

## C.V.C. Barbeque Sauce

2/3 CUP APPLE CIDER VINEGAR  
 1/2 CUP DARK CANE SYRUP (OR MOLASSES)  
 1 TSP COARSE BLACK PEPPER  
 1/2 TSP CAYENNE PEPPER  
 1/2 TSP ROASTED GARLIC POWDER  
 1 TSP YELLOW MUSTARD  
 1 CUP TOMATO SAUCE  
 1 TSP SALT  
 1 TSP ONION POWDER  
 1 CUP WATER  
 1 CUP BROWN SUGAR  
 1 TSP SMOKED PAPRIKA  
 1 1/2 CUPS KETCHUP

Bring all ingredients to a boil and simmer for 20 min. Store in a mason jar in refrigerator for up to 6 months. Omit cayenne and half of black pepper for mild sauce.

## Chris's Rib Rub Recipe

1/2 CUP SUGAR  
 1/2 CUP BROWN SUGAR  
 2 TBSP. CAYENNE PEPPER  
 1/2 CUP PAPRIKA  
 2 TBSP. ONION POWDER  
 1/2 CUP KOSHER SALT  
 1/2 CUP COARSE GROUND BLACK PEPPER

Blend spices well and store in an air-tight container.