

PLANK COOKING

by JOHN HOWIE

Plank Roasted Baby Back Ribs – Serves 4

- 2 each Pork Baby Back Rib Racks – 1 ½ -2 lbs. each
3 Tbsp. BBQ Spice Rub – recipe follows or purchase
 “Chef Howie’s 3 Chefs in a Tub BBQ Spice Rub”
½ cup BBQ Sauce – homemade or purchased

BBQ Spice Rub – Yield ⅓ Cup

- 1 ¼ tsp. Allspice – ground
1 ½ tsp. Star Anise – ground
1 tsp. Ginger – ground
¾ tsp. Celery Seed – ground
2 tsp. Onion – granulated
1 Tbsp. Garlic – granulated
1 Tbsp. Paprika – ground
1 Tbsp. Brown Sugar

BBQ RUB PROCEDURE:

1. Blend all ingredients together in a food processor or spice grinder until completely combined. Hold at room temperature until needed.

RIB PROCEDURE:

1. Season both sides of the ribs with the BBQ Spice Rub. Wrap and hold refrigerated for 24 hours. Pre-heat the oven to 275°.
2. Place the ribs on the plank. Cover the entire plank with foil so no steam will escape. Place in the oven and cook for 1 ½-2 hours. Remove from the oven; handle carefully, drain off some of the excess juices. Cover and return to the oven for 1-1 ½ hours.
3. Remove from the oven and drain off all excess liquid. Remove the ribs from the plank. Increase the oven temperature and re-heat to 375-400°.
4. Liberally baste the ribs with the BBQ sauce. Place back on the plank, return to the oven uncovered and cook for 12-15 minutes, until the ribs are well glazed. Remove from the oven, and slice the ribs into 3-4 rib sections. Serve.