



Garden Fresh Farm Recipes

Smoked BBQ Ribs

There is no food that screams summer to me than a rack of smoked pork ribs. I want them to be coated with rub, smothered in sauce and smoked to perfection. Also, they need to be tender and juicy! Ribs, if cooked improperly, can result in tough meat that has to be ripped off the bone. If cooked the right way, ribs can be tender juicy and fall of the bone delicious! This method, often called 3-2-1, is easy and generally fool proof. It creates ribs that are so tender that you can pull the meat off the bone with your fingers.

Ingredients:

Racks of pork ribs (Each rack will server 2-3)
BBQ Rub
Beer (About 1/4 cup per rack)
BBQ Sauce (As desired)



Directions:

3: This first stage is the stage where the ribs are smoked for 3 hours. Set the smoker is set for 225F to create a low and slow smoke. Make sure the ribs are generously coated with a good BBQ rub.

Here is a recipe for my rub which is great on ribs!

3 hours of smoking is the recommended time for pork spare ribs. If you are smoking back ribs you may want to smoke them for just 2 hours.

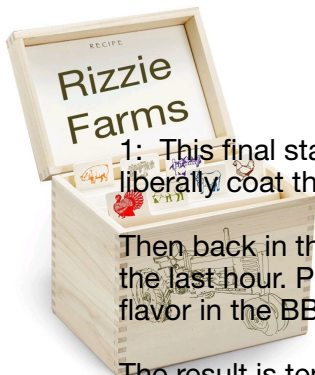
Any more and you may find it dries the ribs out a bit too much. I have used pecan, hickory, apple and cherry woods with this method of smoking ribs. My preference is pecan although the ribs taste wonderful with any of those types of wood.

Before I got a smoker I used my gas grill to simulate smoking. It can work somewhat but it does not generate near the level of smoke in the unit. Also sometimes it is difficult to get a gas grill to have a consistently low temperature like 225F. Directions for using a gas grill are below.

2: The second stage is where the meat tenderizes. If you like your ribs to be fall off the bone tender then make sure you do this step.

Wrap the ribs tightly in foil. This steams the ribs and the result is tender juicy ribs. Just before closing each rack of ribs in the foil, put a little bit of beer in with the ribs. This helps the steaming process.

Put the ribs, wrapped in foil, back in the smoker for 2 hours at 225F. It is also possible to use an oven for this stage.



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1: This final stage is when you sauce the ribs. Make sure you use your favorite BBQ sauce and liberally coat the ribs on both sides.

Then back in the smoker set for 225F for 1 final hour. Again, it is possible to use an oven for the last hour. Personally, I like to smoke them for the final hour. It creates a wonderfully smokey flavor in the BBQ sauce.

The result is tender ribs that have a full on smokey flavor with so much seasoning in the rub and sauce. This 3-2-1 method is easy and guarantees that you will have ribs you will never forget!