

BBQ Beef Short Ribs



Ingredients

- 2.4kg beef short ribs
- 2 tsp each salt and freshly ground black pepper
- OR 2 tbsp meat rub
- ½ cup BBQ sauce

Directions

Step 1 – Trim excess fat cap and the tough membrane from the meat side of the beef short rib. On the rib side, remove the membrane (pull from the corner using a piece of paper towel to remove). Coat the ribs with the salt and pepper OR, coat the ribs liberally with your favourite rub - we recommend Lane's Signature Rub or Hardcore Carnivore Black Rub. Allow the ribs to come to room temperature.

Step 2 – Preheat your BBQ to low, around 120°C and ensure that you are set up for indirect cooking.

Step – 3 Once the BBQ has reached temperature, brush the cooking grills clean and place the ribs directly on the grill, bone side down, away from the heat source. Close the lid and cook for 3 hours.

Step 4 – After 3 hours, remove the ribs, wrap them tightly in butcher's paper and return to the grill for another 2 hours.

Step 5 – After 2 hours, unwrap to expose the ribs and coat them liberally with BBQ sauce - we recommend any of the Meat Mitch range of sauces. Close the lid and cook for a further half an hour. Turn the ribs over in the paper, glaze the other side of the ribs with the BBQ sauce, then cook for a final half an hour, ensuring that the internal temperature has reached 95°C.

Step 6 – Remove the ribs from the BBQ, re-wrap them tightly in the butcher's paper and allow to rest for around 1 hour before serving.

