
Instant Pot BBQ Spareribs

adapted slightly from *I wash you dry* (blog)



- 3 pounds pork spareribs
- 1/4 cup brown sugar
- 2 tablespoons chili powder
- 2 teaspoons dried parsley
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon cayenne pepper
- 1 cup water
- 1/2 cup apple cider vinegar
- 1/4 teaspoon liquid smoke, optional
- 1/2 cup barbecue sauce

Per Serving (excluding unknown items): 686 Calories; 51g Fat (67.4% calories from fat); 37g Protein; 18g Carbohydrate; 2g Dietary Fiber; 165mg Cholesterol; 994mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Fruit; 7 1/2 Fat; 1 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 4

This can be made with baby back ribs - one long strip of baby backs will feed 4 people.

1. Remove the thin lining from the bottom side of the ribs by running a butter knife under the skin and then using a paper towel to grip and remove completely. (This allows the dry rub to reach the meat underneath.)
2. Combine the brown sugar, chili powder, parsley, salt, pepper, cumin, garlic powder, onion powder and cayenne pepper in a small dish and rub all over the ribs.
3. Place the rack in your IP/pressure cooker and place the ribs inside the pot, standing on their ends, wrapping around the inside of the pot. It's okay if it leans against the pan. Pour in the water, apple cider and liquid smoke (if using), being careful to not wash off any of the seasonings.
4. Secure the lid, making sure the vent is closed. Pressure cook on high for 23 minutes. Let the pressure naturally release for 10 minutes, then quick release the rest of the way.
5. Carefully remove the ribs from the pressure cooker and set on a foil lined baking sheet. Brush with your favorite BBQ sauce, and broil for 5 minutes, but keep an eye on it so it doesn't burn.