



Slow-Baked BBQ Short Ribs

Makes: 4 servings

Prep Time: 15 minutes Cook Time: 3 & 1/2 hours

Total Time: 3 hours & 45 minutes

Ingredients

For the Ribs:

- 4 pounds boneless beef short ribs, cut into 4-inch long pieces
- 2 tsp kosher salt
- 1 tsp black pepper

For the BBQ Sauce:

- 1 cup ketchup
- 3/4 cup dark brown sugar, packed
- 1 & 1/2 tbsp cider vinegar
- 1 & 1/2 tbsp Worcestershire sauce
- 1 & 1/2 tbsp Dijon mustard
- 1 & 1/2 tsp chili powder
- 3/4 tsp garlic powder
- 1/4 tsp cayenne pepper

Instructions

Preheat the oven to 300°F. Season the ribs all over with salt and pepper, then arrange in a 9x13-inch baking dish (it will be a tight squeeze).

Combine all of the ingredients for the BBQ sauce in a small bowl and stir until smooth.

Pour 1/3 of the sauce (about 1/2 cup) over the ribs. Using tongs, flip the ribs over and spoon another 1/3 of the sauce over top. Reserve the remaining BBQ sauce to spoon over the cooked ribs. Cover the pan with aluminum foil and roast for 3 hours. Remove the foil and, if the cooking liquid is covering the meat, use a large spoon or ladle to remove some of the liquid so that the tops are exposed. (Note: the

meat will look unappetizing at this stage; don't worry, it will look much better once it's done!) Cook for 30 minutes more, uncovered, until the meat is tender and browned. Cut off any excess fat that remains around the short ribs. Transfer the short ribs to a serving platter. Discard the cooking liquid, as it will be very greasy. Slather the reserved BBQ sauce over the short ribs and serve.

Freezer-Friendly Instructions: The ribs can be frozen for up to 3 months. Reheat them tightly covered with foil in a 300°F oven until heated through.

Recipe from Once Upon a Chef