

Barbeque Ribs

1 pound pork ribs for barbeque

½ cup red wine vinegar

¼ cup balsamic vinegar

8 oz of honey (some people add brown sugar here too)

1 tablespoon oil

1 teaspoon cayenne pepper (optional)

Salt/pepper to taste

Rub cayenne over ribs

Brown ribs in oil in frying pan over medium heat

In bowl, mix together vinegars, some of the honey

Pour over ribs and let simmer

Drizzle more honey over the ribs and reduce heat to low.

Cover and let ribs cook 20 minutes

Turn ribs, drizzle more honey; Cook another 10 minutes

Drizzle more honey and move ribs around

Repeat until ribs are cooked—about 40 minutes, depending on thickness of rib

Salt/pepper to taste

Serve warm with a crisp salad and applesauce

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