



Sam Arena

BARBEQUE RIBS



Basically there are really only two types of pork ribs. Baby back and spare ribs. Also there are country ribs, but these are usually not used for barbeque. Baby back ribs are really not ribs at all, but the bones that are left when the loin is removed, as in boneless pork chops that you see advertised so often.

Spareribs are the only true rib. The best spareribs are the center cut which are called St. Louis ribs. If you buy a slab of ribs from a supermarket chances are they will NOT be center cut unless they are advertised as such. In that case have the butcher remove the large bone behind the ribs, and also the back fat from behind the rack. (spareribs are commonly called a rack). Baby backs are usually ready to go but are much more expensive. I prefer spareribs because they have more fat and are much more flavorful. They are cheaper but require more preparation before they can be cooked.

In either case preparation and cooking is simple. Start with a dry rub. Salt, garlic powder, and pepper. Rub the meat on both sides with this combination. Now we're ready for the oven. Place the ribs on a cookie sheet and cover tightly with tin foil. Bake at 250 to 280 degrees for about two hours. Remove from oven and brush with barbeque sauce on both sides. Now return to oven and brown on both sides using the oven broiler. Turn occasionally and repeat brushing with the sauce. At this point the ribs should be soft and almost falling off the bone.

In summer instead of using the broiler you might use the outdoor grill. If you do, refrain from using too much barbeque sauce until the ribs are sufficiently browned, as the sauce will burn easily. In either case baking the ribs at a low temp first is essential. This will insure the ribs will be tender.

Sauce

Everyone has a sauce they like and they think it's the best. But if you don't, here is my recipe, which is basic. I start with Open Pit Original. I add a small amount of heat, like Franks' hot sauce, a liberal amount of garlic salt, some lemon juice and a small amount of ketchup. If you like a sweet sauce add some honey. If you don't like Open Pit start with a sauce you like. If you like a smoky taste add liquid smoke or use a base that is smoky.

THE IMPORTANT THING IS ENJOY THE SUMMER AND DON'T SHY AWAY FROM BARBEQUE. IT'S EASY!!!! DON'T FORGET THE ICE COLD BEER IT ALWAYS GOES GREAT WITH OUTDOOR COOKING.....