



**HAYES & HAYES**  
O U T F I T T E R S

***WHOLE RACK OR RIBS WITH VEGETABLES***

**INGREDIENTS:**

- ★ Rack of Ribs
- ★ Salt (3 cups)
- ★ Pepper (1 1/4 tbsp)
- ★ Laurel (3 leaves)
- ★ Squash (2 units)
- ★ Peppers (2 units)
- ★ Onion (6 units)
- ★ Corn (4 units)
- ★ Sweet Potato (5 units)
- ★ Potatoes (5 units)
- ★ Carrot (5 units)

**DIRECTIONS:**

1. Prepare brine (salt, pepper, bay leaf and 2 liters of H<sub>2</sub>O), cook 1 minute.
2. Place the meat on a rack, cook over a wood fire for 5 hs, spraying with brine every 30 min.
3. Cook the vegetables on the coals, until they are tender and serve.

**Chef: Daniel Quiuan**