COMPETITION RIBS: ST. LOUIS SPARE RIBS BY BBQ+

This is how we cook ribs at contests: two thin layers of rub, hickory smoke, a sweet foil bath and one thin coat of sauce for a glossy finish. Ribs are one of our strongest categories: 58 top 5 finishes at KCBS contests, 14 of them in first place, and European Champion Ribs KCBS 2018.



INGREDIENTS

For 4 people

Baking and cooking times apply to the original quantity.

- 2 St. Louis spare rib racks, unbrined and unseasoned, about 1 to 1.2 kg each
- 2 tbsp yellow mustard
- 10 g Killer Hogs The A.P. Rub
- 30 g Oakridge Secret Weapon Pork & Chicken Rub
- 80 g unsalted butter
- 40 g light brown sugar
- 40 g runny honey
- 100 ml apple juice
- 125 ml tomato-based BBQ sauce, such as Blues Hog Original BBQ Sauce

HOW TO MAKE COMPETITION RIBS

1. Remove any loose bone splinters, flaps and hard, thick pieces of fat, and pat the racks dry.
2. Remove the membrane on the bone side: lift a corner with a blunt knife and pull it off the rack using kitchen paper.
3. Coat both sides with a paper-thin layer of mustard.
4. Sprinkle a thin layer of Killer Hogs and then Oakridge over both sides, a little more on the meat side. Press it on gently.
5. Let the ribs rest in the fridge for 20 minutes, so the rub sweats and adheres.
6. Set up the BBQ for indirect cooking at 135 °C (275 °F), measured at grate level, with a pan of hot water next to the meat.
7. Add the hickory to the coals and wait until the smoke is thin and blue.
8. Place the ribs bone side down away from the direct heat and smoke them for about 2.5 hours with the lid closed, until they are reddish brown and the rub is no longer sticky.
9. For each rack, lay out a double layer of heavy-duty foil and spread the butter, sugar and honey over it, along the length of the meat.
10. Lay the racks meat side down on the mixture, pour the apple juice in alongside the meat and fold the foil into a leakproof package.
11. Cook the ribs for about another 1.5 hours at 135 °C (275 °F), meat side down.
12. Bend test: carefully open one package (hot steam) and lift the rack in the middle with tongs. If it bends and the bark cracks slightly, they're done. Still stiff? Check again every 15 minutes.
13. Take the racks out of the foil, support them well and let the liquid drain off.
14. Put the ribs back bone side down and brush the meat side with one thin layer of cold BBQ sauce.
15. Let the sauce set for 15 to 20 minutes, until it is glossy and slightly tacky.
16. Rest the ribs for 5 to 10 minutes, unwrapped.
17. Slice them bone side up, between the bones.