

SAN DIEGO RESTAURANT WEEK

RECIPES

Famous Beef Ribs Recipe

Courtesy of Rei do Gado Brazilian Steakhouse

Serves: 6 to 10

Total time: 3 hours

**Important to mention that our delicious beef ribs are cooked over a mesquite charcoal grill, but can also be made on a rotisserie or over any kind of grill*



Whole rack of beef long ribs (6 to 8 pounds)

*Make sure to pick a tall cut with the right amount of fat

Rock salt

Preparation

Generously season the meat with salt on both sides

Put it aside for 10 minutes to allow the raw meat to “breathe” the season

The most important step in grilling the ribs: the first contact with fire has to be in a higher flame for about 20 minutes

Turn the flame to a medium or light fire and let it cook slowly for more 2 1/5 hours, until they are well browned, tender and cooked through

The very last step and extremely essential for a perfect beef ribs is to remove the excess of salt – usually with the help of a knife

At this point, the bones should be falling off or easy to separate from the meat

When you reach this step, prepare yourself, not only your beef ribs are ready but you also cooked your meat to the Rei do Gado perfection!