

# BBQ Ribs - St. Louis Style

February 3rd, 2020

**This recipe serves: 4**

Prep Time: 24:00

Cook Time: 00:00

Baby Back Ribs are pork ribs that are found near the spine. This meat is leaner and more tender. St Louis Ribs (also called Spare Ribs) are found nearer to the belly of the pig. They typically include more meat but they are also more fatty and the meat is more tough, requiring a longer cook time. These Ribs can be cooked in the Slow Cooker or a Sous Vide and then finished under a broiler.

## Ingredients:

### The Rub

- 1 Tablespoon Cumin
- 2 Tablespoon Smoked Paprika
- 2 Tablespoon Sweet Paprika
- 1 Tablespoon Brown Sugar
- 1 Tablespoon Garlic Powder
- 1 Teaspoon Kosher Salt

### The Sauce

- 1 can (6 oz) Tomato Paste
- 4 Oz Brown Vinegar
- 1/2 Teaspoon Liquid Smoke
- 1 Tablespoon Smoked Paprika
- 1 Tablespoon Garlic Powder
- 10 Oz Pomegranate Molasses or 20 Oz Pomegranate Juice (see below)

## Directions:

### The Rub

Pat the ribs dry. Coat with the rub and refrigerate for 24 hours, or seal in a Sous Vide bag and freeze up to 6 months.

### Slow Cooker Method

Cut each rack in half so that they fit in the Slow cooker.

Stack upright in the slow cooker. If one end seems to be meatier, point that end down.

Insert freshly cut rings of yellow onion to prevent the ribs from sticking to each other.

Throw in 4 or 5 Garlic cloves.

Pour about 1 Cup Apple Juice into the Slow cooker.

Cover the Slow Cooker and cook on High for about 2 hours then cook on low for another 4 hours.

### Instant Pot Method

Place a trivet in the bottom of the Instant Pot.

Place the ribs inside the Instant Pot, standing on their side, wrapping around the inside of the pot.

Add

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### Sous Vide Method

Cut each rack, as needed so that it fits into one or more Sous Vide bag.

Vacuum out all the air and seal the bag(s).

Refrigerate up to 1 week or freeze up to 6 months.

**Sous Vide at 165°F for 12 hours.**

Remove the bag from the Sous Vide and refrigerate for a couple of hours (preferably overnight), until the meat has fully cooled.

Note that the unopened bag can be refrigerated unopened up to 4 weeks or frozen up to 6 months.

When you are ready to finish the Ribs, carefully remove each Rack from the bag and pat dry with a paper towel or a tea towel.

Reserve the Au Jus.

### The Sauce

NOTE: If Pomegranate Molasses is not available, start with 20 Oz Pomegranate Juice. Ensure that the juice does not contain other fruit juice like apple or grapes.

Pour Pomegranate Juice into a pot over medium-low heat.

Continue to simmer for about an hour, until the Pomegranate Juice reduces by about 50%. The Molasses should be thickened and syrupy when scooped with a small spoon.

In a large bowl, mix the Tomato paste, Brown Vinegar, Paprika, Garlic Powder, and Liquid Smoke.

Incorporate the Pomegranate Molasses and mix thoroughly. The finished sauce should have the consistency of Ketchup. Use a spoonful of the Au Jus (if needed) to ensure the correct consistency.

### **Finishing the Ribs**

Set the Oven Broiler to High with the top rack about 6 inches below the elements. Brush each Rib Rack liberally with Sauce and place on a aluminum foil covered cookie sheet. Broil on high for 2 or 3 minutes, until the Ribs begin to brown.

Flip the Ribs and apply another liberal coating of Sauce. Broil for another 2 or 3 minutes.

Allow the ribs to rest for 10 minutes, then serve.