

# BARBECUED SPARE RIBS

F EASY

Last Modified: 02/18/2014

PREP: 1 To 24 Hrs  
COOK: 35 Min  
PRESSURE COOKER

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**MAKES 6 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
1	Rack	Spare Ribs (Any Style)	Separated
1	Recipe:	Seasoning - BBQ - Dry Rub - Sweet Rib Seasoning	
OR			
1	Recipe:	Seasoning - BBQ - Dry Rub - Rib Seasoning	
OR			
1	Recipe:	Seasoning - BBQ - Dry Rub - 3 - 2 - 1 Competition	
1	Bottle	BBQ Sauce (Any U Like)	
1	Tbsp	Kosher Salt	
1 1/2	Cups	Water	

## PREPARATION

<b>CAUTION</b>	You need to have a raised grill in the bottom of your pressure cooker to prevent burning the meat.
<b>TOOLS</b>	1) 6.5 Qt Electric Pressure Cooker & Bottom Rack 2) Aluminum Half Sheet Pan
<b>PREP</b>	<b>DISH</b> 1) Place the Rib Rack on a cutting board - Remove all pure fat pieces you can see on both sides. 2) Remove the translucent, tough ribcage liner by using a spoon to loosen the edges and pulling it off with your fingers while squeezing it tightly between paper towels.
<b>1</b>	Rub the entire surface of the Ribs with the Dry Rub and let them stand at room temperature for 1 hour. For the best Ribs, refrigerate them overnight wrapped tightly in plastic wrap.
<b>2</b>	Cut the Ribs into single (or double) bone pieces. Place the bottom rack in the pressure cooker. Pour in 1 1/2 cups of cold water. Layer the Rib sections evenly in the pressure cooker. Lock on the lid and cook them for 20 minutes on high pressure.
<b>3</b>	Turn off the pressure cooker and quick release the pressure. Remove the lid and set aside the Rib Sections and the bottom rack. Pour off and discard any water and fat remaining in the bottom.
<b>4</b>	Replace the bottom rack and one layer of Rib sections. Coat them evenly with your favorite BBQ Sauce. Add in more Ribs sections and repeat until all are back inside the cooker and each layer is evenly coated with Sauce. Pour over the top any remaining Sauce in the bottle.
<b>5</b>	Lock the Lid back on and bring it up to high pressure and cook for an additional 15 to 20 minutes depending upon how "fall-off-the-bone" you like your Ribs.
<b>6</b>	Turn off the pressure cooker and quick release the pressure.
<b>SERVE</b>	Place the Ribs on a serving platter and serve them while hot.
<b>OPTION</b>	<b>CRISPY RIB OPTION:</b> After pressure cooking, place the Ribs on a foil lined sheet pan with a rack and broil them until the sauce thickens and darkens. Turning the Rib Pieces over half way through the browning process.