



Forget About Em Oven Baked St. Louis Ribs with Smoky and Sultry Barbeque Sauce

By Nathan Donahoe

This all-purpose barbeque sauce goes perfectly with chicken, beef or ribs.

4 to 6 servings

Prep Time: 5 minutes

Cook Time: 1 hour 15 minutes

Storage: Refrigerate for up to 5 days.

Type of Dish: Main course - Meat

Ingredients

Barbeque Sauce:

- 2 cups tomato sauce
- 1/4 cup apple cider vinegar
- 2 tablespoons succanat, rapadura, or other natural brown sugar
- 1/2 cup water
- 1/4 cup Worcestershire sauce
- 1 1/2 teaspoons liquid smoke
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon sweet paprika
- 1/4 teaspoon chipotle pepper powder
- 1/4 teaspoon salt

Ribs:

- 2 slabs St. Louis Ribs
- salt



Photo: Lori Eanes Photography

Instructions

Preheat the oven to 400-degrees.

Make the barbecue sauce: Combine the tomato sauce, vinegar, sugar, water, Worcestershire sauce, liquid smoke, onion powder, garlic powder, cumin, paprika, chipotle powder, and salt in a medium pot. Bring to a boil, then lower the heat and gently simmer for 30 minutes, or until the sauce is slightly thick, about 4-5 cups. Stir from time to time so that the sauce doesn't burn.

Once the sauce reaches a boil, bring back to a low simmer for 5 more minutes. The sauce will thicken as it cools, so leave it slightly more liquidy than you think it should be. Taste and add more salt if necessary.

Rub each of the slabs with a tablespoon of salt. Place them side by side in a baking dish. Fill the dish 1/3 of the way up with water and cover tightly with aluminum foil. Poke a few holes in the foil with a fork.

Bake for 40 minutes on the bottom rack, then rotate (check to see if a bit more water is needed), then bake for 20 more minutes or until the flesh pulls away from the bones.

Remove the ribs from the oven and preheat the broiler. Transfer the ribs to a broiling pan and add 1/2 cup water to prevent the drippings from burning.

Brush a layer of sauce on each rib. Return the ribs to the top rack of the oven and broil for 30 seconds to 1 minute, just until the barbecue sauce starts to brown.

Repeat with brushing a layer of sauce and broiling up to 3 more times on each side for juicy, sticky ribs.