



# Cole Slaw Dressing

**MAKES 3 CUPS**

**INGREDIENTS**

½ Cup Sugar

¼ Cup Cider Vinegar

1 Cup Mayonnaise

1 ¼ Cup Sour Cream

1 ½ Tablespoon Celery Salt

½ Teaspoon Celery Salt

**PREPARATION**

1. Mix all ingredients together with a wire whisk. Refrigerate for up to 1 week.



# Pork Rib Rub

**SERVES 4 -1 FULL RACK**

## **INGREDIENTS**

- ¼ cup paprika
- 1 teaspoon cayenne pepper
- 1/3 cup brown sugar
- 3 tablespoons ground black pepper
- 3 tablespoons dried thyme
- 10 cloves of garlic, minced.
- 2 tablespoons kosher salt
- 3 tablespoons vegetable oil
- 1 cup apple juice

## **PREPARATION**

1. Mix all ingredients together, except apple juice. (reserve for cooking)
2. Rub spice mix onto the top and bottom of the ribs up to 2 days before, wrap and refrigerate.
3. Pre-heat oven to 300 degrees. Roast ribs bone side down approximately 2-2.5 hours. Spray or brush ribs with the apple juice every 30 minutes. Cook until fork tender.
4. (For barbeque ribs, let cool and cut the ribs into single pieces, then toss in your favorite BBQ sauce and either reheat in the oven, or grilled on the barbecue grill outside.)



# Teriyaki Marinade

**SERVES 4 -1 FULL RACK**

## **INGREDIENTS**

¾ Cup Soy Sauce (or Tamari Soy  
for Gluten Free)

¼ Cup Water

1/3 Cup Packed Dark Brown Sugar

3 Cloves Garlic Smashed and Fine Diced

2 Green Scallions, Thinly Sliced

8 oz. Fresh Ginger Root, Peeled  
and Thinly Sliced

## **PREPARATION**

1. Mix all ingredients together. Place in a sealed container for up to a week in the refrigerator. (If you want a sauce or glaze, heat to a simmer and whisk in a corn starch slurry to thicken)
2. Recommended Marinating times for certain foods.
3. Seafood – 20 minutes
4. Chicken or Pork – 6 hours or overnight
5. Beef and Lamb – 12 hours or 2-3 days
6. Vegetables – 20-30 minutes