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Baby back ribs on pellet grill

Talk about a flavor bomb. These Traeger smoked beef back ribs are so tender that they practically fall off the bone! The Traeger smoker does all the work while you sit back and wait for some delicious ribs. The dry rub gives these ribs a wonderful crusty bark so good you won't even need any BBQ sauce. They are really that good! Choose chuck ribs or plate ribs for the best results as they have more meat on them. Beef ribs are best smoked low and slow for the ultimate rib experience. What are beef back ribs anyway? Beef back ribs come from the beef rib primal cut in the forequarter of the steer. The rib primal cut is known for being well-marbled with tasty fat. This is also where the prime rib roast or ribeye cuts come from. We all know how delicious prime rib and ribeye are, so you can imagine that these are some of the most mouthwatering ribs you can get. This post may contain affiliate links. Please read our disclosure policy. How to get the best smoked beef back ribs Butchers will earn top dollar for the prime rib roast and ribeye cuts, so the beef back ribs will typically be left with little meat on them. The meat will often be trimmed from between the bones during the trimming process so that the butchers can maximize their profits when selling the prime rib roast or ribeye steaks. You may have some luck finding beef back ribs at your local grocery store. However, I always recommend going to your local butcher and asking them for their best beef back ribs. The local butchers will be more likely to help you find some ribs that have the most meat between the bones. Beef back ribs vs short ribs There are basically two types of ribs that come from the steer: beef back ribs and short ribs. Both types make for an amazing barbecue when smoked low and slow. Beef back ribs come from the top dorsal area of the steer in the forequarter. Most of the meat is between the bones since the butchers will remove as much meat as possible when trimming off the prime rib and ribeye cuts. But the flavor of beef back ribs will be amazing and, if cooked properly, make for some delicious smoked ribs. Beef short ribs come from a couple of different areas on the steer. Plate short ribs come from the lower section of the steer right behind the brisket. These are often called "loaded beef ribs" or "dinosaur beef ribs" because they have a bunch of meat on top of the bones, sometimes as much as 2" to 3" marbled with fat. Chuck short ribs come from the steer's upper section, just in front of the beef back ribs. These would be the 1st through 5th rib bones, and the bones are generally a bit shorter than the plate short ribs. Chuck short ribs still garner extra meat on top of the bones. Ingredients for Traeger smoked beef back ribs For delicious ribs, you need a great rub. The rub will help add flavor to the ribs, and after smoking, it will help develop a nice bark on the outside. To keep the ribs moist and prevent them from drying out, a vinegar-based spray is used during the smoke. This spray also helps to add flavor. Beef ribsBarbecue spice rubApple cider vinegarTabasco hot sauceSoy sauce How to cook smoked beef back ribs on the Traeger Flip the beef back ribs over, bone side up. There is a membrane that runs on the outside of the bones. Unlike other connective tissue, this membrane does not soften when cooked. Use a knife to begin cutting the membrane away from the bones. Once it is started, use a paper towel to grip the membrane and peel it away from the bones. It should come off easily, but it may come off in sections. Just repeat the peeling process until it is completely removed. Step 2: rub the ribs Combine all the ingredients for the barbecue dry rub. Thoroughly coat the ribs with the dry rub; coat both sides and all of the ribs' edges. Let the ribs sit for 10 to 20 minutes to let the rub settle into the meat. You can also let the ribs sit in the fridge overnight with the rub, acting as a dry brine to tenderize the meat. Step 3: make the spray In a medium bowl, mix the apple cider vinegar, soy sauce, and Tabasco hot sauce. Pour this into a spray bottle and reserve for later. Step 4: smoke the ribs Smoke the beef back ribs in the Traeger at 250°F, meat side up, for 5 to 8 hours or until the ribs' internal temperature reaches 200°F to 205°F. Tip: use fruit woods while smoking beef. I like to use the Pit Boss Apple pellets. Hickory or oak can be too overpowering for beef, but if you use it in a blend with fruit woods, it should be fine. I also like to use the Pit Boss Competition Blend. Step 5: spray frequently Once the ribs reach 160°F, or for the final 2 hours on the smoker, spray the ribs frequently with the reserved vinegar spray. You can wrap the ribs at this point if you would like. Wrapping them will also help the ribs to retain moisture while smoking. Use either aluminum foil or butcher paper to wrap them tightly and then place them