

MONSTROUS BBQ RECIPES

Roaring Ribs

Oven Technique

Yield: Serves 4-6 people

Time: 30 min prep; 3 Hours cook time

Ingredients:

2 Racks Baby Back or St. Louis Pork Ribs
(about 7 lbs)

Rib Rub:

¼ cup Onion Powder
¼ cup Garlic Powder
½ cup Kosher Salt
3 Tbl Cracked Black Pepper
2 Tbl Cumin
2 tsp Cayenne
¼ cup Spanish Paprika
2 Tbs Coriander
½ cup Brown Sugar-packed
2 Tbl Smoked Salt
Quality aluminum foil
Quality plastic wrap



Directions:

Preheat oven to 300 degrees (non-convection) for a “Slow & Low” cooking time. Combine spices in a bowl. Reserve half of the dry rub in a sealed container for next time (do this **FIRST** to avoid contamination).

On a clean cutting board, peel the clear membrane off the surface of the bones. Rub the ribs generously coating both sides of the rib rack.

Wrap the rib racks individually first with plastic wrap and then with aluminum foil, creating a tightly sealed packet for the ribs to braise in their own flavorful juices.

Place the wrapped ribs directly on a baking sheet for 2.5 hours

Remove the ribs from the oven and unwrap the packets, carefully releasing the steam. The ribs are done cooking when a half inch section of bone is exposed. (re-wrap & continue cooking if not yet tender enough)

Allow the cooked ribs to rest in the packets of their juice for 30 minutes or overnight.

Portion the ribs and baste them with your favorite BBQ Sauce.

Bake in a 350F oven to reheat and caramelize the barbecue sauce. OR grill them over medium heat.

Tip: Cooking the ribs a day ahead and chilling allows for easier slicing