

**NEW ORLEANS SAINTS**  
Head Coach

**14 YEARS**  
with the Saints

**2 YEARS**  
as head coach

**1 SUPER BOWL CHAMPIONSHIP**  
Super Bowl XLIV 2010: Secondary coach with the New Orleans Saints



Dennis Allen, Head Coach for the New Orleans Saints, is a firm believer in setting goals and working his hardest to achieve them. Before he was a coach, he played safety for Texas A&M University. Being a highly successful defensive player involves agility, balance, and strong leadership, and he mastered this while being a part of the legendary “Wrecking Crew” defense under Coach R. C. Slocum. He emphasizes these concepts for his own players and staff, encouraging them to strive for success both on and off the field.

It is ultimately his parents who are his greatest role models for achieving success. Dennis’ father also played football, both college and professionally, and both parents were encouraging of Dennis’ playing and his career, which began with him coaching for his alma mater. “My late father and my mother have been the greatest influences in my life, and I am forever grateful for their love, support, and wisdom,” he said. Dennis wants to do the same for his own active family, with meal times being especially important for coming together for conversation and to check in with each other. One of their favorite places to do this is Central City BBQ in New Orleans, where they enjoy ribs and all the fixings.

# DENNIS ALLEN



Photo provided by Central City BBQ

"I always enjoy a good barbecue with all the fixings, and the smoked ribs at Central City BBQ are a favorite; the smoky taste mixed with the rub and the slow-grilled style results in a tender, delicious dish. Cole slaw, pit-style beans, and the sweet corn spoonbread complete my meal."

- DENNIS ALLEN

# SMOKED RIBS



CENTRAL CITY BBQ	1201 S. RAMPART ST. NEW ORLEANS, LA 70113	BARBECUE
🕒 TOTAL: 3-4 HOURS	🍽️ EACH RACK SERVES 1-2 PEOPLE	

## INGREDIENTS

Unseasoned St. Louis-Style Pork Spare Ribs  
Central City BBQ Sweet Heat BBQ Rub  
(available for purchase in the restaurant and online and other regional grocers)

## METHOD

1. Preheat your smoker to 250 °F.
2. Remove the thin, white membrane from the ribs, using a paper towel for grip.
3. Using a shaker with a perforated top, generously apply a layer of CCBQ Sweet Heat BBQ Rub to both sides of the rack. Place in refrigerator.
4. Once the smoker reaches 250 °F, place the rack of ribs bone side down on the grates and close the door. Note: It is important to maintain a consistent temperature, so try to resist opening and closing the smoker frequently.
5. Check your progress after about two and a half hours. The ribs should be developing a nice mahogany color and the meat should also begin to pull back from the bones, exposing the bones.
6. Sprinkle the ribs with another light layer of CCBQ Sweet Heat BBQ Rub, wrap the rack with aluminum foil, return to the smoker meat side down and close the door.
7. Maintain temperature for approximately 45 minutes, and begin watching for signs of completion. The ribs should reach a dark mahogany hue with about a half inch of bone exposed.
8. Place the cooked rack meat side down on a cutting board and test for doneness by gently pulling up on an exposed bone end. If the bone lifts through the meat with very little resistance, the ribs are done and ready to eat.