



BLUESCREEK FARM MEATS'

PORK COLUMBUS RIBS

BACKGROUND

What is a Pork Columbus Rib? A Pork Columbus rib is normally a 2 rib pieces that is cut from the spare rib, with the belly still attached!

Conclusion: Extra Meaty Amazingness!

INSTRUCTIONS

Mix cinnamon, brown sugar, cayenne and salt in a small bowl, just lightly combine them. Gently rub the mixture into the fat of the ribs. Sprinkle the peppercorns on and around the ribs. Place 2 or 3 bay leaves on the top of each rib.

Method 1 (Intermediate): Preheat oven to 225°

Arrange ribs FAT SIDE UP in a large, deep, deep roaster pan. Pour apple cider vinegar around the ribs. Add water to bring the liquid 1/2 to 3/4 up the ribs. Don't fully submerge them.

Cover the pan with tin foil or a lid, place in preheated oven. Don't touch them for around 4 hours. Check again at hour 6 and 8. You know the meat is done when a fork inserted into the meat twists easily.

Let the ribs cool for about 45 minutes. Have a drink. You've earned it.

Method 2 (Extremely Easy): Put the crock pot on high.

Arrange the ribs in your crock pot. Pour apple cider vinegar around the ribs. Add water to bring the liquid ¾ of the way up the ribs. Don't fully submerge them.

Put the lid on, and turn the crock pot down to low. Leave it in a safe place for the next 8 – 12 hours. Check it an hour before you want to eat. The meat should twist easily when a fork is inserted.

When the ribs are finished, turn off the crock pot and let it set, with the lid off for 15-45 minutes to cool off. Then enjoy!

Serves 2-4 people

INGREDIENTS

5 lb Columbus ribs (3-4 ribs)
1/2 C apple cider vinegar
8 bay leaves
1 tsp whole peppercorns
2 Tbsp cinnamon
1/4 C brown sugar
1 tsp cayenne pepper
2 Tbsp kosher salt
1-2 C water

EQUIPMENT

Roaster pan or crock pot
Small bowl
Spoon
Fork
Measuring cup
Well-padded oven mitt