

Sweet-and-Spicy Barbecued Country Ribs (pressure cooker)

Pressure Cooking for Everyone, by Rick Rodgers

Internet Address:



- 1 tablespoon vegetable oil
- 3 pounds pork country-style ribs (cut into servings)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 medium onion, chopped
- 2 cloves garlic, peeled, minced
- 1 cup catsup, Heinz brand, preferably
- 1/2 cup jalapeno jelly, or apricot preserves
- 2 teaspoons chili powder
- 1/2 cup water

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

1. In a 5-7 quart pressure cooker, heat the oil over medium-high heat. In batches, add the ribs and brown lightly, about 5-7 minutes total for each batch. Transfer ribs to a plate, season with salt and pepper and set aside.
2. Pour out all but a tablespoon of the fat in the pan and return to the heat. Add onion and cook until softened, about 2-3 minutes. Add garlic during last minute of cooking.
3. Stir in the catsup, jalapeno jelly, chili powder and water and stir. Add the ribs back into the pan. Cover and lock lid in place. Follow directions for your pressure cooker, but bring it up to pressure and cook for 25 minutes. Remove from heat and quick-release the pressure [I put it under a stream of cold water in the kitchen sink]. Open the lid, tilting it away from you to block any escaping steam.
4. If desired, you may heat the sauce on the stove top and boil it down to a desired thicker consistency. Or, spoon out any pools of fat and scoop the sauce on the top of all the ribs and serve.

Per Serving (excluding unknown items): 770 Calories; 47g Fat (54.7% calories from fat); 41g Protein; 47g Carbohydrate; 2g Dietary Fiber; 160mg Cholesterol; 1141mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 4 Fat; 3 Other Carbohydrates.