Ron Dyo’s Hawaiian Ribs

Ingredients for 1-rack of ribs

1 - rack of spare ribs

1 - whole onion chopped

1 ½ C Ketchup

½ C Brown Sugar

3T Worcestershire Sauce

1T Cayenne pepper (optional)

1T Garlic Salt

Cut the rack of spare ribs across the bones, separate all ribs

In a deep pot set flame to high heat to brown, then simmer for 1.5 hours stirring occasionally

Remove oil from the meat (just pour out with lid on pot as strainer)

Add chopped onions, simmer until translucent

Add all the ingredients and stir every ½ hour or so.

Cook for 1 – 1 ½ hours more until meat is tender and falls off bone