



# Memphis Style Ribs

## Ingredients:

1 rack pork back ribs (about 1 pound)  
1 tbsp oil  
4 tsp Monsoon Coast BBQ & Roast Rub  
1 tsp salt  
1 tsp brown sugar  
¼-½ cup BBQ sauce (Optional)

**Spices Used:** BBQ & Roast Rub

**Prep Time:** 15 mins

**Cook Time:** 3-4 hours

## Instructions:

- 1 - Preheat oven to 300°F.
- 2 - Remove membrane from back of ribs and rub both sides with vegetable oil.
- 3 - Combine BBQ Rub, salt and sugar.
- 4 - Rub evenly into both sides of ribs.
- 5 - Place on a foil or parchment lined baking sheet. Cook 2.5 - 3 hours until tender. You can also grill on the BBQ using indirect heat.
- 6 - If desired during the last 15 minutes of cooking, place over direct heat of the BBQ and brush with your favourite BBQ sauce



## Ingredients:

1 rack pork back ribs (about 1 pound)  
1 tbsp oil  
4 tsp Monsoon Coast BBQ & Roast Rub  
1 tsp salt  
1 tsp brown sugar  
¼-½ cup BBQ sauce (Optional)

**Spices Used:** BBQ & Roast Rub

**Prep Time:** 15 mins

**Cook Time:** 3-4 hours

## Instructions:

- 1 - Preheat oven to 300°F.
- 2 - Remove membrane from back of ribs and rub both sides with vegetable oil.
- 3 - Combine BBQ Rub, salt and sugar.
- 4 - Rub evenly into both sides of ribs.
- 5 - Place on a foil or parchment lined baking sheet. Cook 2.5 - 3 hours until tender. You can also grill on the BBQ using indirect heat.
- 6 - If desired during the last 15 minutes of cooking, place over direct heat of the BBQ and brush with your favourite BBQ sauce