

# ★ U.K. ★ BBQ ★ Week ★



Indirect grill  
or Smoker



Final Temp  
74°C/165°F



3.5-4.5hrs



£[?]



4 servings

## RECIPE

### Competition Style Pork Spare Ribs



## INGREDIENTS

2x Racks Pork Spare Ribs, trimmed into St. Louis style

American style mustard or olive oil  
BBQ rub(s) of your choice

100g Brown sugar

50g Runny honey

50g Unsalted butter

50g of Kansas City Style BBQ sauce  
mixed with 50g white wine vinegar

50g of Kansas City Style BBQ sauce,  
warmed through at the end of the cook  
to glaze

## METHOD

1. Allow ribs to get to room temperature. Check the ribs and remove any sharp pieces of bone or floppy bits of meat that will burn. Remove the membrane off the back side of the ribs, this is easily achieved by sliding a blunt knife under the membrane and pulling off with kitchen paper.
2. Apply a small quantity of American style mustard or oil on one side of the ribs.
3. Sprinkle a light coat of the first rub, don't rub it into the ribs let it tack up itself. Flip the ribs over and repeat. When the ribs have tacked up apply a second layer a little heavier, then flip over and do the other side.
4. Leave the ribs to do their magic whilst you prepare your smoker or BBQ with a lid, aim for 250-275°F (121-135°C).
5. Put the smoking wood on the coals, use about two chunks of fruit wood, I prefer apple, pear or cherry. Pop the ribs on the grate meat side up – on the indirect side if using a BBQ.
6. After 30 mins lift the lid and quickly spritz the ribs with water, and keep spritzing every 30 mins or so.
7. Whilst you are waiting lay 2 large sheets of kitchen foil down and place 50g of sugar and 25g of butter in a line down both sheets, then drizzle the honey evenly over the sugar.
8. At the two hour mark remove the ribs and place meat side down on the sugar, butter and honey, pour the BBQ and vinegar over the backside of the ribs straight down the middle.
9. Wrap the ribs well making sure the bones don't pop through.
10. Return to the grill meat side down, check again after another hour, the bones should have about 13mm pull back and the back of the ribs will have degraded. If they are not ready cover up and remove when they are.
11. Once removed from the BBQ, open the foil to let out the steam and slow the cooking process down, leave for 15 minutes then discard the foil and juices and pop the ribs back on the smoker or grill and apply the BBQ sauce as a glaze.
12. Leave for 15 mins and remove, allow 15 to 20 minutes to relax and enjoy.

Recipe from 818

