

## Tender Oven BBQ Ribs with Honey Barbecue Glaze

Few dishes capture the joy of comfort food quite like a rack of



**OVEN**  
**300°F**

**TIME**  
**10 min**

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### INGREDIENTS

- 1 rack pork ribs (baby back or spare ribs)
- 1 tablespoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup barbecue sauce
- 2 tablespoons honey or maple syrup
- 1 tablespoon olive oil
- Chopped parsley for garnish (optional)

### DIRECTIONS

- 1.** Preheat the oven: Set your oven to 300°F (150°C) for slow, even cooking.
- 2.** Remove the membrane: Flip the ribs over and remove the thin silver skin membrane on the back. This helps the ribs become more tender.
- 3.** Make the spice rub: In a small bowl, combine smoked paprika, garlic powder, onion powder, chili powder, salt, and black pepper.
- 4.** Season the ribs: Rub the ribs with olive oil, then coat evenly with the spice mixture, pressing it into the meat.
- 5.** Bake the ribs: Place the ribs on a foil-lined baking sheet and cover tightly with aluminum foil. Bake for 2 to 2½ hours until the ribs are tender.
- 6.** Prepare the glaze: In a bowl, mix the barbecue sauce with honey or maple syrup to create a sticky glaze.
- 7.** Add the glaze: Remove the foil and brush the ribs generously with the barbecue glaze.
- 8.** Caramelize the sauce: Broil or bake the ribs at 400°F (200°C) for 5-10 minutes until the glaze thickens and becomes glossy and sticky.
- 9.** Rest and serve: Let the ribs rest for 5 minutes before slicing between the bones. Garnish with chopped parsley if desired.

### SWAPS & NOTES

This recipe is easy to customize depending on your taste preferences.

**Rib options** Baby back ribs cook slightly faster and are leaner, while spare ribs are meatier and richer.

**Sweetener alternatives** Honey adds classic sweetness, but maple syrup or brown sugar work just as well.

**Spice adjustments** If you enjoy heat, add cayenne pepper or crushed red pepper flakes to the rub.

## TIPS FOR SUCCESS

**Remove the membrane** This small step makes a big difference in tenderness.

**Cook low and slow** The long bake time is what creates the fall-apart texture.

**Use foil to lock in moisture** Covering the ribs ensures they stay juicy while cooking.

**Finish with high heat** The final broil caramelizes the glaze and creates that signature sticky coating.

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

Original recipe: <https://chefmaniac.com/tender-oven-bbq-ribs-with-honey-barbecue-glaze/>