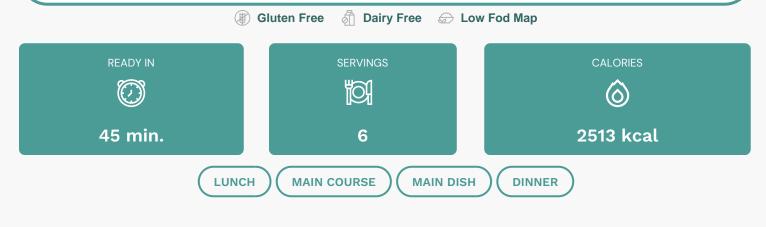


# **Memphis-Style Barbecued Pork Ribs**



### **Ingredients**

	6 servings kosher sait	
	12 pound pork spareribs	louis-style (also called St. ribs)

### **Equipment**

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	paper towels	
	knife	
	grill	
	tongs	
	cutting board	

## **Directions** Rinse the rib slabs in cold water, and pat dry with paper towels. Place the slabs on a clean chopping board. Using your fingers, pull off the thick white membrane. Use a small knife to trimoff the excess fat and meat. Using a sharp knife, trim off thebrisket bone. Season both sides of the slab with saltand Neely's Barbecue Seasoning, and refrigerate for at least1 hour, or up to a day in advance. When you're ready to cook the ribs, preheat the grill to 250°F, preferably using a combination of hickory wood andcharcoal. Place the slab on the grill away from (not directly over) the flame (using indirect heat). Cook the slab curl-side upfor approximately 2 1/2 hours. Flip the slab over to finish the cooking, about 1 more hour, or until you get the full "bend" inthe slab (see Tony's Tip). For dry ribs, pull the ribs off the grill, and sprinkle more Neely's Barbecue Seasoning over the entire slab. Cut betweenthe bones and serve. For wet ribs, pull the ribs off the grill, and pour Neely's Barbecue Sauce over the slab. Slice between thebones into individual portions, and serve. When you're ready to pull that first slab of ribs off the grill, try to lift them with your tongs. Your tongs should make contact with the ribs only about halfway down the slab. If the slab is flexible (it should easily bend to a 45-degree angle downward), that's a good indication that your ribs are ready. The meat should easily pull away from the bone. Reprinted with permission from Down Home with the Neelys by Patrick and Gina Neely, (C) 2009 Knopf **Nutrition Facts** PROTEIN 22.71% FAT 77.29% CARBS 0%

#### **Properties**

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:49.386956484421%

#### Nutrients (% of daily need)

Calories: 2512.9kcal (125.65%), Fat: 212.28g (326.59%), Saturated Fat: 68.3g (426.89%), Carbohydrates: Og (0%), Net Carbohydrates: Og (0%), Sugar: Og (0%), Cholesterol: 725.75mg (241.92%), Sodium: 928.61mg (40.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 140.34g (280.68%), Selenium: 199.58µg (285.12%), Vitamin B6:

5.21mg (260.36%), Vitamin B3: 42.29mg (211.46%), Vitamin B1: 2.89mg (192.93%), Zinc: 22.68mg (151.2%), Vitamin D: 20.87µg (139.1%), Vitamin B2: 2.28mg (133.94%), Phosphorus: 1279.13mg (127.91%), Potassium: 2195.43mg (62.73%), Vitamin B12: 3.45µg (57.46%), Vitamin B5: 5.67mg (56.7%), Iron: 8.26mg (45.87%), Magnesium: 145.15mg (36.29%), Copper: 0.73mg (36.29%), Vitamin E: 3.36mg (22.38%), Calcium: 136.2mg (13.62%), Manganese: 0.09mg (4.56%)