

# 'Blow Your Mind' Beef Ribs



You'll be licking the plate and gnawing on the bones!

Jacques never boils his ribs before cooking.

"Boiling takes away so much flavour."

Instead, he relies on long slow cooking to make the meat tender and beefy.



Serves 4-5 with no leftovers

4-5 lbs of beef side ribs or short ribs

1/3 cup or more **Flaming Toque Smoky Blend & Rub**

1 1/2 cups of your favourite BBQ sauce

1 1/2 cups dark beer, such as stout

1. Set a large slow cooker to 'low' setting, or preheat your oven to about 275°F. Grease a large crock pot with a lid if using the oven.

2. Before you cut the rack into individual ribs, remove the membrane on the back side - highly recommended. Watch this YouTube video on how to do this. It's easy!

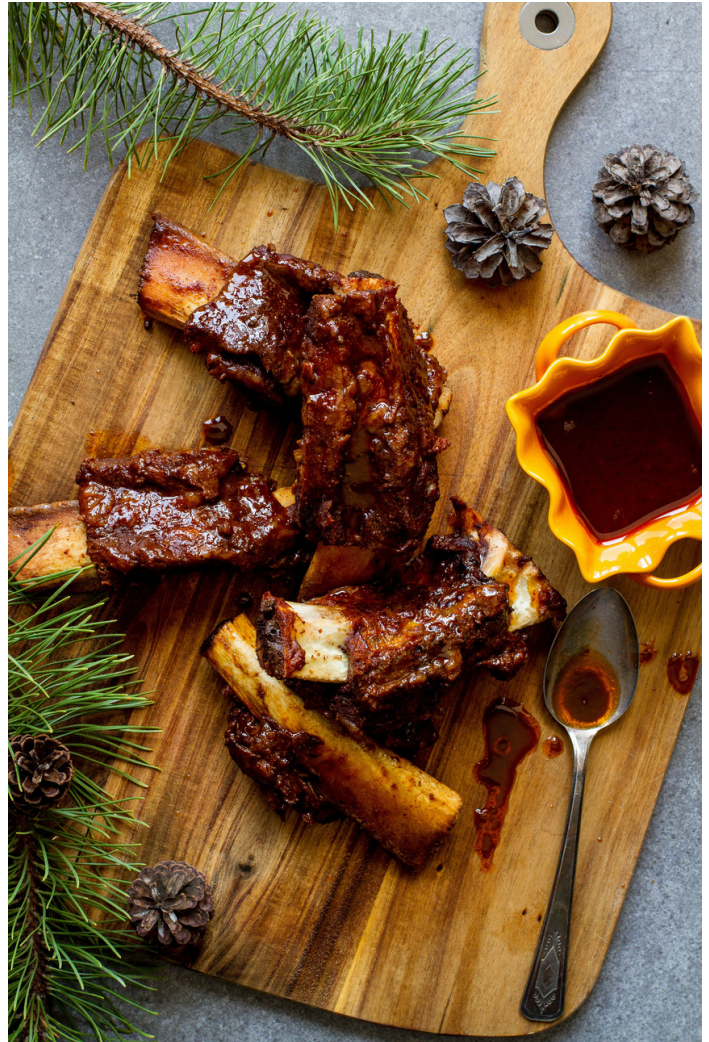
<https://www.youtube.com/watch?v=C-Wxg7CZyGg>

3. Cut the rack into individual ribs.

4. Rub each rib on all sides with a generous amount of **Flaming Toque Smoky Blend & Rub**. As you finish each rib, place it into the slow cooker or crock pot.

5. In a medium bowl, mix together the BBQ sauce and beer. Whisk well. Pour into the pot with the ribs being careful not to spill the liquid onto the ribs. The sauce will not cover all the ribs.

6. Cover and slow cook or bake 4-5 hours, or until tender and just beginning to fall off the bone. Half Way through cooking, move the bottom ribs to the top so all the ribs have time cooking in the sauce.



# Frank's Amazing Roast Chicken



STEP 5: Lay the chicken on a board and sprinkle the chicken all over with the Rusty Sled.



STEP 6: Massage the seasoning into the skin with your hands.



STEP 7: Place the chicken into a shallow greased pan BREAST SIDE DOWN. Tuck the wing tips under the breast. Roast the chicken uncovered for about 1 hour and 15 minutes.



STEP 8: After 1 hour & 15 minutes, remove the chicken from the oven and turn it over, breast side facing up. Baste if desired. Return the chicken to the oven and roast for another 3/4 of an hour, until a thermometer inserted into the breast registers about 180°F. Remove to a plate, cover with a piece of waxed paper and then a tea towel. Let rest 30 minutes.



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STEP 10: Cut the chicken into pieces and serve with mashed potatoes, oven-roasted carrots, cranberry sauce with pear & Chinese five-spice and a green salad.

