

BEEF BACK RIBS

Time: 4.5 hours plus brining time (20 minutes active)

Serves: 2

Ingredients:

1.3kg rack beef back ribs - membrane removed
10g salt
2g fresh ground black pepper
2g onion powder
2g garlic powder
2g coffee beans - finely ground

Preparation:

Sprinkle the salt evenly on both sides of the ribs. Refrigerate uncovered overnight.

Preheat your smoker or grill to 110C.

In a small bowl, combine the remaining ingredients.

Sprinkle the mixture evenly on both sides of the ribs.

Cook on indirect heat until the internal temperature reaches 95C.

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 507	Hand-Size Portion Guide
Fat: 40g	Palms of Protein: 1
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 33g	Thumbs of fat: 1