



Smoked Ribs with Huckleberry BBQ Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



1208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 servings huckleberry bbq sauce



2 racks pork spareribs st trimmed louis-style ()



6 servings classic rub dry

Equipment



bowl



frying pan



knife



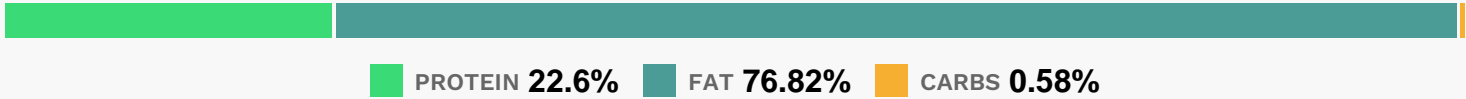
grill

- ☐ aluminum foil

Directions

- ☐ On bony side of ribs, loosen edge of membrane with a table knife. Pull off membrane, using a towel.
- ☐ Cut racks in half. Smear all over with rub. Chill airtight at least 4 hours or overnight; let stand at room temperature for last hour.
- ☐ Meanwhile, soak 2 cups applewood chips in water 30 minutes. Scrunch 6 sheets (1 1/2 ft. long) of foil into logs 9 in. long. For gas, set a drip pan on center burner (the indirect heat area), fill it halfway with very hot water, then heat the other burners to low (275 to 300). For charcoal, ignite 50 briquets in a chimney. Bank evenly on opposite sides of firegrate, leaving a cleared area in center for drip pan; fill pan halfway with very hot water.
- ☐ Let coals burn to low.
- ☐ Add 5 briquets to each mound of coals every 30 minutes, starting when ribs go on grill; if fire gets too hot, partially close vents on lid.
- ☐ Set racks upright over drip pan facing one another and wedge foil logs into tops of racks (in between bones) to bridge them and hold them in place. For gas, drain half the wood chips and put in a smoker box, if grill has one; or seal chips in foil, poke quarter-size holes all over it, and set over direct heat (in foil, chips may take awhile to start smoking). For charcoal, drain half the wood chips and sprinkle evenly over coals.
- ☐ Grill ribs, covered, 1 hour.
- ☐ Drain remaining wood chips and add as before. Cook until meat is tender when pierced and shrinks 1/2 in. from bone tips, 2 to 3 hours.
- ☐ Pour 1 cup sauce into a bowl.
- ☐ Remove foil from ribs and set ribs flat, bony side up, over indirect heat.
- ☐ Brush with 1/2 cup sauce. Cook until sauce sets, 5 minutes. Turn, brush again, and cook 3 minutes more.
- ☐ Let ribs sit on a board, tented with foil, 10 minutes.
- ☐ Serve with remaining sauce. Chill extra sauce 1 week, or freeze.
- ☐ On bony side, trim flap of meat from center, flush with bones.
- ☐ Cut rack lengthwise between wide rib section and chewy, narrow rib tips. Save trimmings for soup.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:37.033043418242%

Nutrients (% of daily need)

Calories: 1208.19kcal (60.41%), Fat: 101.56g (156.24%), Saturated Fat: 32.69g (204.32%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.48g (0.54%), Sugar: 0.39g (0.44%), Cholesterol: 346.67mg (115.56%), Sodium: 361.84mg (15.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.24g (134.47%), Selenium: 95.49µg (136.41%), Vitamin B6: 2.51mg (125.72%), Vitamin B3: 20.27mg (101.34%), Vitamin B1: 1.39mg (92.52%), Zinc: 10.9mg (72.65%), Vitamin D: 9.97µg (66.44%), Vitamin B2: 1.09mg (64.24%), Phosphorus: 614.62mg (61.46%), Potassium: 1064.67mg (30.42%), Vitamin B12: 1.65µg (27.44%), Vitamin B5: 2.71mg (27.1%), Iron: 4.66mg (25.87%), Magnesium: 73.94mg (18.49%), Copper: 0.36mg (18.21%), Vitamin K: 16.13µg (15.36%), Vitamin E: 1.64mg (10.92%), Manganese: 0.18mg (9.09%), Calcium: 85.25mg (8.52%), Vitamin A: 54.88IU (1.1%)