

## Best Oven-Baked St. Louis Ribs: My Secret to Tender, Fall-Off-The-Bone Ribs

1 rack St. Louis style pork ribs (about 2.5-3 lbs)



**OVEN**  
**275°F**

**TIME**  
**3-5 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

1 rack St. Louis style pork ribs (about 2.5-3 lbs)

For the Dry Rub:

2 tablespoons packed light brown sugar

1 tablespoon smoked paprika

1 tablespoon garlic powder

1 tablespoon onion powder

1 teaspoon salt

1 teaspoon black pepper

1/2 teaspoon cayenne pepper (optional, for a little heat)

For Finishing:

1 cup of your favorite BBQ sauce

Swaps and Notes:

Ribs: St. Louis style ribs are my preference here because they are meatier and easier to work with. You can also use baby back ribs, but you may need to reduce the cooking time slightly.

Dry Rub: The dry rub is the key to the flavor of these ribs! Don't be afraid to adjust the spices to your liking.

BBQ Sauce: Use your favorite brand of BBQ sauce. A smoky, tangy sauce works great here.

Liquid Smoke (Optional): If you want a smoky flavor, you can add a drop or two of liquid smoke to the dry rub or a tablespoon to the pan.

Step-by-Step Instructions:

Prep the Ribs: Preheat your oven to 275°F

(135°C). Line a large baking sheet with foil, then top with a piece of parchment paper. Remove the thin membrane from the back of the ribs. This is a crucial step! Use a butter knife to get under a corner of the membrane, then grab it with a paper towel and pull it off.

**Make the Dry Rub:** In a small bowl, combine the brown sugar, smoked paprika, garlic powder, onion powder, salt, black pepper, and cayenne pepper (if using).

**Rub the Ribs:** Rub the dry rub generously all over both sides of the ribs.

**Slow Cook:** Place the seasoned ribs on the prepared baking sheet, meat-side up. Tightly cover the baking sheet with another piece of foil, creating a sealed packet. Bake for 3-4 hours, or until the meat is incredibly tender and a knife can be inserted without resistance.

**Finish the Ribs:** Remove the ribs from the oven. Discard the top layer of foil. Increase the oven temperature to 400°F (200°C) and turn on the broiler.

**Glaze and Broil:** Brush a generous amount of your favorite BBQ sauce all over the ribs. Place them back in the oven under the broiler for 3-5 minutes, watching them very closely, until the sauce is bubbly and slightly caramelized.

**Serve:** Let the ribs rest for a few minutes before slicing them between the bones and serving.

**Tips for Success:**

**Remove the Membrane:** This is the most important tip! The membrane on the back of the ribs doesn't render, and it makes the ribs tough and chewy.

**Go Low and Slow:** The long, slow cook time is what makes the ribs so tender. Don't rush this step!

**Seal the Foil:** Sealing the ribs in a foil packet traps the moisture and steam, which is what makes them so tender.

**Watch the Broiler:** The broiler can go from perfect to burned in a flash. Keep a close eye on the ribs during this final step.

**Serving Suggestions and Pairings:**

**Nutritional Information (per serving, approximate):**

Calories: 600 kcal

Carbohydrates: 20g

Protein: 40g

Fat: 35g

## DIRECTIONS

1. **Prep the Ribs:** Preheat your oven to 275°F (135°C). Line a large baking sheet with foil, then top with a piece of parchment paper. Remove the thin membrane from the back of the ribs. This is a crucial step! Use a butter knife to get under a corner of the membrane, then grab it with a paper towel and pull it off.
2. **Make the Dry Rub:** In a small bowl, combine the brown sugar, smoked paprika, garlic powder, onion powder, salt, black pepper, and cayenne pepper (if using).
3. **Rub the Ribs:** Rub the dry rub generously all over both sides of the ribs.
4. **Cook:** Place the seasoned ribs on the prepared baking sheet, meat-side up. Tightly cover the baking sheet with another piece of foil, creating a sealed packet. Bake for 3-4 hours, or until the meat is incredibly tender and a knife can be inserted without resistance.
5. **Finish the Ribs:** Remove the ribs from the oven. Discard the top layer of foil. Increase the oven temperature to 400°F (200°C) and turn on the broiler.
6. **Glaze and Broil:** Brush a generous amount of your favorite BBQ sauce all over the ribs. Place them back in the oven under the broiler for 3-5 minutes, watching them very closely, until the sauce is bubbly and slightly caramelized.
7. **Serve:** Let the ribs rest for a few minutes before slicing them between the bones and serving.
8. **Tips for Success:** **Remove the Membrane:** This is the most important tip! The membrane on the back of the ribs doesn't render, and it makes the ribs tough and

chewy.

9. Go Low and : Slow: The long, slow cook time is what makes the ribs so tender. Don't rush this step!
10. Seal the : Foil: Sealing the ribs in a foil packet traps the moisture and steam, which is what makes them so tender.
11. Watch the : Broiler: The broiler can go from perfect to burned in a flash. Keep a close eye on the ribs during this final step.
12. Serving Suggestions and Pairings: These Oven-Baked St. Louis Ribs are a perfect main course. They pair beautifully with classic BBQ sides like coleslaw, potato salad, or baked beans. You could also serve them with a side of cornbread. The rich, savory flavors would also go great with other hearty, comforting meals like a classic Cajun Chicken Sausage Gumbo or some easy cheesy chicken sliders.
13. Nutritional Information (per serving, approximate):  
Calories: 600 kcal
14. Carbohydrates: 20g
15. Protein: 40g
16. Fat: 35g
17. Saturated : Fat: 12g
18. Cholesterol: 150mg
19. Sodium: 900mg
20. Fiber: 2g
21. Sugar: 15g
22. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
23. Storage and Leftover Tips: Leftovers of these ribs are fantastic! Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can wrap them in foil and warm them in a 350°F (175°C) oven until heated through.
24. More Recipes You'll Love: If you enjoy easy, savory, and satisfying comfort foods, you might also like these other recipes:
25. These : Easy Turkey Wings are my favorite comfort food for lazy Sundays

## SWAPS & NOTES

Louis style ribs are my preference here because they are meatier and easier to work with.

You can also use baby back ribs, but you may need to reduce

the cooking time slightly.

Dry Rub: The dry rub is the key to the flavor of these ribs!  
Don't be afraid to adjust the spices to your liking.

## TIPS FOR SUCCESS

**Remove the Membrane:** This is the most important tip!

The membrane on the back of the ribs doesn't render, and it makes the ribs tough and chewy.

**Go Low and Slow:** The long, slow cook time is what makes the ribs so tender.

**Seal the Foil:** Sealing the ribs in a foil packet traps the moisture and steam, which is what makes them so tender.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/best-oven-baked-st-louis-ribs-my-secret-to-tender-fall-off-the-bone-ribs/>