

SMOKEY BBQ BEEF RIBS - SKINNYMIXERS



Category: Fish and meat
main courses

Created: on 2017-03-29
Qualified by: Supercook AUS
Suggested by: casseychic
Total processing time: 05:10
Minutes

INGREDIENTS

20 gram	coconut sugar (for Dry Rub)
15 gram	smoked paprika (for Dry Rub)
15 gram	Mild Paprika (for Dry Rub)
15 gram	cumin (for Dry Rub)
10 gram	salt (for Dry Rub)
1/2 tablespoon (AUS 20ml)	mustard powder (for Dry Rub)
1/2 tablespoon (AUS 20ml)	onion powder (for Dry Rub)
1/2 tablespoon (AUS 20ml)	Garlic powder (for Dry Rub)
1/4 teaspoon	pepper (for Dry Rub)
1/4 teaspoon	cayenne pepper (for Dry Rub)
1/4 teaspoon	allspice (for Dry Rub)
2.5 kilo	beef short ribs (for Dry Rub)
90 gram	water (for BBQ Sauce)
30 gram	coconut sugar (for BBQ Sauce)
30 gram	butter (for BBQ Sauce)
120 gram	tomato sauce (for BBQ Sauce)
10 gram	tamari or Worcestershire sauce (for BBQ Sauce)
10 gram	apple cider vinegar (for BBQ Sauce)
10 gram	lemon juice (for BBQ Sauce)
1 teaspoon	cacao powder (for BBQ Sauce)
1 teaspoon	smoked paprika (for BBQ Sauce)

STEP BY STEP - PREPARATION

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