

MENU

Ribs and Barbecue

SERVES 8

Spinach and Artichoke Spread
Roasted Baby Back Ribs
Slow-Cooker Barbecue
Vegetable Dill Slaw
New Potato Salad
Mary B's Tea Biscuits
Irwin's Super Brownies

GAMEPLAN

Monday

- Shop for non-perishables
- Prepare sauce and rub for ribs

Wednesday – Friday

- Shop for perishables
- Prepare barbecue*
- Prepare Irwin's Super Brownies

Friday

- Prepare Vegetable Dill Slaw

Saturday

Early in the day . . .

- Prepare Spinach and Artichoke Spread
- Prep ribs
- Prepare New Potato Salad

4:30

- Roast ribs**
- Add tomatoes to slaw
- Plate brownies

6:00

- Remove barbecue from refrigerator
- Get dressed – enjoy dressing drink!

6:45

- Plate Spinach and Artichoke Spread
- Remove potato salad from refrigerator
- Enjoy a quiet moment

7:30 – 7:45

- Warm barbecue
- Bake Mary B's Tea Biscuits, 350° for 20 min

8:00

- Warm barbecue sauce in microwave

8:15 – 8:30

- Serve and enjoy!

* Barbecue may be prepared up to 2 months in advance and frozen, or you may substitute with a favorite local barbecue.

** Ribs can be prepared earlier in the day, covered, and kept at room temperature.

Ribs and Barbecue Dinner

SHOPPING LIST

Produce

- Baby spinach, 2 cups chopped, ~½ lb
- Lemon, 1
- Rosemary, 2 tsp chopped
- Cabbage, 1 med*
- Carrots, ½ cup, ~½ lb
- Sweet red pepper, 1 med
- Sweet yellow pepper, 1 med
- Onion, 3 tbsp chopped
- Celery, 5–6 ribs
- Dill, 1 tbsp finely chopped
- Italian parsley, ½ tbsp finely chopped
- Grape tomatoes, 1 cup halved
- New potatoes, 3 lbs
- Green onions, 1 bunch
- Garlic, 2 cloves

Meat

- Baby back pork ribs, 6 lbs, 3 racks
- Boston butt, 5 lbs

Baking, Spices, Nuts

- Walnuts, ½ cup chopped
- Cumin, 1 tbsp
- Oregano, 1 tbsp
- Onion powder, 4 tsp
- Mustard powder, 4 tsp
- Garlic powder, 2 tsp
- Celery seed, ¼ tsp
- Garlic salt, ¼ tsp
- Basil, 1 tsp
- German chocolate cake mix, 1 18.25-oz box

- Evaporated milk, ⅔ cup
- Chocolate chips, 1 6-oz pkg
- Chopped pecans, 1 cup, optional

Packaged

- Assorted crackers
- Marinated artichokes, 1 cup
- Chicken broth, 6 cups
- Ketchup, 1 cup
- Bone Suckin' Sauce, 2 jars med hot**
- George's Original or Scott's Barbecue Sauce, 1 jar**
- Caramels, 1 14-oz pkg

Dairy

- Parmesan, ½ cup shredded, ~1–2 oz
- Eggs, 3

Frozen

- Mary B's Tea Biscuits

On Hand . . .

- Salt
- Pepper
- Mayonnaise, 2¼ cups
- Olive oil, ½ cup
- Light brown sugar, ~1 cup
- Sugar, ½ cup
- Worcestershire sauce, 2 tbsp
- Apple cider vinegar, 2½ cups
- Red wine vinegar, 4 tbsp
- White wine vinegar, 1 tbsp
- Dijon mustard, 1 tbsp
- Butter, 1½ sticks

*You may substitute with packaged chopped cabbage, approx 4 cups.

**You may substitute with your favorite specialty barbecue sauces. I recommend a mix of a thicker sauce with a vinegar-based sauce.

SPINACH AND ARTICHOKE SPREAD

SERVES 6-8 Adapted from *TheVenable.com*

Combine artichokes, spinach, Parmesan, mayonnaise, lemon juice, sea salt, and pepper in a bowl. Fold in toasted walnuts.

Serve with your choice of crackers or pita chips. Also good on endive or sliced cucumber rounds.

DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day. Cover and chill.
- You can chop walnuts, artichokes, and spinach more or less finely; the finer the chop, the more spreadable.
- Increases well.

INGREDIENTS

*1 cup marinated artichokes,
drained and chopped*

*2 cups fresh baby spinach,
chopped*

*½ cup shredded Parmesan,
~1-2 oz*

¼ cup mayonnaise

*2 tbsp fresh lemon juice,
~1 lemon*

½ tsp salt

¼ tsp black pepper

*½ cup chopped walnuts,
toasted*



ROASTED BABY BACK RIBS

SERVES 8-10

INGREDIENTS

RIBS

6 lbs baby back pork ribs,
3 racks
Olive oil
1 tbsp cumin
1 tbsp oregano
2 tsp onion powder
1 tsp salt
2 tsp freshly ground pepper
2 tsp chopped fresh rosemary
3 tbsp light brown sugar
3 tbsp sugar
6 cups chicken broth

BARBECUE SAUCE

1 cup ketchup
2½ cups apple cider vinegar
2 tbsp Worcestershire sauce
6 tbsp light brown sugar
1 tsp salt
2 tsp pepper
2 tsp onion powder
4 tsp mustard powder
2 tsp garlic powder

Remove membrane from bone side of the ribs. Pat dry. Place ribs in a single layer, meat side up, in 1-2 large roasting pans and rub with olive oil.

