

# INDIAN-SPICED RIBS

**1.** Preheat the oven to 350°. In a medium skillet, combine the coriander, cumin, mustard and cardamom seeds and the cinnamon. Toast the spices over low heat until fragrant and starting to brown, about 1 minute. Transfer to a plate and let cool, then grind to a powder in a mortar or spice mill. Put the powder in a small bowl and stir in the turmeric and cayenne.

**2.** Put the rib racks on 2 large rimmed baking sheets, meaty side up. Rub the top of each rack with 1 teaspoon of the oil and season with salt and pepper. Spread the minced garlic and then the onion evenly on top. Sprinkle the racks with all but 2 teaspoons of the spice mixture. Roast the ribs for about 30 minutes, or until they start to brown.

**3.** Raise the oven temperature to 400° and sprinkle the racks with the reserved 2 teaspoons of spice mixture. Roast the ribs for about 30 minutes longer, or until

Recipe: Marcia Kiesel, F&W Test Kitchen

## 4 SERVINGS

1 tablespoon plus 1 teaspoon  
coriander seeds

1 tablespoon plus 1 teaspoon  
cumin seeds

2 teaspoons yellow mustard seeds

2 cardamom pods, seeds removed

1 cinnamon stick

1 teaspoon turmeric

1 teaspoon cayenne pepper

Four 1-pound racks of baby back ribs

1 tablespoon plus 1 teaspoon  
vegetable oil

Salt and freshly ground black pepper

6 large garlic cloves, minced

1/2 cup minced onion