

Bison Back Ribs 101

It's time to walk thru the wonderful world of Bison Back Ribs. We have 3 cooking methods below that all deliver an amazing rib feast. So, let's get started. It's Rib Time with Rock River Ranches Bison

Chef Jason K. Morse, CEC | Rock River Ranches

Yield: 1 Rack Bison Ribs

Prep time: 5 Minutes (peel, season and wrap)

Cook time: 1-1.5 Hours Smoke, 5 Minutes Sear

Ingredients

<i>Measure</i>	<i>Ingredient</i>	<i>Prep Notes</i>
1 ea	Rib, Back, Bison	
3 Tbsp	Shadow Mountain Rub	or Favorite BBQ Rub
1 Tbsp	Rub A Dub, Seasoning Rub	or Favorite All-Purpose Rub
1 Cup	Beef Stock	

RIB BBQ SAUCE RECIPE

1 Cup	BBQ Sauce, Red	tomato based sauce
2/3 Cup	Honey	
1/3 Cup	Sweet Soy Sauce	

Mix all ingredients together and reserve until needed for saucing ribs

Rib Prep Notes:

- Allow Back Ribs to defrost under refrigeration, 24-36 hours
- Remove ribs from the package and pat dry with a paper towel
- Turn ribs over and using a butter knife, remove the membrane
- Season ribs on both sides with a mixture of Shadow Mtn and Rub-A-Dub
- Wrap ribs in plastic wrap, place back into the refrigerator and allow to absorb rub for 2-4 Hours
- Remove from plastic wrap and prepare you oven/grill/smoker for cooking

Cooking Directions: Oven

PREPARATION:

- Prep Ribs as instructed above
- Heat oven to 400°, adjust one oven rack to the top shelf
- Place the seasoned ribs bone side down onto a large cookie sheet and place on the TOP rack
- Cook at 400° for 15 minutes or until the rib starts to caramelize
- Turn oven down to 225° and using oven proof gloves, remove the sheet pan of ribs
- Pour the beef stock onto the cookie sheet then cover tightly with foil
- Carefully put the pan of ribs back into the oven on the CENTER oven rack
- Cook at 225° for an additional 2 – 2.5 hours or until ribs meet your tenderness level
- Once ribs are tender, carefully remove the pan of ribs from the oven
- Uncover the ribs and carefully drain any liquid
- Turn oven to 400°
- While oven is heating, brush the ribs with the bbq glaze
- Place in the oven and allow the ribs to cook for 5 minutes
 - Repeat the glaze process 1 more time if desired
- Remove the ribs from the oven and allow to set for 3 minutes
- Slice into single bone portions and serve with bbq glaze sauce on the side

Cooking Directions: Oven with Grilled Finish

PREPARATION:

- Prep Ribs as instructed above
- Heat oven to 400°, adjust one oven rack to the top shelf
- Place the seasoned ribs bone side down onto a large cookie sheet and place on the TOP rack
- Cook at 400° for 15 minutes or until the rib starts to caramelize
- Turn oven down to 225° and using oven proof gloves, remove the sheet pan of ribs
- Pour the beef stock onto the cookie sheet then cover tightly with foil
- Carefully put the pan of ribs back into the oven on the CENTER oven rack
- Cook at 225° for an additional 2 – 2.5 hours or until ribs meet your tenderness level
- Once ribs are tender, carefully remove the pan of ribs from the oven
- Uncover the ribs and carefully drain any liquid
- Heat Gas Grill to 400°
- Place ribs on the grill, bone side down and baste them with the bbq sauce
- Close the grill and allow the ribs to cook for 5 minutes
 - Repeat the glaze process 1 more time if desired
- Remove the ribs from the grill and allow to set for 3 minutes
- Slice into single bone portions and serve with bbq glaze sauce on the side

Cooking Directions: Charcoal

PREPARATION:

- Prep Ribs as instructed above
- Heat your charcoal grill to 225° degrees – setup for indirect cooking
 - **ADD WOOD CHUNKS FOR MORE SMOKE**
- While the grill is pre-heating, remove ribs from plastic wrap
- Place the seasoned ribs bone side down onto the grill grate
- Cook at 225° - 250° for 2 hours
 - For more moisture, spritz ribs every 30 minutes with beef stock
- On a prep table lay out 2 long pieces of foil, for double thickness.
- Using a long pair of tongs, carefully remove the ribs and place onto the double foil and start to envelope wrap the ribs
- Before closing the foil add ½ cup of beef stock, then carefully close the foil pouch
- Carefully put the ribs back into the grill on the grill grate
- Cook at 225° - 250° for an additional 45 – 60 minutes or until ribs meet your tenderness level
- Once ribs are tender, carefully remove the foil pouch from the grill
- Adjust grill to 400°
- Uncover the ribs and carefully drain any liquid
- Place ribs on the grill, bone side down and baste them with the bbq sauce
- Close the grill and allow the ribs to cook for 5 minutes
 - Repeat the glaze process 1 more time if desired
- Remove the ribs from the grill and allow to set for 3 minutes
- Slice into single bone portions and serve with bbq glaze sauce on the side

Cooking Directions: Pellet Grill

PREPARATION:

- Prep Ribs as instructed above
- Heat your pellet grill to 225° degrees indirect cooking
- While the grill is pre-heating, remove ribs from plastic wrap
- Place the seasoned ribs bone side down onto the grill grate, in the center
- Cook at 225° for 2 hours
 - For more moisture, spritz ribs every 30 minutes with beef stock
- On a prep table lay out 2 long pieces of foil, for double thickness.
- Using a long pair of tongs, carefully remove the ribs and place onto the double foil and start to envelope wrap the ribs
- Before closing the foil add ½ cup of beef stock, then carefully close the foil pouch
- Carefully put the ribs back into the grill on the grill grate
- Cook at 225° for an additional 45 – 60 minutes or until ribs meet your tenderness level
- Once ribs are tender, carefully remove the foil pouch from the grill
- Adjust grill to 400°
- Uncover the ribs and carefully drain any liquid
- Place ribs on the grill, bone side down and baste them with the bbq sauce
- Close the grill and allow the ribs to cook for 5 minutes
 - Repeat the glaze process 1 more time if desired
- Remove the ribs from the grill and allow to set for 3 minutes
- Slice into single bone portions and serve with bbq glaze sauce on the side
- FOR RIBS WITH BARK
 - Cook at 225° for the 2 ½ -3 ½ hours, depending on desired tenderness
 - Spritz with beef stock every 30 minutes during the entire cooking time
 - DO NOT WRAP IN FOIL