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Episode # 258

GARLIC SPARERIBS

1 c. ketchup	1 c. water
1 tbsp. worchestershire sauce	1 tsp. chili powder
¼ c. vinegar	1 tsp. paprika
¼ c. molasses	¼ c. brown sugar
2 cloves garlic, crushed	3 – 4 lb. spare ribs

Brown ribs in 400 oven for about 20 min. Drain off fat. Reduce heat to 350. Meanwhile, mix sauce ingredients and bring to boil. Simmer till ribs are ready. Add sauce, cover and bake 1 hr., remove cover and bake 30 min. longer to thicken sauce. Serve with boiled rice.

CURRIED SPINACH TRIANGLES

½ pkg. phyllo pastry	250g. frozen ch. Spinach
1 tbsp. pine nuts, toasted	250 g. ricotta cheese
2 tsp. curry powder	salt & pepper
Olive oil	

Chop pine nuts. Place frozen spinach in microwave and cook 1 – 2 min until completely thawed. Squeeze out any excess moisture. Add curry powder, salt & pepper, mix well. Add pine nuts & ricotta cheese; mix till well combined. Cool. Cut phyllo into 2" wide strips. Brush each strip with oil (or use olive oil spray). Put a tsp. of spinach filling on end of pastry and fold to form triangle, covering filling. Continue to roll in triangles till you reach the end of the pastry. Brush with oil. Place on ungreased cookie sheet; bake 12 – 15 min. till golden brown.

NAPA CABBAGE SLAW

1 tbsp. grainy mustard	2 tbsp. red wine vinegar
2 tbsp. olive oil	2 tbsp. mayonnaise
4 green onions, thinly sliced	1 small head Napa cabbage
1 red apple	

Whisk together mustard, vinegar, olive oil and mayonnaise. Season with salt. Cut cabbage into thin strips, quarter & core apple, thinly slice. Toss apple, cabbage & onions together with dressing and serve.

COCONUT RICE PUDDING

1 c. water	2/3 c. medium rice
¼ tsp. salt	2 eggs
½ c. sugar	14 oz. can coconut milk
1 tbsp. lemon juice	1/3 c. raisins
1 c. sweetened flaked coconut	

Cook rice in water 15 min. Let stand till all liquid is absorbed. Heat oven to 325. Whisk eggs & sugar together in medium bowl, whisk in coconut milk and lemon juice. Spoon cooked rice into ungreased 8" baking dish; sprinkle with raisins. Pour egg mixture over rice, stir to blend. Bake 20 min. Stir well, sprinkle with coconut. Bake 15 – 20 min. or until centre is almost set. Serve warm.

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