

3-2-1 COMPETITION BARBECUED RIBS

F HARD

Last Modified: 07/29/2015

PREP: 1 Hr
COOK: 6 Hrs 30 Min
GRILLED & SMOKED

BBQ

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Racks	St. Louis Cut Pork Spareribs (6 Pounds)	Trimmed
3	Cups	Hardwood Chips (Your Choice)	Soaked
1/4	Cup	Canola Oil	
1/2	Cup	Pure Apple Juice	Spray Bottle
1	Recipe:	Seasoning - BBQ - Dry Rub: 3 - 2 - 1 Competition	
1	Recipe:	Sauce - BBQ: 3 - 2 - 1 Competition BBQ Sauce	
OR MY PREFERENCE - MIX TOGETHER			
1	18 Oz	Bottle Sweet BBQ Sauce (Sweet Baby Rays)	
AND			
1	18 Oz	Bottle BBQ Sauce (Open Pit Brown Sugar & Bourbon)	
FOIL DRIZZLE			
1/2	Stick	Unsalted Butter	Melted
1/3	Cup	Honey	
1/3	Cup	Light Brown Sugar	Packed
PREPARATION			
FACTOID	This is George "Tuffy" Stone's Award Winning Sparerib recipe. Tuffy had won NEARLY EVERY Rib Cooking Competition he entered from 2005 through 2010 using this 3 step method and associated side recipes. He won over \$125,000 in prize money.		
FACTOID	A "friend" from Detroit claims that he has a shelf in his garage "lined" with BBQ Competition winning trophies that he has won competing in South Eastern Michigan and North Western Ohio over the last few years using exactly this method.		
FACTOID	The unique numbered name is because you cook for 3 hours and do something, then, you cook for 2 hours more and do something and finally, you cook for 1 last hour.		
HINTS	This process takes roughly 7 1/2 hours start to finish to cook the two Rib Racks. One hour preparation with a 6 1/2 hour (or so) Rib cooking time. St. Louis Style Ribs are cut from the center of a pig's rib cage. Baby Backs are the next cut up (towards the backbone) and Rib Tips are what remains on the bottom portion of the rib cage (nearest the belly).		
HINTS	You are attempting to maintain an internal grill temperature of between 225 and 275 degrees. This takes a lot of work and a little skill to pull off using charcoal. If you have an electric smoker like me, you can set it and forget it.....		
NOTE	If using an electric smoker, follow the "Guidelines" in the Recipe: Smoker - All Recipes. You will NOT have to spritz the Ribs with Apple Juice, but you should add additional Apple Juice in the water pan for moisture.		
TOOLS	1) Charcoal OR Gas Grill OR Electric Smoker		

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6 H A R D B B Q R U L E S	<p>1) Use a quality charcoal for your heat source and remember that lump charcoal burns a lot hotter and is used up quicker than charcoal briquettes are.</p> <p>2) Make sure that your Grill/Smoker/Pit Grates and Ash Pan are spotlessly clean before cooking. Clean the grates with a stiff wire brush and clean out all of the old ash and any remaining burnt BBQ bits from the bottom of the grill (BAD tasting smoke).</p> <p>3) Start your charcoal with a chimney and Oil sprayed newspaper (NO color printed papers), instead of using a disgusting, flavor destroying lighting fluid. Rub the grates with a clean folded up paper towel dipped in Vegetable Oil to wipe any residual dust off.</p> <p>4) Make sure your grates are very hot, before placing Meat on them. This will help prevent the Meat from sticking to the grates.</p> <p>5) Season steaks, hamburgers, poultry, or fish approximately 15 to 30 minutes before grilling. This will allow for the seasoning to be absorbed into the Meat. Ribs, Roasts and Briskets, up to 24+ hours before grilling.</p> <p>6) Allow ALL grilled Meats to rest for approximately 3 to 20 minutes before serving. This will allow the juices to reabsorb into the Meat instead of running out onto the serving platter as they are cut / sliced.</p>
1	Place the Apple Juice in a small spray bottle and set it aside. In a small saucepan over low heat, add in the Butter, Honey and Brown Sugar and heat while stirring until the Sugar has dissolved and set it aside. Reheat the mixture to a liquid just before using it as a Drizzle Sauce.
2	Place the hardwood chips in a zip lock bag filled with water and let them soak for a minimum of 1 hour.
3	Remove the translucent, tough Ribcage liner by using a spoon to loosen the edges and pulling it off with your fingers while squeezing it tightly between dry paper towels.
4	Place each Rib Rack on a cutting board - With a sharp knife, cut away all pure fat pieces you can see on both sides.
5	Dry the Ribs with paper towels. Brush the entire surface of the Ribs with Canola Oil. Sprinkle the entire surface of the Ribs well with a very generous coating of the 3-2-1 Dry Rub (do NOT rub it in) and let them stand, uncovered at room temperature for 1 hour.
6	Place 3/4 of the wet wood chips in a heavy duty aluminum foil packet (punch about 10 holes in the top with your finger to allow the smoke to escape). Light 20 charcoal briquettes on fire in a chimney. Pile the hot coals on one side of the grill (or front or back), furthest away from the top exhaust vent. Place the foil wood packet on top of the coals and insert the cooking grates. Open the bottom vents completely. Open the top vent and if possible, rotate the lid so the top vent is furthest away from the coals, which causes the smoke to circulate fully inside the grill. Let the grill heat and smoke for 5 minutes.
7	Close all grill vents and place a cooking thermometer probe inside the grill so you can see the internal grill temperature. Remember, you are attempting to maintain an internal grill temperature between 225 and 275 degrees during this ENTIRE cooking process. Open the top vent just a touch to keep the smoke inside.
8	Place the Rib Racks meat side up furthest away from the coals, so the smoke will circulate freely around the Rib Racks during the initial cooking.
THE "3"	Adjust the grill temperature every half hour by opening or closing the top vent. Changing the bottom vents may also be necessary. Each 1/2 hour, spray the top of the Rib Racks with Apple Juice. Cook the Ribs for 3 hours. MAINTAIN THE DESIRED TEMPERATURE!
2	Each time the temperature lowers to around 210 degrees and cannot be raised by opening the vents, add 15 new unlit briquettes on top of the hot coals. (Keeping the smoke foil packet on top and adding a few more wet wood chips if it ever stops smoking).

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THE "2"	Remove the smoke packet and discard it. Remove the Rib Racks and place them on 2 large heavy duty sheets of aluminum foil. Generously drizzle each Rack with the Melted Butter, Honey and Brown Sugar mixture evenly over both sides. Position the Ribs meat side up on the foil, folding & sealing it tightly around the Ribs. Return the Ribs to the grill and cook them for 2 more hours. STILL MAINTAIN THE DESIRED TEMPERATURE!
THE "1"	Remove and discard the foil from the Ribs. Return the Ribs to the grill, meat side up and cook them for 30 minutes. Thereafter, baste the Racks generously with the 3-2-1 BBQ Sauce every 15 minutes until done. Cook for a total of 1 additional hour. STILL MAINTAIN THE DESIRED TEMPERATURE!
2	Once a small pointed knife slips easily through the meat they are done. Remove the Racks from the grill and allow them to rest, tented with aluminum foil for 15 minutes.
SERVE	Uncover, cut into individual Rib Sections and serve while hot with a little extra 3-2-1 BBQ Sauce on the side.