

## GLAZES

Glazes are most often used to add flavor & keep the protein moist while cooking  
All ingredients are whisked together to make the glaze unless stated otherwise.

- 4 T Earth Balance margarine
- 1/4 C Honey
- 1/4 C Orange juice
- 1/4 C BBQ sauce
- 1 T Orange (zest)
- 2 T Dijon mustard
- 1/4 t Allspice



- 2 T Ketchup
- 1 T Vinegar (Balsamic)
- 1 T Maple Syrup (low-calorie)
- 1 T Apple butter



### For Fish

- 1 Onion (red) (use 1/2) (finely chopped)
- 1 T Extra-virgin olive oil
- 3 T Vinegar (wine) (red)
- 1 C Maple syrup (dark)
- 2 T Tomato paste (1 T) & Worcestershire Sauce (1 T)
- 1/8 t Liquid smoke flavoring
- 2 t Black pepper (coarse) (1 t) & Curry Powder (1 t)



- 1 Cook onion in oil for 3 minutes & then add remaining ingredients
- 2 Add vinegar & reduce by 1/2
- 3 Add remaining ingredients & bring to a boil & then let it simmer

### For Ribs

- 1 1/2 C Hot red pepper jelly
- 1/4 C Miso (white)
- 1/4 C Lemon (juice)
- 2 T Sriracha (to taste)



- 1 Heat ingredients plus any pan juices from the grilled ribs
- 2 Whisk & simmer for 5 minutes

### For Meatloaves

- 1 1/4 C Wine (red) (dry)
- 1/4 C Sugar **OR** Sugar substitute
- 1 Tomato (finely chopped)
- 1 t Molasses (unsulfured)
- Pinch Allspice



- 1 Bring ingredients to a boil over moderate heat, stirring to dissolve the sugar.
- 2 Boil until the glaze is thick and syrupy (approximately 15 minutes)

6 4. Meanwhile, in a saucepan, combine the pepper jelly with the miso, lemon juice, Sriracha and the reserved  
7 5. Light a grill. Arrange all of the ribs on the grill and cook over moderately high heat, turning and brushing



ved pan juices. Simmer the glaze for 5 minutes, whisking.  
g with half of the glaze, until nicely caramelized, about 15 minutes. Transfer the ribs to a work surface. Cut t



he baby back and spareribs in between the bones and slice the short ribs. Garnish with sesame seeds and scallio



ons and serve the ribs with the remaining glaze on the side.