



by Cathy Abernethy

CLARINGTON PROMOTER
CONTRIBUTOR

HOME COOKING *with Cathy*

Hello there! This edition is about ribs, ribs and more ribs. So I thought I would share with you this tasty recipe complements of Chef Andrew at Tetra Kitchen & Vines. Jim and I loved it. Hope you like it!



Chef Andrew's Sweet & Spicy Ribs

This recipe works for 3-4 full rack of Pork ribs, or 4-8 people.

Pork Back Ribs works best for this recipe as they are fattier and hold up better than using a side rib. Don't get me wrong this recipe will also work for side ribs.

I use this recipe at the restaurant as well as home so I hope you enjoy!!!!

You will need:

- 1) A Large bowl
- 2) Measuring cups & spoons
- 3) A Large pan for braising (braising means to stew slowly in a closed container)
- 4) Tin foil
- 5) Large cookie sheet or aluminum pan
- 6) 3-4 Full Back Pork Ribs PEELED. (Having them peeled means all the silver skin on the back of the ribs have been removed.)

Dry Rub :

- Paprika = ½ cup
- Cumin = Tbl.
- Brown Sugar = ¾ cup
- Chili Powder = ¼ cup
- Cayenne pepper = Tbl.
- White pepper = Tsp.
- Black pepper = Tsp.
- Garlic Powder (not salt) = ¼ cup
- Onion Powder = ¼ cup
- Salt (kosher is best) = 1.5 Tsp.



CHEF ANDREW

Directions:

1. Remove racks from package.
2. Pat dry with paper towel - This helps the rub stick better
3. Spread racks evenly on cookie sheet so they are not touching
4. Prepare rub and mix all ingredients thoroughly to not have any clumps
5. Rub the racks front & back to ensure equal coverage.
6. Cover tightly with saran wrap at put in fridge 4-6 hours. **24 hours is best**
7. In large pan place ribs meat side out standing up so that all inside bones face one another
8. Pour 1 litre of warm water into the pan you are using for braising.
9. Cover pan with aluminum foil tightly or with a lid if that is what you have. ** must be tight to keep steam inside the container**
10. Preheat oven to 325F
11. Put ribs in oven for approximately 2-3 hours or until tender.
12. Let rest out of oven and liquid for 20 minutes
13. Cover with your favourite BBQ sauce and place on cookie sheet
14. Bake ribs with BBQ sauce on them for another 10 mins at 325F
15. ENJOY !!!!!

BICYCLE SAFETY

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most serious injuries we ever deal with.

It doesn't have to be this way: with a little effort and cooperation from road users, the 2018 cycling season can be safer for everyone.

Cyclists' Responsibilities

So what can cyclists do to keep safe?

Firstly, they should be well-equipped: always wear a helmet, use a bell, and minimize night riding but if you must - carry lights and reflective clothing.

Make sure your bike is well-maintained, too - slipping a gear and veering into traffic can cause chaos on the road. An annual bike maintenance inspection is well worth the limited expense. Secondly, cyclists must obey the rules of the road. Motorists

The great Bowmanville Rotary Ribs & Brews event is a sure sign that warm weather, summer holidays and significant bicycle traffic on our roads are here.

Statistics show that bicycle ridership has surged throughout Ontario in recent years. With that has come a significant increase in bicycle accidents.

Not surprisingly bicycle accidents cause some of the

often complain about bikers ignoring stop signs or speeding through intersections.

Riding within your legal limits both reduces your risk of injury and promotes a culture of trust and respect between road users. Encourage your children's schools to host bicycle safety events. The Durham Regional Police Force will be happy to get involved. Our law firm hosts a session annually at a local school with this excellent police force to provide free helmets to the children and teach bicycle safety.

Motorists' Responsibilities

Improved public safety depends on drivers' willingness to share the road.

Just as some cyclists must conquer their anti-car attitudes, drivers must overcome the notion that municipal changes to accommodate bike-riders do not amount to a "war on cars."

Recognizing cyclists' legitimate right to the road is the first step drivers must take to improve cyclist safety.

Drivers must slow down on busy bike routes, exercise additional caution when making right turns, leave as much space as possible when passing cyclists, and generally endeavor to be more aware of vulnerable road users.

We have seen many serious injuries that involve car doors being opened into the path of a bicycle. Drivers and passengers need to check for this risk.

Bicycle Safety in Clarington

As a Board member of Valleys 2000, (a group of local citizens that works with Clarington on the oversight of the Bowman-



ville Creek and Soper Creek Valleys), I have recently become aware of the great strides Clarington is making in the extension of the cycling and walking trails located in these wonderful valleys.

Not only have extensive funds been allocated to link the trails to the waterfront but Clarington has recently created an advisory committee of residents to provide input on the safety aspects of Clarington trails and roadways.

In the next year or two we will see many more cyclists and pedestrians using these improved trails and it will be even more important that all users exercise reasonable care.

We at Will Davidson hope everyone enjoys Ribs & Brews and has a safe and happy summer.