

# Babyback Ribs

*From the Kitchen of Lynnae Hymas  
Recipe by Our Best Bites*

Serves: 3 adults	Prep Time: 10-15 min	Cook Time: 4-8 hours
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## INGREDIENTS:

- 1 rack babyback ribs (1 rack will feed 2-3 adults; another rack of ribs will work with the marinade if your crockpot can fit them)
- 3 cups pineapple juice
- 1 ½ cups brown sugar
- 1 ½ teaspoons mustard powder
- 1/3 cup ketchup
- 1/3 cup red wine vinegar
- 1 ½ Tablespoons lemon juice
- 2 Tablespoons soy sauce
- ½ teaspoon ground cloves
- 2 teaspoons ground ginger
- 4 cloves garlic, minced
- ½ teaspoon cayenne pepper
- Your favorite barbecue sauce

## INSTRUCTIONS:

Using a sharp knife or a pair of kitchen shears, cut each rack into about 4-6 portions (it ends up being about 2-4 rib bones each).

Mix pineapple juice, brown sugar, mustard powder, ketchup, red wine vinegar, lemon juice, soy sauce, cloves, ginger, garlic, and cayenne pepper. I like to do this in the cooking pot and then add the ribs. Cover. Cook on high for 4 hours or low for 6-8 hours.

Remove the ribs from marinade and heat grill to medium. Brush both sides of the ribs barbecue sauce, put the ribs on the grill, and close the lid for 2-4 minutes. Carefully turn the ribs, close the lid, and wait another 2-4 minutes. Remove from the grill and serve immediately.