

Memphis-Style Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



813 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 pounds baby back ribs (6 to 8 pounds total)
- ☐ 4.5 teaspoons pepper black freshly ground
- ☐ 1.5 teaspoons ground pepper
- ☐ 1.5 teaspoons celery salt
- ☐ 2 cups apple cider vinegar
- ☐ 4.5 teaspoons t brown sugar dark
- ☐ 1.5 teaspoons ground mustard dry
- ☐ 1.5 teaspoons garlic powder

- ☐ 1.5 teaspoons ground cumin
- ☐ 2 teaspoons salt
- ☐ 0.3 cup paprika sweet
- ☐ 0.5 cup mustard yellow (ballpark)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ roasting pan
- ☐ grill
- ☐ kitchen towels

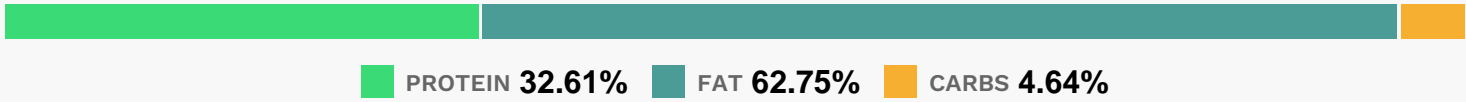
Directions

- ☐ Remove the thin, papery skin from the back of each rack of ribs by pulling it off in a sheet with your fingers, using the corner of a kitchen towel to gain a secure grip, or with pliers.
- ☐ Combine the paprika, black pepper, brown sugar, salt, celery salt, cayenne, garlic powder, dry mustard, and cumin in a small bowl and whisk to mix. Rub two thirds of this mixture over the ribs on both sides, then transfer the ribs to a roasting pan. Cover and let cure, in the refrigerator, for 4 to 8 hours.
- ☐ Mix together the cider vinegar, mustard, and salt in a bowl and set aside.
- ☐ Set up the grill for indirect grilling and place a large drip pan in the center.
- ☐ If using a gas grill, place all of the wood chips in the smoker box and preheat the grill to high; when smoke appears, reduce the heat to medium.
- ☐ If using a charcoal grill, preheat it to medium.
- ☐ When ready to cook, if using a charcoal grill, toss the wood chips on the coals.
- ☐ Brush and oil the grill grate. Arrange the ribs on the hot grate over the drip pan. Cover the grill and smoke cook the ribs for 1 hour.
- ☐ When the ribs have cooked for an hour, uncover the grill and brush the ribs with the mop sauce (if using). Re-cover the grill and continue cooking the ribs until tender and almost done, 1/4 to 1/2 hour longer for baby back ribs, 1/2 to 1 hour longer for spareribs. The ribs are done

when the meat is very tender and has shrunk back from the ends of the bones. If using a charcoal grill, you'll need to add 10 to 12 fresh coals to each side after 1 hour. Fifteen minutes before the ribs are done, season them with the remaining rub, sprinkling it on.

- ☐
- To serve, cut the racks in half or, for a plate-burying effect, just leave them whole.
- ☐
- Excerpted from The Barbecue! Bible 10th Anniversary Edition. © 1998, 2008 by Steven Raichlen. Workman

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.76, Inflammation Score:-9, Nutrition Score:38.017391362916%

Nutrients (% of daily need)

Calories: 812.52kcal (40.63%), Fat: 56.16g (86.4%), Saturated Fat: 19.49g (121.78%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 6.2g (2.26%), Sugar: 4.11g (4.57%), Cholesterol: 230.04mg (76.68%), Sodium: 1884.52mg (81.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.66g (131.32%), Selenium: 111.17µg (158.82%), Vitamin B3: 23.28mg (116.38%), Vitamin B1: 1.59mg (106.09%), Vitamin B6: 1.55mg (77.6%), Vitamin B2: 1.1mg (64.54%), Zinc: 8.94mg (59.59%), Phosphorus: 570.03mg (57%), Vitamin A: 2527.27IU (50.55%), Manganese: 0.63mg (31.3%), Vitamin B12: 1.87µg (31.12%), Potassium: 1071.21mg (30.61%), Vitamin B5: 2.94mg (29.37%), Iron: 4.61mg (25.62%), Vitamin D: 3.67µg (24.45%), Magnesium: 83.18mg (20.8%), Copper: 0.39mg (19.65%), Vitamin E: 2.39mg (15.96%), Calcium: 149.6mg (14.96%), Fiber: 3.16g (12.64%), Vitamin K: 6.84µg (6.51%), Folate: 5.68µg (1.42%)