



# BBQ RIB LOLLIPOPS

Operation BBQ Relief

## WHAT YOU NEED

- 1 rack St. Louis ribs
- 2 tbsp Operation BBQ Relief Sweet & Smoky Rub
- ½ cup BBQ sauce
- 1 cup of cooked cheesy grits

## USEFUL TIP

When selecting your ribs at the butcher or store, try to find ribs with a good portion of meat. It will help your final product look like a lollipop!

## PREPARATION

1. Trim the excess fat off of the ribs. Remove any ribs on the ends that are thin and skinny. Turn the rack of ribs over and remove the membrane on the back of the ribs.  
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2. Cut each rib off of the rack, maximizing the amount of meat on the bone. Using a boning knife, score the back of the bone to release the meat. Pull the meat from the bone, making sure to keep the meat attached at the base of the bone, at least one inch.  
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3. Using a meat mallet, pound the meat to 1/4 inch thickness. Season both sides of meat with Operation BBQ Relief Sweet & Smoky Rub.  
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4. Wrap the meat around the base of the bone to make the lollipop. Insert a toothpick to hold the meat in place.  
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5. Place the lollipops in a 225°F smoker and cook for approximately 1 hour.  
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6. After 1 hour, place the lollipops in an aluminum pan, baste with BBQ sauce, and cover with aluminum foil. Cook for an additional 2-3 hours, or until the meat is tender.  
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7. Remove the lollipops from the smoker and finish on the grill basting with barbecue sauce. When the sauce is set on the lollipops, remove from the grill.  
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8. Spoon your cheesy grits onto a plate in small mounds, one mound for each rib that you have. Place the lollipops directly on top of the grits and drizzle with barbecue sauce.