

### 3. Ribs 2025

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#### BBQ - Honey Pork Ribs

4 servings

Ingredients:

For pre-cooked ribs:

**2 racks** (about 6 – 7 LB) of pork ribs\*

**2 TSP** of salt

Marinade:

Juice from 1 large lemon

**1 TBSP** of Extra Virgin Olive Oil - adjust if needed

**1 TBSP** of frying oil - adjust if needed

**1 cup** of honey

**¾ cup** of ketchup

**1** medium onion - peeled and finely chopped

**6 cloves** of garlic - peeled and grated

**2 TSP** of salt

**1 TSP** of ground pepper - ideally freshly ground

**2 TSP** of smoked paprika (or substitute for regular paprika)

Optional: **1 TSP** of chili powder (spicy)

Optional: **1 TSP** of ground cayenne pepper (spicy)

**1 TSP** of ground mustard

Best Served with:

Twice-baked herb bread or any regular bread

Lettuce, tomatoes, and other fresh vegetables

Dill pickles

Pickled pepperoncini

Dijon mustard

Whole grain mustard

Ketchup

Creamy Horseradish

Tools:

Measuring Spoons & Measuring Cups  
Large Stock Pot or Sauce Pot (about 8 QT or more)  
Grill Turner or Regular Turner  
Tongs, Turner, or Grill Turner  
Large Mixing Bowl (about 8 QT or more)  
Whisk  
Optional Lemon Squeezer  
Small Hand Grater or Garlic Press (for garlic)  
Immersion Blender or Food Processor or Blender  
Plastic Wrap  
Medium Size Baking Sheet or Grill  
Silicone Brush

Directions:

**Already Prepared:**

**1. Precook Ribs:**

**Note:** Precooking ribs is essential - the final ribs will be nicely falling apart and will be really juicy.

- 1.1. First, ensure the meat is properly rinsed under cold water.
- 1.2. For easier manipulation, optionally cut each rack of ribs into 4 - 5 pieces.

**Necessary:** Do not remove the membrane in order to let ribs hold nicely together during cooking and serving. During precooking, the membrane will cook to the point of not impacting the flavor and texture while preventing the ribs from falling apart.

- 1.3. Place a large pot on a high-heat burner, add **2 TSP** of salt, briefly stir, and add ribs.
- 1.4. Cover with a lid, bring to a boil, lower the heat to medium, and cook for 90 minutes.
- 1.5. Remove the ribs from the water and spread them on a cutting board or cooling rack to cool at room temperature before placing them into the marinade.

## Start Here:

### 2. Prepare marinade:

#### 2.1. Place into a large mixing bowl:

Juice from 1 large lemon

**1 TBSP** of Extra Virgin Olive Oil

**1 TBSP** of frying oil

**1 cup** of honey

**¾ cup** of ketchup

**1** onion - finely chopped

**6 cloves** of garlic - grated

**2 TSP** of salt

**1 TSP** of ground pepper

**2 TSP** of smoked paprika

Optional: **1 TSP** of chili powder

Optional: **1 TSP** of ground cayenne pepper

**1 TSP** of ground mustard

Thoroughly stir with a whisk until nicely incorporated (about 1- 2 minutes).

#### 2.2. Briefly process with an immersion blender for about 30 seconds (do not process to smooth and leave some pieces of onion in).

### 3. Marinate the ribs:

#### 3.1. Make sure that the ribs are fully cooled and add them into the marinade.

#### 3.2. Cover the ribs with marinade using your hands or a large spatula.

#### 3.3. Cover with plastic wrap and let marinate in the refrigerator for 1 - 2 hours (or overnight).

### 4. Grill or roast in the oven:

#### A. Grill:

**Important:** Grill preferably with indirect heat with the lid closed (do not have the fire under the meat but on the sides).

#### 1. Preheat the grill to 400°F.

2. Place ribs on a grill (placing the bones part up), and brush with part of the marinade.
3. Grill until the appetizing glazed surface is reached (about 10 - 15 minutes).
4. Then turn and brush the ribs with the remaining marinade.
5. Grill until the appetizing glazed surface is reached (about 10 - 15 minutes).

