



# 3-2-1 RIBS

## USING CO-OP GOLD YELLOW MUSTARD

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### INGREDIENTS

- 2 racks baby back pork ribs
- 1/3 cup CO-OP GOLD yellow mustard
- 1/2 cup, divided CO-OP GOLD apple juice
- 1 tablespoon CO-OP GOLD worcestershire sauce
- 1/2 cup dark brown sugar
- 1 cup CO-OP GOLD PURE Newfoundland Screech barbecue sauce
- 1/3 cup CO-OP GOLD liquid honey, warmed
- 1/3 cup CO-OP GOLD spice rub (pick your favourite)

### DIRECTIONS

**Prep. Time:** 15 minutes

**Cook Time:** 6-7 hours (approximately)

**Serves:** 6-8

Remove the membrane from the bone side of the ribs by working the tip of a butter knife to loosen. Once loosened, use paper towel, grab firmly and peel the membrane off the ribs.

Combine mustard, 1/4 cup apple juice and Worcestershire sauce. Spread thinly on both sides of the ribs and then season both sides generously with the spice rub of your choice.

Set up your smoker with your favourite wood pellets and turn on the smoke setting. Place the ribs, meat side up, on the grill for three hours. Remove ribs and place on very long sheets of heavy-duty aluminum foil. Rub brown sugar and honey on both sides of the ribs. Add half of the remaining apple juice to the bottom of foil. Top with another piece of aluminum foil crimping tightly together to keep all the liquid in. Increase temperature to 225 F, return ribs to grill and cook for two hours.

Remove ribs from grill and remove foil. Brush both sides generously with barbecue sauce. Add ribs directly to 225 degree grill and continue to cook for one hour or until barbecue sauce sets. Be prepared to be the celebrity of the meal!