Mix remaining ingredients except chicken broth. Spread mixture over the ribs. Add chicken broth – just enough to come up under the ribs, but not to cover the tops. Cover and cook at 300° for 3 hrs.

For sauce, whisk ingredients together.

Ribs may be served immediately or kept covered until ready to serve. Serve with warmed barbecue sauce.

DEEDEE'S NOTES:

- Ribs may prepared earlier in the day. Cover and keep at room temperature. To serve warm, ribs may be prepped earlier in the day. Begin cooking 3-3 ½ hours prior to serving.
- Sauce should be prepared early in the day or a week or more ahead.
- For spicier ribs or sauce, add cayenne pepper.
- For a thicker sauce, add more ketchup. Bring sauce to boil, lower heat, and cook, stirring frequently to thicken.
- You may substitute homemade sauce with your favorite specialty sauce. I recommend a mix of Bone Suckin' Sauce and George's Original or Scott's Barbecue Sauce. I like to mix a thicker sauce with a vinegar-based sauce.

*How many people this serves really depends on
how many hungry boys you are serving!*

SLOW-COOKER BARBECUE

SERVES 12–16

INGREDIENTS

*1 5-lb (approx) Boston butt
(bone-in pork shoulder)*

*2 jars Bone Suckin' Sauce,
medium hot*

*1 jar George's Original or
Scott's Barbecue Sauce*

Place Boston butt in slow cooker. Cover with both barbecue sauces. Cook on high for 1 hr.

Reduce heat to low and cook 6–8 hrs until meat easily falls off bone.

Remove roast. Because meat will be falling off the bone and breaking apart, you will need a slotted spoon. Pull or chop pork into smaller pieces and transfer to casserole.

After meat is removed, let sauce cool and pour through a mesh strainer into a glass container. A large mason jar works well. Cover and chill sauce until fat solids form at the top. Remove fat, then pour sauce over barbecue.

Warm on low heat to serve.

DEEDEE'S NOTES:

- Recipe is best if prepared at least 1 day in advance and can be prepared 2–3 days in advance so that sauce can chill overnight. Fat will solidify at the top so that it can be easily removed.
- For barbecue sauces, you may substitute your favorite specialty sauces. I like to mix a thicker sauce with a vinegar-based sauce.
- Freezes well.

VEGETABLE DILL SLAW

SERVES 6-8 Hester Hodde

For the dressing, whisk vinegars and sugar to dissolve sugar.
Add remaining ingredients and blend well.

Place salad ingredients except tomatoes in a large bowl.
Mix with dressing. Cover and chill overnight.

Just prior to serving, add tomatoes.

DEEDEE'S NOTES:

- Recipe may be prepared up to 2 days in advance.
- Dressing makes more than is needed. After slaw has marinated in dressing, you may want to transfer mixture to serving bowl using a slotted spoon. Discard extra dressing.
- You may use prepackaged cabbage mix. I have also made this recipe without the tomatoes.
- Increases well.

INGREDIENTS

DRESSING

1 tbsp red wine vinegar
1 tbsp white wine vinegar
¼ cup sugar
1½ cups mayonnaise
¼ tsp celery seed
¼ tsp garlic salt

SALAD

1 med cabbage, chopped
½ cup shredded carrots
½ cup chopped sweet red pepper
½ cup chopped sweet yellow pepper
3 tbsp chopped onion
½ cup chopped celery
1 tbsp chopped dill
½ tbsp chopped Italian parsley
1 cup halved grape tomatoes

Eddie's godmother, Hester, is a wonderful cook and much better culinary student than I. She has hosted us too many times to count! She shared this recipe years ago and it's been a go-to favorite ever since. It is adapted from an old Gourmet magazine recipe.

NEW POTATO SALAD

SERVES 8

Adapted from *Stirring Performances*,
Junior League of Winston-Salem

INGREDIENTS

SALAD

3 lbs new potatoes, unpeeled

*1 bunch green onions,
chopped*

3 ribs celery, chopped

3 hard-boiled eggs, chopped

DRESSING

½ cup mayonnaise

3 tbsp red wine vinegar

1 tbsp Dijon mustard

2 cloves garlic, minced

1 tsp dried basil

1 tsp salt

½ tsp pepper

½ cup olive oil

Boil potatoes in salted water until just tender. Drain, cool, and quarter.

For the dressing, whisk mayonnaise, vinegar, mustard, garlic, basil, salt, and pepper. Gradually add olive oil, whisking continuously.

In large bowl toss potatoes, onions, celery, and eggs with dressing.

DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day.
- Increases well.



IRWIN'S SUPER BROWNIES

YIELDS 24

Adapted from *In Order to Serve*, Christ Episcopal Church

Combine cake mix with butter and $\frac{1}{3}$ cup milk. Spread half of batter into greased 9x13 baking dish. Bake at 350° for 6 min.

Melt caramels in top of double boiler with remaining $\frac{1}{3}$ cup milk. Set aside.

Cover baked mixture with chocolate chips. Sprinkle pecans on top, optional. Drizzle with caramel. Dot with remaining cake batter. It will be sticky. Bake 15–18 min.

Cool, then freeze approx 30 min. Cut into bars.

INGREDIENTS

*1 18.25-oz box German
chocolate cake mix*

$\frac{3}{4}$ cup butter, softened

$\frac{2}{3}$ cup evaporated milk, divided

1 14-oz pkg caramels

1 6-oz pkg chocolate chips

*1 cup chopped pecans,
optional*

DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day and is better prepared 2–3 days ahead. Cover and chill. Cut into bars and bring to room temperature to serve.
- I melt the caramels in the microwave – slowly, stirring at 1-minute intervals.
- Increases well. Freezes well.