



FALL-OFF-THE-BONE BABY BACK RIBS

INGREDIENTS

1 rack of baby back ribs per person
homemade dry rub (see recipe below)
2 cups water
BBQ sauce (I use Steve's Paleogoods Paleocheff Peach BBQ)

INSTRUCTIONS

Coat both sides of the ribs generously with dry rub.

Place the ribs on a rimmed baking sheet. With more ribs, you can stack them a little. Add two cups of water to the bottom of the pan. Seal the baking sheet tightly with aluminum foil.

Bake at 300° F for two hours (3 hours for spare ribs). Use a fork to see if the meat separates from the bone. Remove from the oven and let cool. Wrap the ribs in aluminum foil and refrigerate if you do not plan on grilling them right away.

Unwrap the ribs and place them on the preheated grill (Usually I do this with half racks since they are easier to handle and they don't break apart). Barbecue each side for 5 minutes.

Brush both sides with barbecue sauce and keep barbecuing until the meat is browned and crispy at the surface.

Serve with extra barbecue sauce and coleslaw.

Guten Appetit!