

Slow-cooked Ribs – updated 2017

Recipe courtesy Robert Irvine's Eat, Robert Irvine's Nosh

Total Time: ~11 hours

Prep: 25 min

Inactive: 15 min

Yield: 4 racks

Ingredients

- 4 racks of baby back ribs
- 2 tablespoons garlic powder
- 2 tablespoons dry mustard, such as Coleman's
- 2 tablespoons onion powder
- 2 tablespoons rib rub
- 2 tablespoons kosher salt
- 2 tablespoons light brown sugar
- 1 tablespoon coarsely ground black pepper
- 1 tablespoon cayenne pepper
- 1 tablespoon ground white pepper
- 1 tablespoon seafood seasoning, such as Old Bay
- 1 teaspoon ground cumin
- 1 teaspoon ginger powder
- 4 whole dried bay leaves

Directions

Preheat the oven to 225 degrees F.

Mix together the soy sauce, Worcestershire sauce, garlic powder, dry mustard, onion powder, rib rub, salt, brown sugar, the ground peppers, seafood seasoning, cumin and ginger powder.

To prepare the ribs, remove the silver skin from the back or under the rib side. See photo above. Sprinkle rub on the trimmed rib racks with the spice mixture. Place the racks onto a sheet of plastic wrap, top with the bay leaves and wrap tightly. Place wrapped ribs on cookie sheets. Place in the oven (the plastic will not melt at this low temperature) and roast for 10 hours.

Remove ribs from the oven and allow to rest for 10 minutes before serving.

If you want to coat the ribs before serving place ribs on a cookie sheet and coat with BBQ sauce. Roast, under the salamander on medium heat or in the oven set to broil, until the sauce is caramelized, 3 to 4 minutes. Remove the sauced ribs and allow to rest, 3 to 5 minutes. Then portion the ribs into serving-size pieces. Plate and serve with French fries and coleslaw.

