Trisha's Book for the Little Pills

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Introduction

Just a test of how to create a recipe book for the group.

Trisha's Sure Fire Southern Style Ribs

Description

This is our personal favorite for barbecued ribs. A thin sauce with a kick, slow cooked over hickory smoke. Trisha is the grillin' queen!

Ingredients

- 1 1/2 cups reduced par boiling broth
- 2 sprigs fresh rosemary
- 1 tsp red pepper flakes
- 1 tsp pepper corns
- 3 clove garlic, cut in half
- 2 tbsp horseradish
- 2 tbsp cajun spices (old bay shrimp boil or equiv)
- 1/2 tsp hot pepper sauce (tabasco)
- 1 dash red cayenne pepper
- 1/2 cup yellow mustard
- 1/2 tsp jerk spice
- 1 tbsp honey
- 1 bottle kraft hickory sauce
- 1 slab baby back pork ribs

Instructions

The ribs:
Use either lean pork baby back ribs or pork spare ribs. This recipe is for pork ribs and would not be suitable for beef ribs.

Par boil the ribs:
Use enough water to cover one slab (rack) of ribs and add 2 sprigs of rosemary, 1 sprig of sage, 3 cloves of garlic - cut in half, 1 tsp pepper corns, and 1 tsp red pepper flakes. Place one slab in the boiling water for 15 minutes and remove. Repeat for each slab of ribs. After all the ribs are par boiled, boil the stock down to 1 1/2 cups of liquid. Cool stock in refrigerator and spoon off fat. You can par boil the ribs the night before you barbecue. Baste the ribs with the thin marinade sauce and keep in the refrigerator until you are ready to cook the next day.

Thin marinade baste:
Combine 1/2 bottle of Kraft hickory sauce, 1 cup of reserve stock (reduced par boil broth) and 1/4 cup of yellow mustard. This is enough for one large slab of ribs. Expand quantities as necessary. After par boiling, use this sauce to brush on the ribs and then marinate in the refrigerator for a minimum of 6 hours - overnight is best. Save plenty of sauce for basting the ribs while you cook.

Thicker sauce - hot and/or sweet:
Combine 1/2 bottle of Kraft hickory sauce and mix the following items to taste. For sweetness, and honey and jerk spice. Add 1/4 cup of yellow mustard and horseradish. For punch, add red cayenne pepper and hot pepper sauce (Tabasco). For a distinctive flavor, add the Cajun spices such as "Old Bay Shrimp boil". This is enough sauce for one large slab of ribs. Expand quantities as necessary. Use this thicker sauce for basting the ribs during the last 15 minutes of cooking.

Hickory wood chunks:
Using hickory wood chunks (not mesquite) in the barbeque is part of the secret to great ribs. Soak the hickory chunks in water overnight. When you barbecue, place the we hickory chunks on top of the coals (or lava rocks on a gas grill). Replenish the hickory wood as necessary while you grill. Keep a water bottle handy while you grill. Use the water bottle to wet the hickory wood if it catches on fire. You want the hickory to smoke, not flame.

Cookin the ribs:

Cook as many slabs on the grill at one time as you can fit. With the grill cover down (low to medium heat if you have a gas grill) cook each side 20 minutes and baste with the thin sauce while cooking. With the grill cover up (high heat if you have a gas grill), cook each side 7 to 8 minutes and baste with the thick sauce while cooking. The slower you cook, the better the ribs will taste, but cooking time shouldn't exceed 60 minutes.