

Meats-Poultry-Game

Grilled Baby Backs with honey mustard and barbecue sauce

Ingredients:

3 racks baby back pork ribs
1 cup Dijon mustard or yellow mustard
1/2 cup honey
2 cups warm water
1 spray bottle
grill brush
G/F Barbecue Sauce
1 cup all-purpose rub, 2 tablespoons of cayenne pepper, 2 tablespoons garlic salt, 2 tablespoons celery salt, 1 tablespoon salt & black pepper

Instructions:

Rinse ribs and pat dry. Wisk mustard and honey together and pour over ribs. Let stand at room temperature for 1 hour. Mix water and 1/8 cup barbecue sauce in spray bottle. For a gas grill, place pan on one side of the grate and preheat to medium-low. Place on gas flames. Place ribs, meat side up, over aluminum pan. Cover and cook until ribs reach an internal temperature of 165 degrees F; or about 1/2 hours. Rotate and spray with bbq sauce ribs every 10 minutes. After 1/2 hours, remove ribs from grill. Cover with barbeque sauce and all-purpose rub. Return to grill, cover and cook for 10 minutes longer. Remove from grill, cut ribs between the bones; serve with barbecue sauce for dipping. Enjoy!

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