

# Jenny's Fall-Off-The-Bone Ribs

Prep Time: 15    Cook Time: 2 1/2 hrs    Total Time: 3 hours

Makes: one rack of ribs

My ribs are awesome!! This is a never-fail recipe and it's so easy. Rub and cook them right away or rub and refrigerate for a few hours. Using a disposable foil pan or a foil-lined pan saves cleanup. These ribs are equally delicious cooked in the oven or on the grill. Don't expect leftovers!

## Ingredients

one rack of baby back ribs

juice of one lemon

1/4 cup rub (your own or my recipe below)

1/2 cup barbeque sauce (your own or my recipe in "Snacks/Misc")

## Instructions

1. Preheat oven to 300 degrees.
2. Remove excess fat from ribs. Peel the silver skin off the back of the ribs - lift with a sharp knife and grab with a paper towel to remove.
3. Cut ribs apart into individual pieces.
4. Rub ribs all over with lemon juice.
5. Coat ribs with dry rub. Place meat side down in large baking pan, & cover tightly with foil, shiny side out.
6. Bake in the oven for 2 1/2 hours.
7. Remove from oven & pour off liquid.

8. Brush bbq sauce over all sides of ribs.
9. Grill: To finish ribs on the grill, remove from the pan and place ribs on the grill (I use a basket over direct but low heat) basting and turning a few times for about 10 minutes.
10. Oven: To finish ribs in the oven, set oven to broil and return ribs to the same oven rack, basting and broiling about 5 minutes per side, watching so they don't burn. They will be so tender, it's best to turn them using gloved hands.

**Notes** Here's my rub recipe: 1/4 cup brown sugar; 2 tsp. each of chili powder & paprika; 1 tsp. each of salt, dry mustard & oregano; 1/2 tsp. each of garlic powder & onion powder; 1/4 tsp. pepper