



#MakeItGAP

RECIPES

BBQ BEEF RIBS WITH SPICY PINEAPPLE RUM GLAZE

YIELD: Serves 2-3

INGREDIENTS:

1 rack beef back ribs,
(about 7 ribs long, 3 lb./1.5kg)

SEASONING RUB

1 tsp. chili powder
1/2 tsp. cumin
1/4 tsp. salt
1/4 tsp. cinnamon
1/4 cup brown sugar

SPICY PINEAPPLE RUM GLAZE

1 Tbsp. garlic, *chopped*
1 Tbsp. canola oil
1/2 cup water
1 cup pineapple juice
1/4 cup hoisin sauce
1 Tbsp. soy sauce
1 cup brown sugar
2 Tbsp. lemon juice
1 Tbsp. Dijon mustard
1 tsp. hot sauce
1 tsp. cayenne pepper
1 Tbsp. cornstarch
1/4 cup rum or bourbon

PREPARATION:

To prep the ribs, remove the *silverskin* — a thin, tough membrane on the back side of the ribs. To do this, turn the rack of ribs over, start at one end, sliding a chef's knife under the membrane that covers the back. Make a small cut and loosen it with your knife, then grab it and pull it away. The ribs will still have a very thin membrane left, which is fine as that is what holds the ribs together. If you have a local butcher, they may be able to do this for you when you buy the ribs.

In a small bowl, combine the seasoning rub ingredients. Rub the mixture all over the top of the rack on the meaty side, press it in well. Refrigerate for 3 hours or overnight.

Preheat oven to 250°F. Roast rib rack on a foil-lined baking sheet for 2 to 3 hours until crispy and browned.

In the last hour of roasting, make Spicy Pineapple Rum Glaze. In a saucepan over medium heat, mix all ingredients, stir to combine. Once ingredients begin to melt together, increase heat slightly and bring to boil, stirring occasionally. Reduce heat and simmer 30-50 minutes or until thick and syrupy. Separate to use half for basting and half for dipping. Set aside.

Once ribs have finished roasting, cool slightly, then cut into individual ribs. Heat grill to medium-high heat. Grill ribs for 5 to 10 minutes, brushing generously all over with glaze, turning occasionally.

Serve with reserved extra glaze for dipping.

Recipe adapted from www.eatineatout.ca