



www.TheFrugalChef.com

BBQ Beef Ribs

For the ribs we had 2 racks and 2 packages of thinly sliced beef flanken short ribs. I paid a total of \$16 for all of the meat. Beef flanken short ribs tend to be fatty and tough and are preferably used for braising. However, these particular ones were cut very thin and the cooked wonderfully on the grill. You can go ahead and use whole racks if you prefer.

I made a rub with:

4 tablespoons coarse salt

6 tablespoons chili powder

2 tablespoon black pepper

2 teaspoons garlic powder

1 tablespoon dried oregano

2 teaspoons cumin

I had more than enough rub for the ribs. I went ahead and gave the left over rub to my friends to take home. Dry rubs will keep very well for a couple of months in a sealed container, in a dry cool place. So don't worry if you have too much!

You need to make sure you remove the papery membrane from the back of your rack. This is quite easy to do. Simply separate it from the bone, grab it with a paper towel and pull it off. Don't worry if it breaks off, just separate the membrane wherever you left off.

Once you have cleaned your racks, rinse them off and pat dry them with paper towels. Apply the dry rub, generously on your ribs and let them marinate for at least two hours.

You will be cooking your ribs by the indirect method so go ahead and turn on only half of your gas grill. If you are using a charcoal grill, heat all the coals and then pile them on the side with a metal object.

Place your ribs on direct heat until they are seared and then move them to the unlit side. Cover the grill and let the ribs cook, in indirect heat, for 2 hours. Serve and enjoy!

If you are using beef flanked short ribs, they will cook very fast depending on their thickness. Go ahead and apply those onto direct heat and cook them for 2 minutes. Flip them and cook for an additional 2 to 3 minutes. Serve and enjoy! Delicious!

©TheFrugalChef™ 2009