back on the smoker. Step 6: slice and serve Once the smoked beef back ribs reach the internal temperature of 200°F to 205°F, remove the ribs from the Traeger. Wrap the ribs in aluminum foil or butcher paper and allow them to rest for 20 minutes. After the ribs rest, slice them between each bone and serve! What else is cookin' over here?! Try out these same beef back ribs in the air fryer. These air fryer beef back ribs are great for quickly cooking up some smaller portions of ribs when you don't want to pull out the Traeger. You will need to trim the ribs down to smaller portions to fit in the air fryer. If you need some amazing BBQ sauce to go along with the ribs, this Kansas City-style BBQ sauce is my FAVORITE! You need to try out this Traeger smoked turkey breast! It is wrapped in bacon, so what isn't to love!? It is super tender and incredibly juicy, the perfect addition to your holiday cookout. CONNECT WITH A LICENSE TO GRILL! Be sure to follow us on our social media accounts Facebook * Instagram * Pinterest * YouTube * Twitter Did you make this recipe? Tell us about it in the comments below! Tell me what you think! Did you try out this recipe? Please leave a comment below and let me know how you liked it. Also, snap a picture and post it to your favorite social platform. Be sure to tag me at @alicenstogrill and let me know how you liked it! 1 rack of beef ribs (about 3 pounds) 1/3 to 1/2 cup Barbecue dry rub 1/2 cup apple cider vinegar 1 tablespoon soy sauce 2 to 8 shakes of tabasco sauce Preheat the Traeger to 250°FTurn the ribs over so the bony side is up and peel off the membrane. This is the thick tissue that covers the back of the ribs. Use a butter knife to get under the membrane and loosen it. Once you get it lifted, use a paper towel to hold onto it and pull it off. Sometimes it pulls right off in one piece. Generously coat both sides and all edges of the ribs with the rub. Let the ribs sit for 10 to 20 minutes to let the rub settle into the meat. You could also let the ribs sit in the fridge overnight with the rub - it will act as a dry brine and tenderize the meat further. Place the ribs in the pre-heated smoker and cook for 5 to 8 hours. During the last 2 hours, spritz the ribs with the vinegar solution every 30 minutes or so.Check for doneness with a fork or skewer. They will be easy to pierce with a fork and easy to pull the meat off the bone. If you have a meat thermometer, the ribs should be between 200°F and 205°F. Remove the ribs from the smoker and cover with butcher paper or aluminum foil for 10 to 20 minutes before serving. Put a generous coating of the rub all over the beef ribs. The rub will form a crusty bark on the ribs and give it so much flavor you won't even need sauce. Removing the membrane will let the flavors of the rub soak into the meat. Otherwise, it will act as a barrier to the flavor and leave a tough, inedible membrane on the ribs if you leave the membrane on. The long, slow smoking will break down tough fibers in the meat and create very tender beef ribs. Yield: 4 Serving Size: 1 Amount Per Serving: Calories: 1344Total Fat: 45gSaturated Fat: 23gTrans Fat: 0gUnsaturated Fat: 17gCholesterol: 161mgSodium: 1307mgCarbohydrates: 193gFiber: 3gSugar: 190gProtein: 45g Nutrition information is a guideline only, is calculated automatically by third party software, and absolute accuracy is not guaranteed. Please leave a comment on the blog or share a photo on Instagram Our Dynamite Baby Back Ribs are the perfect choice for your next big event. A pellet grill keeps your ribs moist and your guests close! Baby Back Rib Marinade 1 cup soy sauce 2 tablespoons red wine vinegar 1/4 cup wine (red or white) optional 1/4 cup olive oil 1 tablespoon onion powder 5 cloves (use garlic press) or 2 tablespoons (from jar) minced garlic 2 teaspoons black pepper 1/2 teaspoon Tabasco (or other red pepper) sauce Stir until frothy. Cooking Use "baby back" ribs for best results. Peel membrane from shiny side of baby back rib rack. Marinade the ribs in this sauce for NO LONGER than 4 hours. Turn racks occasionally. Smoke at about 165° for 4-6 hours, turning racks occasionally. Then, turn temperature up to 225° and finish for another 2-4 hours until you are happy with the texture. If you wish, baste with GMG Cherry Chipotle or Cattle Drive BBQ Sauce for the last hour. A pellet grill keeps your ribs moist and your guests close! You cannot — repeat, cannot — make the best BBQ pork back ribs recipe on the grill if you do not start with high-quality slabs of meat. New to picking between slabs? No worries, mate. We can help you by sharing a few tidbits we have discovered over the years: Look for slabs without lots of exposed fat. Sure, you want some fat because fat helps keep the meat tender while cooking. But you do not want a slab that seems to be mostly covered with it. Pick a slab where you can see the meat and very little bone. If you see too much bone, opt for a different slab. Otherwise, the bone