VEAL SPARE RIBS ON THE BBQ: THE 1-2-3 METHOD

On the BBQ, veal spare ribs get a delicate smoky flavour and a juicy bite. You smoke them indirect at 110 °C (230 °F) over hickory, then cook them in foil with veal stock and apple juice. A thin layer of BBQ sauce gives the ribs a glossy, savoury finish.



INGREDIENTS

For 6 people

Baking and cooking times apply to the original quantity.

- 2 whole slabs of veal spare ribs
- 2 tbsp mild mustard
- 2 tbsp sweet paprika
- 1 tbsp brown sugar
- 2 tsp fine salt
- 2 tsp freshly ground black pepper
- 2 tsp garlic powder
- 2 tsp onion powder
- 100 ml low-salt veal stock
- 100 ml apple juice
- 30 g unsalted butter
- 150 ml BBQ sauce
- Hickory smoking wood of your choice (one chunk is enough)

HOW TO MAKE VEAL SPARE RIBS USING THE 1-2-3 METHOD

1. Remove the membrane on the bone side of the spare ribs.
2. Trim off loose flaps of meat and hard, thick pieces of fat.
3. Pat the spare ribs dry with kitchen paper.
4. Mix the paprika, brown sugar, salt, pepper, garlic powder and onion powder into a rub.
5. Brush the spare ribs all over with a thin layer of mustard.
6. Spread the rub evenly over the spare ribs.
7. Let the rub soak in for 30 minutes in the fridge.
8. Set up the BBQ for indirect heat at 110 °C (230 °F), measured at grate level.
9. Add the hickory smoking wood to the glowing coals.
10. Smoke the spare ribs meat side up for 1 hour with the lid closed.
11. Place each slab on its own double layer of heavy-duty aluminium foil.
12. Divide the veal stock, apple juice and butter evenly between the foil packages.
13. Fold the foil tightly into a leakproof package, meat side down.
14. Cook the packages over indirect heat at 110 °C (230 °F) for about 2 hours.
15. Check for tenderness with a skewer between the bones; it should slide into the meat with almost no resistance.
16. If needed, keep cooking in the closed foil at 110 °C (230 °F) and check again every 20 minutes.
17. Carefully open the foil over a dish to catch the hot liquid.
18. Put the spare ribs back on the indirect grate, meat side up.
19. Brush the meat side with a thin layer of BBQ sauce.
20. Let the sauce set for 15 to 20 minutes at 110 °C (230 °F) with the lid closed.
21. Rest the spare ribs for 10 minutes, loosely covered.
22. Slice the spare ribs between the bones into portions.