



My Favorite BBQ Ribs

When it comes to favorite foods, barbeque ribs are right up there on the top of my list. Over the years, I've tried a fair number of recipes, and I have to say, this one is has it all. It comes directly from Ray Lampe, otherwise known as Dr. BBQ, and is published in his book "[Dr. BBQ's Big-Time Barbeque Cookbook](#)", available in bookstores and on [Amazon.com](#).

The recipe, I guess I'd really call it more of a process, is not for those who are in rush. Rather, this is a food preparation ritual to be enjoyed and savored over the course of a weekend afternoon and accompanied by good friends, pleasant conversation and the appropriate liquid refreshment. It's perfect for the do-it-yourselfer who doubles as a culinary craftsperson.

Backyard Championship Ribs

½ cup turbinado sugar
1 cup Big-Time Barbeque Rub
3 slabs of St. Louis – style ribs or baby back ribs, cut in half, membrane off and washed
1 cup honey

1 ½ cups apple juice
2 cups Sweet and Sticky Barbeque Glaze

Prepare your cooker for indirect grilling at about 325 degrees F, using cherry and hickory wood for flavor.

About 30 minutes before the ribs go into the cooker, mix the turbinado sugar and the rub together and rub it on the ribs. Use about two-thirds on the meaty side and one-third on the bony side.

Put the ribs in the smoker meaty side up. Use a rib rack if you need it for space. The exact cooking instructions will depend on your equipment, but you should cook them slowly until they are nicely caramelized and looking great. About 1 to 1 ½ hours is a good guideline for this step.

Remove the ribs to a platter or sheet pan and brush them all on both sides with honey.

The next step is the tenderizing process. Put the ribs in an aluminum foil pan with a little apple juice in the bottom, about one inch. Stand them on end in the pan if you need to. Cover with foil and cook at about 324 degrees until tender. If you have a hard time keeping your grill low, you'll need to check that the apple juice doesn't all cook off. Replenish it as needed. This step can even be done in the over. The time for this step is 1 hour as a guideline; but again, this will vary depending on your equipment. Test the ribs by sticking them with a toothpick to see when they are soft and tender. (At this point you could cool them down, wrap them separately and reheat later. This is a great way to take ribs to a tailgate part or to prepare ahead for a party at home.

Transfer the cooked ribs to a medium-hot grill. Brush with the Sweet and Sticky Barbeque Glaze and flip several times for just a few minutes. Cut into pieces and serve.

Sweet and Sticky Barbeque Glaze

2 cups ketchup
1 cup dark molasses
½ cup white vinegar
1 teaspoon chili powder
1 teaspoon paprika
1 teaspoon onion powder
1 teaspoon garlic powder
½ teaspoon allspice
½ teaspoon cinnamon
½ teaspoon mace
½ teaspoon freshly ground black pepper
¼ teaspoon liquid smoke (optional)

Combine all ingredients in a saucepan over low heat. It doesn't need to boil; as soon as the molasses dissolves, it is ready.

To two cups of the sauce above, add ½ cup honey and one tablespoon of hot sauce of your choice. Combine all ingredients in saucepan, stir well and simmer for 15 minutes to reduce and thicken.