



Almost-Famous Barbecue Spareribs

READY IN



330 min.

SERVINGS



8

CALORIES



1593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups apple cider vinegar
- ☐ 2 tablespoons apple cider vinegar
- ☐ 8 servings pepper black freshly ground
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 teaspoon celery salt
- ☐ 1 teaspoon celery seeds
- ☐ 1 tablespoon chili powder
- ☐ 1 clove garlic minced

- ☐ 3 cloves garlic smashed
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon honey
- ☐ 2 teaspoons espresso powder instant
- ☐ 1 cup catsup
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 teaspoon liquid smoke
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 tablespoon ground mustard
- ☐ 2 tablespoons onion minced
- ☐ 1 tablespoon onion powder
- ☐ 1 cup pineapple preserves
- ☐ 8 pound pork spareribs
- ☐ 0.3 cup tomato paste
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons worcestershire sauce

Equipment

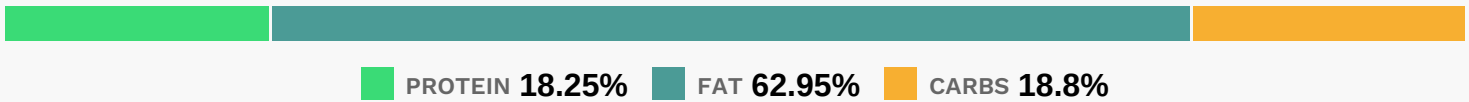
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Whisk the brown sugar, vinegar, onion, garlic, 1 tablespoon salt and 1/2 teaspoon black pepper in a bowl.
- ☐ Put the ribs meat-side down on a cutting board. Starting at one end, slip a paring knife under the membrane that covers the back of the rack. Loosen the membrane with the knife, then pull it off. Coat the ribs on both sides with the marinade; wrap in plastic wrap and refrigerate overnight.
- ☐ Mix the brown sugar, chili powder, garlic powder, onion powder, celery salt, celery seeds, cayenne, 1 tablespoon salt and 1 teaspoon black pepper in a bowl.
- ☐ Soak 2 cups hickory wood chips in water, 30 to 40 minutes. Meanwhile, preheat a grill to medium low (275 degrees F) and prepare for indirect grilling: For a charcoal grill, bank the coals to one side; for a gas grill, turn off the burners on one side. Cover the grate on the cooler side of the grill with foil.
- ☐ Drain the wood chips. For a charcoal grill, scatter the chips over the hot coals; for a gas grill, put the chips in a smoker box and place over direct heat. Close the lid and allow smoke to build up, about 10 minutes. Rinse the marinade off the ribs and pat dry with paper towels. Work the spice rub into both sides of each rack with your hands.
- ☐ Place the ribs, meat-side up, on the foil over indirect heat. Close the lid and cook, undisturbed, until the meat shrinks back slightly to expose a bit of the bone, about 1 hour, 30 minutes.
- ☐ Rotate the ribs (keep them meat-side up and over indirect heat), then close the lid and continue cooking, 2 hours to 2 hours, 30 minutes. (For a charcoal grill, add more hot coals as needed to maintain the temperature.)
- ☐ Heat the vegetable oil in a medium saucepan over medium heat.
- ☐ Add the garlic and cook, stirring occasionally, until golden, about 1 minute. Stir in the tomato paste and chili powder until incorporated, about 1 minute.
- ☐ Whisk in the vinegar, 1/4 cup water, the molasses, Worcestershire sauce, honey, mustard powder, espresso powder, 3/4 teaspoon black pepper and the cayenne. Bring to a simmer and cook, whisking occasionally, 5 minutes.
- ☐ Whisk in the ketchup and pineapple preserves. Bring to a gentle simmer and cook, whisking occasionally, until thickened, about 45 minutes.
- ☐ Whisk in the liquid smoke.

- ☐ Let the sauce cool to room temperature, then remove the garlic. (The sauce will keep, refrigerated, up to 2 weeks.)
- ☐ Baste the ribs generously with the prepared barbecue sauce. Close the lid and continue cooking until glazed, about 20 more minutes.
- ☐ Transfer to a cutting board; let rest a few minutes before cutting into individual ribs.
- ☐ Serve with more sauce on the side.
- ☐ Photograph by Paul Sirisalee

Nutrition Facts



Properties

Glycemic Index:62.03, Glycemic Load:21.46, Inflammation Score:-7, Nutrition Score:43.443478252577%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 1593.36kcal (79.67%), Fat: 110.24g (169.6%), Saturated Fat: 34.75g (217.2%), Carbohydrates: 74.07g (24.69%), Net Carbohydrates: 72.29g (26.29%), Sugar: 59.03g (65.59%), Cholesterol: 362.87mg (120.96%), Sodium: 1095.69mg (47.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.85mg (2.62%), Protein: 71.89g (143.78%), Selenium: 106.21µg (151.73%), Vitamin B6: 2.83mg (141.66%), Vitamin B3: 22.27mg (111.37%), Vitamin B1: 1.49mg (99.53%), Zinc: 11.75mg (78.33%), Vitamin B2: 1.26mg (74.06%), Phosphorus: 696.68mg (69.67%), Vitamin D: 10.43µg (69.55%), Potassium: 1630.21mg (46.58%), Iron: 6.21mg (34.51%), Magnesium: 122.03mg (30.51%), Vitamin B5: 3.03mg (30.28%), Copper: 0.57mg (28.73%), Vitamin B12: 1.72µg (28.73%), Manganese: 0.57mg (28.69%), Vitamin E: 3.3mg (21.99%), Calcium: 150.5mg (15.05%), Vitamin A: 658.32IU (13.17%), Vitamin C: 8.45mg (10.25%), Vitamin K: 9.79µg (9.32%), Fiber: 1.78g (7.13%), Folate: 12.46µg (3.12%)