Spice Rubbed Back Ribs with Apple Cider Mop

Ingredients

2 racks pork back ribs

Rub:

2 Tbsp / 30 mL EACH sodium-reduced soy sauce and Worcestershire sauce
1 Tbsp / 15 mL EACH coarse salt and chili powder
2 tsp / 10 mL ground paprika
1 tsp / 5 mL EACH garlic powder and dried oregano leaves

Apple Cider Mop:

1 cup / 250 mL apple juice
¼ cup / 50 mL EACH apple cider vinegar and prepared yellow mustard

Directions

For the ribs:

1. Lift and peel membrane from the back of each rack of ribs.
2. In small bowl, combine rub ingredients until well-blended.
3. Massage ribs all over with rub. Cover loosely with plastic wrap and let stand at room temperature for up to 1 hour.
4. Preheat barbecue on high; turn one burner off and reduce other burner to medium heat, temperature should read 300-325°F.
5. Place ribs, meat side up, on a lightly oiled grill over unlit burner. Turn every 15 minutes for about 1 ½ hours, until ribs are tender. To check, lift rack from grill with tongs. If you see some cracking at the point where the tongs are grasping the ribs, they're done. If not, they need a little more time.
6. Mop ribs with sauce during last 15 minutes of cooking, turning and basting several times.
7. Remove ribs from grill. Tent loosely with foil and let ribs rest 10 minutes before slicing between bones.

For the mop sauce:

1. In small bowl, whisk together apple juice, vinegar and mustard until well-blended.

Additional Info

- **Cut:** Ribs
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 90
- **Number of Servings:** 4