

Fried Beef Ribs

Savannah · 30/09/2024

**Prep Time**

50 mins

Difficult

Medium

Servings

6

Description

This recipe for fried beef ribs was submitted by a member of our cookoff team. Beef ribs are breaded in a mixture of spices and deepfried until the meat is tender and the breading is crispy and golden brown. An outdoor deep fryer is recommended. Two racks of ribs should give you about six pounds.

Ingredients

- - 3 quarts peanut oil for frying - 3 tablespoons coarse ground black pepper - 2 tablespoons salt - 2 tablespoons cayenne pepper - 2 tablespoons garlic salt - 2 tablespoons onion salt - 6 pounds beef ribs
- cut into single rib pieces - 6 large eggs
- beaten - 2 cups all-purpose flour

Instructions

1. Heat oil in an outdoor deep-fryer to 375 degrees F (190 degrees C). Meanwhile
2. mix black pepper
3. salt
4. cayenne pepper
5. garlic salt
6. and onion salt together in a medium bowl. Rub spice mixture onto each rib. Whisk eggs together in a large bowl. Place flour into a separate bowl or onto a plate. Dip a rib into beaten egg
7. then lift up so excess egg drips back into the bowl. Press rib into flour to coat both sides. Repeat dipping once more
8. into egg and then into flour. Repeat to bread a total of 4 to 5 ribs. Place breaded ribs into the fryer basket
9. making sure they are not crowded. Deep-fry for about 8 minutes. While ribs are frying
10. repeat Step 4 to bread 4 to 5 more ribs. Remove fried ribs with tongs and place on paper towels to drain. Repeat as necessary to bread and fry remaining ribs. Editor's Note: Nutrition data for this recipe includes the full amount of breading ingredients. The actual amount of breading consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
11. ingredient density
12. and specific type of oil used.