#### **B. Roast in the oven:**

1. Set oven to preheat to 400°F.
  2. Place ribs on a baking sheet (placing the bones part up), and brush with part of the marinade.
  3. Roast in a preheated oven for about 10 - 15 minutes.
  4. Then, turn and brush the ribs with the remaining marinade.
  5. Roast until the appetizing glazed surface is reached (about 10 - 15 minutes).
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5. Serve ribs with twice-baked herb bread and a side of creamy horseradish, mustard, and whole-grain mustard.

## Herb Butter

12 individual servings (12 TBSP) or two sticks of butter

Ingredients:

**½ cup** of herbs of your choice - fresh and briefly chopped\*

**1 clove** of garlic - peeled and grated

**2 sticks (½ LB)** of butter - soft (room temperature)

**1 TSP** of Extra Virgin Olive Oil

**¼ TSP** of salt

**Pinch** of ground pepper

\* The combination is up to you and your imagination. I have even used a combination of basil, sage, oregano, chives, parsley, and rosemary. If you prefer a stronger herb flavor, double the amount of herbs. Remove the leaves from the stem (the stem is often hard and should not be eaten, with the exception of chives). Chop the herbs briefly, the final chopping will be done in a food processor.

Tools:

Measuring cups and spoons

Kitchen food processor

Grater or press - for garlic

Silicone spatula

Decorating tip set with pastry bag or small disher (about 0.75 - 1 oz) or a set of small spoons

Baking sheet with parchment paper or plate

Optionally: Plastic wrap (food film)

Direction:

1. Place all ingredients into a kitchen food process and process until smooth on high speed (about 3 - 4 minutes).
2. Create a portion of herb butter using one of these messages:
  - A. For the best visual effect, fill the pastry bag with herb butter and then pipe out single portions on a baking sheet or plate.
  - B. You can avoid using a pastry bag by forming a single portion with a small disher or a set of two spoons.
  - C. Or, place a large amount of herb butter (or all) on plastic wrap and roll it into a single stick of butter.
3. Let it cool in the refrigerator (for at least 30 minutes) and then serve or freeze.

Tips:

- If parts of the ingredients stick on the side of the food processor during processing, stop the food processor and use a spatula to mix it back in. Then, continue processing.
- You can freeze your herb butter and use it anytime you want with steaks and other meals. Place individual portions on a baking sheet with parchment paper, freeze, and then place in a freezer bag. This way, you will have individual portions ready to use when you need them! It stays great in your freezer for about a year and takes about 30 minutes to defrost (or none if you place on a hot steak).

## Twice-baked Herb Bread

4 servings

Ingredients:

**2 x ¼ loaf** of bread \*

**8 TBSP** of herb butter – adjust if needed

\* Best is to use a rustic loaf or caraway bread, but it works great with any kind of white bread. Darker bread can be used, too, but it won't allow the herb butter to stand up as much. Cut ½ loaf of the bread into even halves.

Tools:

Cutting board and bread knife (or chef's knife)

Butter knife (or any dull knife to spread the butter)

Tinfoil

Medium size baking sheet – only for oven preparation

Directions:

1. Set grill or oven to preheat at 350°F (optionally up to 400°F).
2. On each quarter of the bread, cut individual and yet connected slices. The key is to not cut entirely through as you are slicing the quarter, so that all slices stay connected along the crust-side.
3. Spread between each slice herb butter.
4. Wrap each quarter of the bread in tinfoil and place on the grill or on the baking sheet and in the oven.
5. Bake until all butter melts and the bread turns crispy on the surface (about 25 – 30 minutes).

**Disclaimer:**

All steps in this recipe are just suggestions, and the author and/or publisher of this recipe is not responsible for the following:

- outcome of preparation
- any health risk related to the incorrect handling of food and/or not following USDA recommendations, such as but not limited to, following the minimum safe serving temperatures
- provide health and dietary advice to readers
- safety during preparation, including incorrect handling of equipment and the equipment's suitability for food preparation, improper cooking techniques, sourcing of ingredients, and anything related to the preparation and consumption of the products of this recipe

All readers are responsible for evaluating if the recipe and its' ingredients and steps fit with their dietary restrictions and can adjust accordingly.