



Hot Honey Ribs

By Chef Veera Gaul, Ph.D.



Ingredients

2 racks baby back ribs (about 4 lbs)
4 tablespoons O&V [Sweet & Smoky rub](#) *
1 tablespoon mustard powder
2 teaspoons garlic powder
Black pepper to taste
[Unflavored EVOO](#) for greasing the slow cooker
1 cup [Runamok Chile de arbol honey](#) *
2 tablespoon lime juice
2 tablespoon O&V [Apple cider vinegar](#) *
1 teaspoon red chili flakes

Preparation

In a small bowl combine the Sweet & Smoky rub with the mustard powder and garlic powder, as well as several generous grinds of black pepper.

Remove the thin membrane from the underside of the ribs and pat the ribs dry. Coat the ribs, on both sides, with the spice mixture, patting the spice into the ribs well.

Lightly grease the inside of an 8-quart slow cooker pot with the EVOO. Arrange the ribs in a circle along the edge of the slow cooker with the meaty side of the ribs facing out (against the side of the pot) and the bones pointing upward. Cook until the meat is very tender when flaked with a fork but not falling off the bone (about 6 hours on low or 4 ½ hours on high)

Line a sheet pan with foil. Using tongs, transfer the cooked ribs to the sheet pan with the meaty side facing up. Pre-heat the broiler.

In a bowl, stir together the hot honey, lime juice, apple cider vinegar and chili flakes. Using a basting brush, generously baste the ribs with the honey mixture and broil till the ribs are caramelized (check them regularly, every 30 seconds to prevent burning), rotating them as necessary to get even color. Broil for about 3-4 minutes until well browned

Remove from the oven, sprinkle with some fleur de sel, and drizzle with more honey mixture. If you have any honey leftover, you can serve the ribs with additional honey on the side.

Serves 4-6

Active time: 15-20 minutes Total Time: 5 – 6 ½ hours

Notes

* The [Sweet & Smoky Rub](#) has a nice amount of sugar to caramelize over the ribs and a wonderful blend of sweet, spice and smoke. While it will change the flavor of these ribs, you can choose to substitute with another favorite rub.

* The **Runamok Chile de Arbol hot honey** is the star of this dish with its sweet heat. You can pick another spicy honey but be sure to pick something of high quality and intense flavor as this is what makes this dish. **Apple cider vinegar** along with the lime juice add a nice contrasting tang to the sauce. Both can be purchased at most [Oil & Vinegar stores](#).

Categories: Entree, Gluten Free, Easy BBQ, Cookout, Sweet & Smoky Rub, Runamok Chile de Arbol Honey, Hot Honey Ribs, Apple Cider Vinegar, Lip-smacking, Finger Licking Good, Baby Back Ribs Slow Cooker Ribs, Indoor Ribs, Spicy Honey