

HOW TO USE · SHORT RIB RUB

LOW & SLOW SMOKED BEEF SHORT RIBS

A dark, savoury bark and ribs that give way to a probe.

SERVES	PREP	COOK
4–6	20 min + 2 hr resting	5–7 hr (smoker or kettle)

INGREDIENTS

- 2 kg bone-in beef short ribs (plate ribs)
- 6 tbsp Short Rib Rub (about 50 g, or 3 tbsp per kg)
- 2 tbsp olive oil or mustard, as a binder
- 2 tsp flaked salt (see salt tip)
- Wood chunks, such as oak or hickory
- ¼ cup (60 mL) beef stock or water, for wrapping



METHOD (smoker or kettle)

1. Trim any hard surface fat and pat the ribs dry. Coat lightly with the oil or mustard.
2. Sprinkle with salt, then coat every side with Short Rib Rub, pressing in. Rest in the fridge (5°C or below) for at least 2 hours, or overnight.
3. Set the smoker or kettle for indirect heat at 120–130°C. On a kettle, bank lit coals on one side, add wood and cook the ribs on the other, using the vents to hold the temperature.
4. Smoke bone side down for 4–5 hours, until a dark bark has set and the meat reads about 75°C.
5. Wrap tightly in foil or butcher paper with the stock, then return to the cooker.
6. Cook 1–2 hours more, until a probe slides in like soft butter (about 93–96°C).
7. Rest wrapped for 30 minutes, then slice between the bones.

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AIR FRYER METHOD

200°C · 8–10 min

Instead of the ribs: beef bites with the same rub

1. Cut 500 g rump or sirloin into 3 cm cubes. Toss with 1 tbsp oil, 1½ tbsp Short Rib Rub and ½ tsp salt.
2. Heat the air fryer to 200°C. Add the beef in a single layer, not crowded.
3. Cook 8–10 minutes, shaking at 4 and 7 minutes.
4. Check the centre reaches 63°C (medium) or more. Rest 3 minutes.

BBQ / GRILL OPTION

150–160°C · 2½–3 hr

No smoker: hooded BBQ, indirect, covered

1. Heat a hooded BBQ for indirect cooking at 150–160°C. Put the rubbed ribs in a foil tray with the stock and cover tightly.
2. Cook, lid down, for 2½–3 hours, until probe-tender at about 93–96°C.
3. Uncover and move the ribs over direct heat for about 5 minutes a side to firm up the crust. Rest 20 minutes.

SMOKER OPTION

150–160°C · 4–5 hr

Hot and fast smoked ribs

1. Set the smoker to 150–160°C with hickory, ironbark or pecan.
2. Smoke the rubbed ribs bone side down for 2½–3 hours, until the bark has set. Wrap in foil or butcher paper with a splash of stock.
3. Cook 1½–2 hours more, until probe-tender at about 93–96°C. Rest wrapped for 30 minutes.

OTHER WAYS TO USE IT

- → No smoker? Oven: foil-covered tray at 140°C fan-forced for about 3½–4 hours, until probe-tender.
- → Sprinkle over potatoes, wedges, corn or roast vegetables before cooking.
- → Rub into brisket or beef ribs, or mix 1 tbsp through 500 g mince for burgers (cook to 75°C).

SALT-FREE BLEND Short Rib Rub has no salt, so season with salt to taste. About 1 tsp flaked salt per kg of beef, added before the rub, is a good start.