

Cooking Ribs

This document is an extraction from the Cooking Ribs instructions and is intended to explain the process of applying the Rib-Rub. For detailed instructions of rib cooking, refer to that manual. The complete set of instructions can be found at <http://www.ralphsribs.com/recipes.htm#BBR>

Uncle Ralph's Rib Regimen (Extract)

Rib Preparation

Remove the ribs from the packaging and rinse them under running water. The water should be warm, but not hot.



Place the ribs on the first half-sheet pan after rinsing them. Next, you will need to remove the membrane from the inside of the ribs. Use a sharp knife to free one edge of the membrane and a folded paper towel to grab and pull the membrane from the ribs.



Cooking Ribs – Using the Rib-Rub

Removing this membrane is very important because neither the rub, nor the sauce can penetrate this membrane. If you are having problems removing it, you can simply “score” the membrane with the point of a sharp knife diagonally across the bones.

Once the membrane is removed, pat the surface of the meat dry with another folded paper towel.



After you dry the rib section, place it in a dry pan. You may wish to line this pan with aluminum foil also.



After all the rib portions have been dried, you can begin to apply the Rib-Rub. This is very important because the rub will provide flavor and protect the meat while cooking. Begin by spreading the rub on the ribs. Then, using your fingers, make certain that the rub is distributed evenly over the surface of the meat. Do not leave any part of the surface uncovered or use too much rub. About 1/8 inch is enough. Cover both sides of the meat.



Cooking Ribs – Using the Rib-Rub



You can do this several hours or even the day before cooking. If you are not going to cook immediately, place the ribs in the refrigerator covered with a towel.

Now the ribs/meat is ready for grilling or baking. For complete instructions please refer to: <http://www.ralphsribs.com/recipes.htm#BBR>

Although it is not essential to making good ribs, I have found a half-sheet serving tray and warmer to be an asset at a buffet or party.



Use a clean, dry plate or pan for removing the ribs from the grill and taking them to your table.

Bon-Appetite!