

## **Ian's Famous BBQ Ribs**

- 4 lbs beef ribs ([Le Biftheque](#)), cut into single rib portions
- sea salt and freshly ground black pepper
- 1-2 onions
- 2 bay leaves

Put the ribs in a pot with water, salt, pepper, onion and a bay leaf. Bring to a boil, then reduce the heat to simmer for an hour.

## **Ian's BBQ Sauce**

- 1/2 c strong coffee
- 1/2 c Ketchup
- 1/4 c coconut or brown sugar
- 3 T cider vinegar
- 2 T olive oil or butter
- 1 1/2 t Worcestershire sauce
- 1/2 t grated lemon rind
- 1 T lemon juice

In a saucepan, bring all ingredients to a boil and then simmer for 20 minutes. Makes 1 cup of sauce.

Coat the simmered ribs with half of the sauce and let them sit in the fridge for at least 3 hours—the longer the better.

Take the ribs out of the fridge and let them come to room temperature before putting them on the BBQ, Spread the BBQ sauce already on and around the ribs over them before cooking.

Cook on indirect heat—not right over the flames, the longer the better, for at least for 45 minutes, turning them over from time to time and applying more of the sauce. Serves 3-4.

**Jittery Cook**