup, vinegar, Worcestershire sauce, mustard, black pepper, brown sugar, cayenne pepper, lemon juice and honey. Bring to a boil, decrease the heat to low and simmer until the flavors have smoothed and mellowed, up to 30 minutes. Taste and adjust for seasoning with salt, pepper and any sweet or heat. Store in an airtight container in the refrigerator. It will last for months.

While sauce is simmering place ribs on a sheet tray (if you have parchment paper, it certainly makes clean up easier) place ribs in oven for 1 hour. With a pastry brush, brush on some sauce on the ribs and cook another 45 minutes, coating with sauce every 15 minutes. You will have sticky, juicy bbq ribs in no time.

You can even swap out ribs for cauliflower florets and make a vegetarian version!

Follow the same steps as the ribs. Season cauliflower and roast in oven for 15 minutes and brush on bbq sauce every 5 minutes for another 15-20 minutes. Cauliflower will look like meaty bbq wings. Serve nice and hot and enjoy!