



## Pro Tip Recipes

PREP TIME 15 MIN | COOK TIME 8 HOURS | SERVES 10

### LOW AND SLOW BBQ BEEF SHORT RIBS

#### Method

1. Combine pepper and salt in a bowl. Rub mixture over ribs.
2. Prepare smoker, arrange wood chips on top off coals. Set to a high heat (140 ° C). If using a gas smoker, place wood chips in a firebox directly above the burner. Place 2 litres water in a gastronome on a shelf above the firebox. (This provides humidity). Place beef ribs in a small gastronome on the higher shelf.
3. Cook beef ribs for 8 hours or to an internal temperature of 95 ° C is reached. Spritzing every hour.
4. Remove from heat, wrap in foil, set aside to rest for 20 minutes. Serve with baked hasselback pumpkin and cob salad.

#### INGREDIENT LIST

##### Beef

- MSA Short Ribs  
4 x 3 rack rib sets

##### Other Ingredients

- 45g cracked black pepper
- 45g salt
- 150mls barbeque sauce

##### Spritz

- 1/3 Apple cider vinegar
- 1/3 Water

##### Serving Suggestions

- Hasselback Pumpkin
- Cobb Salad

