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Sauceless in Seattle Rib

Blackberry Sauce

- 1 1/4 cups rinsed blackberries
- 1/4 cup catsup
- 1/4 cup honey
- 1/4 cup firmly packed brown sugar
- 1/4 cup minced fresh ginger
- 1 tsp. pepper
- 1/2 tsp. salt (optional)
- 1 – 2 tsp. hot sauce to taste

In a food processor or blender combine blackberries, catsup, honey, firmly packed brown sugar, minced fresh ginger, pepper, and salt (optional). Whirl until berries are puréed. Add 1 to 2 teaspoons hot sauce to taste.

Pour into a 1-quart glass measure. Cover loosely with microwave-safe plastic wrap, leaving vents for steam. Cook in a microwave oven at full power (100%), stirring occasionally, until berry mixture is reduced to 1 1/3 cups, about 8 minutes.

Yield: 1 1/3 cups

Nutritional Information: Calories 161 (1.7% from fat); Fat 0.3g (sat 0.0g); Protein 0.8g; Cholesterol 0.0mg; Sodium 218mg; Fiber 2.5g; Carbohydrate 42g

Ribs

- 1 section pork spareribs (about 4 lb.)
- Blackberry Sauce
- 3/4 cup blackberries, rinsed
- Mint sprigs

Rinse ribs and pat dry. Trim and discard excess fat.

Prepare barbecue for indirect heat (see below). When grill is medium hot (you can hold your hand at grill level only 3 to 4 seconds), lay ribs on grill and turn as needed until well browned, 40 to 50 minutes.

Baste one side of ribs with half the sauce. Turn ribs sauce side down and cook until sauce browns and forms a thick, sticky glaze, about 10 minutes. Baste top of ribs with remaining sauce, turn over and cook until sauce browns and forms a thick, sticky glaze, about 10 minutes longer.

Transfer ribs to a platter and garnish with blackberries and mint. Cut between bones to separate portions.

To prepare grill for indirect heat:

If using charcoal briquettes: Mound and ignite 60 briquettes on the fire grate of a barbecue with a lid. When the briquettes are hot, after 15 to 20 minutes, push equal amounts to opposite sides of the fire grate. Add 5 more briquettes to each mound of coals now and every 30 minutes while cooking. Set a drip pan on the fire grate between the coals. Set the grill in place.

If using a gas barbecue: Turn all the burners to high, close the lid, and heat for 10 minutes. Then adjust the burners for indirect cooking (heat on opposite sides of grill, not down center under food), and keep on high unless recipe specifies otherwise.

Yield: 4 servings

Nutritional Information: Calories 878 (55% from fat); Fat 54g (sat 20g); Protein 52g; Cholesterol 214mg; Sodium 383mg; Fiber 3.8g; Carbohydrate 45g

Dan Peters, Federal Way, Washington, Sunset, JULY 2000