

Fall-Off-The-Bone Oven BBQ Ribs with a Sticky Honey Glaze

Tender Oven-Baked BBQ Ribs with a Sticky Honey Barbecue Glaze



OVEN
300°F

TIME
5 to 10 min

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INGREDIENTS

Pork Ribs: 1 full rack (Baby Back or Spare Ribs).

Olive Oil: 1 tablespoon (to help the rub stick).

Smoked Paprika: 1 tablespoon.

Garlic Powder: 1 teaspoon.

Onion Powder: 1 teaspoon.

Chili Powder: 1 teaspoon.

Salt: 1 teaspoon.

Black Pepper: 1/2 teaspoon.

Barbecue Sauce: 1 cup (your favorite brand).

Honey: 2 tablespoons (or maple syrup).

Fresh Parsley: For garnish.

Swaps and Notes:

Baby Back vs. Spare Ribs: Baby back ribs are leaner and cook slightly faster. Spare ribs have more fat and marbling, which often leads to a richer flavor. Both work beautifully with this method!

Spice it Up: If you like a kick, add 1/4 teaspoon of cayenne pepper to your dry rub.

The Sweetener: If you want a deeper, more "rustic" sweetness, swap the honey for dark brown sugar or real maple syrup.

Appetizer Pairings: If you're hosting a large party, these ribs pair perfectly with a Crockpot Nacho Dip or a Beer Cheese Dip.

Step-by-Step Instructions:

1. The Critical Prep: Remove the Membrane:

2. Season the Meat:

3. Wrap and Bake:

4. Glaze the Ribs:

5. The Caramelization Finish:

6. Rest and Serve:

Tips for Success:

Don't Rush: The "low and slow" temperature is non-negotiable. If you try to bake them at 400°F the whole time, they will be dry and tough.

The "Bend" Test: If you pick up the rack with tongs from the center, the ribs should bend significantly and the meat should start to crack slightly. That's when you know they are perfectly tender.

Seal the Foil: Ensure your foil pouch is airtight. If steam escapes, the ribs will lose moisture and won't get that "fall-off-the-bone" effect.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 620 kcal

Total Fat: 38g

Saturated Fat: 14g

Cholesterol: 145mg

Carbohydrates: 24g

Protein: 42g

DIRECTIONS

- 1. The Critical Prep: Remove the Membrane:** Flip the rack of ribs over so the bone side is up. You'll see a thin, white, silken skin called the membrane (or silver skin). Use a butter knife to pry up a corner, grab it with a paper towel for grip, and peel it off. This is the secret to tender ribs. If you leave it on, the ribs will be tough and chewy.
- 2. Season the Meat:** Preheat your oven to 300°F (150°C). Rub the entire rack with a little olive oil. In a small bowl, mix your paprika, garlic powder, onion powder, chili powder, salt, and pepper. Generously coat both sides of the ribs with the rub, pressing it into the meat.
- 3. Wrap and Bake:** Place the ribs on a large sheet of heavy-duty aluminum foil. Fold the foil over and crimp the edges tightly to create a sealed pouch. Place the pouch on a baking sheet. Bake for 2 to 2 1/2 hours. You'll know they're ready when the meat has started to pull away from the ends of the bones.
- 4. Glaze the Ribs:** Carefully open the foil (watch out for the steam!). In a small bowl, whisk together your BBQ sauce and honey. Use a brush to apply a thick layer of the glaze over the top of the ribs.
- 5. The Caramelization Finish:** Turn your oven up to 400°F (or set to Broil). Place the ribs back in the oven, uncovered, for 5 to 10 minutes. Watch them closely! You want the sauce to bubble and turn dark and sticky, but you don't want it to burn.
- 6. Rest and Serve:** Let the ribs rest for 5-10 minutes before slicing. This allows the juices to redistribute, ensuring every bite is moist.

7. **Tips for Success: Don't Rush:** The "low and slow" temperature is non-negotiable. If you try to bake them at 400°F the whole time, they will be dry and tough.
8. **The "Bend" Test:** If you pick up the rack with tongs from the center, the ribs should bend significantly and the meat should start to crack slightly. That's when you know they are perfectly tender.
9. **Seal the : Foil:** Ensure your foil pouch is airtight. If steam escapes, the ribs will lose moisture and won't get that "fall-off-the-bone" effect.
10. **Serving Suggestions and Pairings:** To keep the "Premium Barbecue" theme going, serve these ribs with classic sides like creamy coleslaw, buttered corn on the cob, or a Baked Kosher Salami Appetizer.
11. **For a drink pairing, a crisp :** Amber Ale or a smoky Bourbon-based cocktail complements the honey-glaze perfectly. If you're looking for something non-alcoholic, a sparkling apple cider provides a nice acidic cut to the richness of the pork.
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16. **Carbohydrates:** 24g
17. **Protein:** 42g
18. **Storage and Leftover Tips: Fridge:** Leftover ribs stay delicious in the fridge for up to 4 days.
19. **Freezer:** You can freeze cooked ribs for up to 2 months.
20. **Reheating:** To prevent drying out, wrap leftovers in foil with a tablespoon of water or extra BBQ sauce and heat at 300°F until warmed through.
21. **More Recipes You Will Love:** If you're a fan of big, bold flavors and party-ready meals, you'll love these:
22. **Beer :** Cheese Dip - The ultimate companion for a BBQ spread.
23. **Party-:** Style Totchos - A fun, cheesy twist on nachos.
24. **Baked :** Kosher Salami - An easy, savory appetizer.
25. **Crockpot :** Nacho Dip - Set it and forget it!

SWAPS & NOTES

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