

upclose & tasty

BBQ Ribs

Inspired by my husband, Mike

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Ingredients

1-2 slabs Baby Back Ribs

Your Favorite BBQ Rub (see BBQ Rub on next page)

Your Favorite BBQ Sauce (See BBQ Sauce on next page)

Preparation

- 1. Preheat oven to 300 degrees.*
- 2. Remove the rubbery membrane on the underside of the ribs.*
Note: Ask your butcher to do this so you don't have to.
- 3. Using a favorite BBQ rub, and working with 1 rack at a time, lay a large piece of foil on a work surface, place rack on foil, and liberally coat both sides with rub.*
- 4. Wrap ribs tightly with foil, making sure they're well sealed to hold in any juices.*
- 5. Place rib packets on a rimmed baking sheet, bone side down.*
- 6. Bake until a knife can pierce meat with no resistance, about 2 hours.*
- 7. Remove ribs from oven.*
- 8. Heat broiler (or grill).*
- 9. Unwrap ribs and brush with BBQ Sauce.*
- 10. Broil or grill until the sauce is bubbling and ribs are lightly charred, about 3-5 minutes, brushing with more sauce if desired.*

See Mike's rub & sauce recipe on next page

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Ingredients: Sauce

2 cups ketchup

2 T. cider vinegar

1/4 cup Worcestershire sauce

1/4 cup packed brown sugar

2 T. molasses

2 T. prepared mustard

1 T. hot sauce-optional

1 T. of your favorite barbecue rub

2 tsp. liquid smoke

1/2 tsp. black pepper

Preparation: Sauce

- 1. Combine all ingredients in a deep, non reactive saucepan and slowly bring to a simmer.*
- 2. Reduce heat to slow-simmer for about 20 minutes until thick and rich.*
- 3. Transfer to a clean jar and store in the fridge.*

Ingredients: Rub

3 T. coarse salt (kosher or sea)

1/4 cup (packed) dark brown sugar

1/4 cup paprika

3 tablespoons freshly ground black pepper

1 tablespoon garlic powder

1 tablespoon dried onion powder

1/2 to 1 teaspoon cayenne pepper

1/2 teaspoon celery seeds

Preparation: Rub

- 1. Combine all the ingredients in a bowl and stir or whisk to mix.*
- 2. Transfer to a jar, cover and store away from heat and light.*

Enjoy!