

DENE

Short Ribs



Ingredients:

- 3 pounds beef bone-in beef short ribs
- 2 TBLS olive oil
- 1 tsp sea salt
- ½ tsp pepper
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp chili powder
- 1 tsp paprika
- 2 tsp oregano
- 2 TBLS brown sugar
- ⅓ cup BBQ sauce

Method:

1. Rinse ribs in cold water then dry using paper towels. Make sure the ribs are well dried.
2. Blend the spices and brown sugar together.
3. Brush the ribs with oil.
4. Rub the seasoning mixture into the beef ribs. Add additional olive oil if needed.
5. Put the seasoned ribs into a sealed plastic bag and marinate in the refrigerator for 2 hours.
6. Preheat oven to 275F.
7. Cover a baking pan with foil.
8. Place the seasoned ribs in a single layer on the baking dish.
9. Cover the ribs with another sheet of foil, leaving some room between the ribs and the foil. Make sure the foil is tight, so steam does not escape.
10. Place the ribs on the center rack of a preheated oven.
11. Cook the ribs for 3 ½- 4 hours, until you have reached an internal temperature of 205° F. or until bone starts to separate from the meat and meat is tender.
12. Brush the ribs generously with your favorite barbecue sauce.

**You can also finish the ribs without barbecue sauce.*

13. Broil the ribs on low for 3-4 minutes until the sauce gets bubbly and begins to caramelize. Do not let it burn!