could just fall right out after you pull your baby back ribs out of the smoker. What would be the point, then? Say no to ribs that used to be frozen. The problem with frozen ribs is that they may have absorbed some weird flavors during freezing. You may feel that a frozen slab is perfectly fine, though. If that is your preference, thaw it completely before using it. Do not allow the size of a slab to sway you. Sometimes, a smaller slab can actually offer a higher ratio of meat-to-bone than a much bigger one. So be choosy about the slab itself, not necessarily how much it weighs. You can always get several smaller slabs bursting with meat, after all. Your Grilla Grill can handle it! Ask your butcher for advice when you get in a pickle. Most grocery stores, even big chains, have someone working in the meat department who knows the industry. Be sure to ask for suggestions if you can't decide which ribs to buy. That way, you can be sure your baby back ribs slow cooked on the charcoal grill or pellet smoker will be amazing. Serving Sizes to Consider When Making a Baby Back Ribs Recipe Generally speaking, everyone has a different appetite when it comes to eating baby back ribs fresh from the smoker or grill. That being said, you can expect each rack or slab to serve an average of two people, but make sure you have side dishes to go around, too. If you only have baby back ribs and nothing else, you can be certain they will go even faster! Testing Your Ribs for Doneness As a final note about making BBQ pork back ribs recipe on your grill, always test the meat. Even if it is falling off the bone, do a quick temperature gauge. Pork ribs should hit around the 190-degree mark. If they are a little under, they may still be done. But if the temperature is pretty far from the 190-degree level, they need more time. It is much better to ensure they are done than to serve undercooked meat to your guests and family. Ready for your role as the pitmaster extraordinaire? Dive into this baby back ribs recipe and learn how to cook baby back ribs on the grill that will win you fist bumps galore. Although having the right wood pellet smoker grill and a great traditional baby back ribs recipe on hand matter, so does the cut of ribs you choose. Our pitmaster recipe recommends that you opt for St. Louis-style spareribs if possible. They tend to have a consistency that works quite well on the smoker. Plus, they cook fairly evenly, which you and your hungry guests will appreciate. When choosing baby back ribs for your pellet grill, select ones with a balanced level of marbling. Marbling simply means fat interlaced with meat. When you cook your traditional baby back ribs low 'n' slow, the fat will help break down and naturally tenderize the meat. Of course, you want to avoid a totally fatty set of ribs with far too little meat. If you can find whole slabs of St. Louis-style baby back ribs, go for them. Whole slabs have not been cut in half by your butcher. They allow you to complete an entire rack of ribs at once. Besides, showing off a huge, long slab of baby back ribs makes you look like jungle royalty. Finally, take a "no bones about it" approach. That is, pick ribs with lots of meat and fat covering the bone. Exposed bones will start to fall out and cause your cooking to happen non-uniformly. That can mess up your cooking times and cost you some of your savory ribs. Preparing Your Smoker Grill to Smoke Baby Back Ribs Before tossing your ready-to-go ribs on your Silverbac or other Grilla Grills smoker, do yourself a favor and clean it well. Make sure those grates are shining and tidy. The less built-up muck from other smokes, the better. Because cooking ribs on the grill can get a little messy with drips, either add a drip pan or cover the bottom of the smoker grill with something to catch the juices. Believe us when we say you will be happy you took a few additional steps. Easy scrubbing afterwards means you can enjoy the bounty! Jump to Recipe Jump to Video Print Recipe3 2 1 ribs are a fool proof way to get fall off the bone tender ribs. The 3 2 1 rib method is based on smoking ribs at a certain temperature for 3 hours, wrapping with liquid for 2 hours, and saucing for the final 1 hour. 3 2 1 Smoked Ribs Today, I'm showing you an amazing method for smoking ribs: the fool proof 3 2 1 ribs recipe. This method has gained a lot of popularity with home cooks in recent years because of the flawless results in churning out super tender ribs that fall off the bone every time. While competition and traditional BBQ cooks will scoff at fall off the bone ribs, the truth is that most people really like them that way. Judges for KCBS won't give you a winning score, but they also won't be hanging out in your backyard critiquing what you and your family are eating. So I say, cook what you like! So fire up your smoker (I like to cook ribs on my Camp Chef SmokePro LUX), and let's get smoking!

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