

Beef Ribs, does that make you hungry? Some days I crave beef ribs and other days I just CRAVE beef ribs. I enjoy that sticky fat, that beef rib bark, and just that overall beef experience. This recipe is fun to prepare, easy to cook, and delicious for all.

Chef J's Beef Ribs Recipe

Yield: Serves 6 people

Prep time: 15 Minutes (trim, season, store)

Cook time: 6 – 8 Hours

Ingredients

Measure Ingredient

1 Rack **Ribs, Beef, Chuck Plate (short ribs)** - 1 Rack is approx. 4 bones

As Needed **Oil, Olive, Blended**

As Needed **Rub A Dub Seasoning, 5280 Culinary** - to taste

As Needed **Coffee, Instant** - to taste

RIB SPRAY

4 Cups **Stock,
Beef**

½ Cup **Fire Honey, 5280
Culinary**

Rib Spray Directions:

1. Mix Together Honey and Beef stock
2. Place into trigger sprayer or pump sprayer

Rib Prep Directions:

1. Remove ribs from package and pat dry with paper towels
2. Loosen silver skin from back side or Rib side, and remove completely
3. Trim any fat or hanging meat
4. If desired cut into single rib portions
5. Place racks or ribs in a large disposable aluminum pan
6. Lightly oil the ribs on all side
7. Mix together ¼ Cup of Rub a Dub and 6 Tbsp of instant coffee and set aside
8. Season the meat side with a generous dusting of the Coffee Crust
9. Turn Ribs over
10. Season the rib side with a generous dusting of the Coffee Crust
11. Repeat this process for ALL the racks of ribs
12. Cover the pan with plastic wrap and place into your fridge
13. Let rest in the fridge for 10-12 hours to help draw in some of the rub flavor

Rib Cooking Directions:

1. Pre Heat your Traeger Ironwood to 250 degrees.
 - o Load with Texas Beef Blend Pellets
2. Place the ribs with the bone side down onto the racks, be sure to keep them away from the edges of the grill grates
3. Load the temperature probe into the thickest part of a rib, set alert for 203-205 degrees
4. Smoke ribs for 2 hours before checking on them
 - o Spray ribs liberally with the Beef/Honey Rib Spray every hour, starting at hour 2
5. At the 4 hour mark, using well insulated gloves, start to check ribs for doneness and pull.
 - o Meat should shrink from the bones slightly and meat should start to tear or pull when tugged on
6. Continue to spray until ribs hit your desired doneness of 203-205 degrees
7. Once ribs are done to your liking, baste with some Fire Honey and let glaze
 - o Close grill and cook for 5-7 minutes to glaze
8. Remove Ribs from your Traeger and wrap in plastic wrap, then in foil and allow to rest covered and wrapped for 30-45 minutes
9. Open the foil and place the ribs onto a cutting board and carve as needed
10. Serve with sauce on the side
11. Cut ribs from the back side to more easily see the bones, cut into 1 bone portions if cooked as the whole plate

Today's Gear

<i>Brand</i>	<i>Item</i>
Traeger	<u>Ironwood, 650</u>
Traeger <u>Blend</u>	<u>Texas Beef Pellet</u>
5280 Culinary	<u>Rub A Dub Seasoning</u>
5280 Culinary	<u>Fire Honey</u>
Ace Hardware	<u>Hand Sprayer, 48oz</u>

Happy Cooking, Chef J.

For more recipes from Chef J, visit <https://www.acehardware.com/tips-and-advice>.

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