

Smoked Ribs on the Kamado “Egg” Grill

The 3-2-1 Method

1. The Fuel & Setup

- **Charcoal:** Use **Lump Charcoal** only. Do not use briquettes or lighter fluid.
- **Smoke Wood:** Use 2–3 chunks of hardwood (Hickory, Apple, or Cherry) buried in the charcoal.
- **Configuration:** Indirect Cooking.
 1. Light the fire and let it burn for 10 minutes.
 2. Insert the **Heat Deflector** (plate setter).
 3. Place a drip pan on the deflector (optional but recommended).
 4. Place the stainless steel grate on top.
- **Target Temperature:** Stabilize the grill at **225°F – 250°F**.

2. Preparation

Removing the Membrane

1. Flip the ribs bone-side up.
2. Pry up the corner of the white “silver skin” membrane using a butter knife.
3. Grip the flap with a **dry paper towel** and pull firmly to remove in one sheet.

The Dry Rub

Apply a binder (mustard or olive oil) to the meat, then coat generously with the following mix:

- 1/4 cup Brown Sugar
- 1 tbsp Paprika (Smoked if available)
- 1 tbsp Kosher Salt
- 1 tbsp Black Pepper
- 1 tsp Garlic Powder
- 1 tsp Onion Powder

3. The Cook (The 3-2-1 Method)

Part 1: The Smoke (3 Hours)

Place ribs on the grate, **bone-side down**. Close the lid.

- *Goal:* A mahogany color and meat slightly pulling back from the bone tips.

Part 2: The Wrap (2 Hours)

Remove ribs and place on heavy-duty aluminum foil.

- Add pats of butter and a splash of liquid (apple juice or cola).
- Wrap tightly (airtight) to steam the meat.
- Return to the grill for 1.5 to 2 hours.

Part 3: The Finish (1 Hour)

Remove ribs from foil. They will look grayish.

- Place back on the grill **bare** to firm up the bark.
- *Optional:* Brush with BBQ sauce during the last 30 minutes.

4. The Bend Test

Do not rely solely on time. To check for doneness:

Pick up the slab with tongs, holding it about halfway down the rack. The ribs should bow significantly, and the surface meat should crack. If it bends freely and looks like it might break, they are done.