

STICKY BBQ RIBS



Prep Time: 20 mins

Cook Time: 2 hrs 45 mins

Total Time: 3 hrs, 5 mins (+ 10 mins marinating time)

Serves: 2

Infused with Fresca Grapefruit, these slow-cooked baby back ribs are finished on the grill with a homemade barbecue sauce for the ultimate rib feast — tangy, sweet and sticky! Serve with coleslaw, corn on the cob and lots of napkins!

INGREDIENTS

Ribs:

- 1/2 cup Fresca® Grapefruit
- 1 tbsp chili powder
- 1 1/4 tsp salt
- 1 tsp black pepper
- 1 tsp ground coriander
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- Pinch cayenne pepper
- 1 rack baby back ribs (about 2 lbs), silver skin removed from back of bones

BBQ Sauce:

- 1/2 cup Fresca® Grapefruit, plus more for pairing
- 1 tbsp butter
- 1/4 cup minced onion
- 1 clove garlic, minced
- 1/4 cup light (fancy) molasses
- 1/4 cup tomato paste
- 2 tbsp lemon juice
- 1 tbsp brown sugar
- 1 tbsp Dijon mustard
- 1 tbsp white vinegar
- 1 tbsp Worcestershire sauce
- 1 tsp liquid smoke, optional

INSTRUCTIONS

- 1. Ribs:** Preheat oven to 275°F.
- In small bowl, stir together chili powder, salt, black pepper, coriander, garlic powder, onion powder, paprika and cayenne. Reserve 1 tbsp spice rub for barbecue sauce.
- Transfer prepared ribs to piece of tinfoil large enough to wrap rib rack. Sprinkle remaining spice rub all over.
- Pour 1/2 cup Fresca around ribs. Let marinate for 10 minutes. Enclose ribs in tinfoil; wrap tightly so no steam escapes. Transfer to baking sheet.
- Bake for 2 1/2 to 3 hours or until meat is very tender.
- BBQ Sauce:** In small saucepan set over medium heat, melt butter. Cook onion, garlic and reserved spice rub for 3 to 5 minutes or until starting to soften. Stir in 1/2 cup Fresca, molasses, tomato paste, lemon juice, brown sugar, Dijon, vinegar, Worcestershire sauce and liquid smoke; bring to a boil. Reduce heat to medium-low. Cook, stirring occasionally, for 10 to 15 minutes or until thickened and flavors are married.
- Meanwhile, preheat grill to medium heat; grease grates well.
- Grill ribs, turning and basting with half the barbecue sauce, for 10 to 15 minutes or until ribs are lightly charred, glazed with sauce and heated through.
- Cut into 3-bone portions and arrange on serving platter. Serve with remaining barbecue sauce. Pair with Fresca.

Tip: To make ahead, ribs can be slow-cooked in the oven up to 1 day in advance. Refrigerate overnight, bring to room temperature and grill when ready to enjoy.

Substitute liquid smoke with 2 tsp smoked paprika if desired.