

Ribs My Way

In honor of Channel 9's crew members, Jim and Casi, who will shortly become Mr. and Mrs., we are showing you today how to make the most delicious and tender falling-off-the bone Baby Back Ribs! Jim has asked me repeatedly to show him how to make "Ribs My Way", so here's one for you, Jim. And Casi, Jim's making the first BBQ just for you! Congratulations to one of the greatest couples I know!

I love to cook "Ribs My Way" for several reasons:

- Preparation time is quick and easy and can be done ahead of time --- even the day before.
- By slow-cooking the ribs before grilling, you are sure to have the most tender ribs every time!
- Since the ribs are slow-cooked before grilling, grilling time is only 5 minutes a side or even less, so you can do a few or a whole bunch in no time at all. This leaves time to enjoy your special someone or visit with your guests.
- Flavoring your ribs is so very versatile as you can use your favorite dry rub or my recipe for a rib rub on the ribs before roasting.
- You can also use your favorite barbecue sauce or try my recipe below that utilizes chipotle peppers for a little smokiness and heat. Jungle Jim's has a treasure cove of sauces to choose from -- so many in fact that I lost count! You can find Cincinnati Gee's and Montgomery Inn as well Buckeye Gourmet, Mob-B-Que, Bone Suckin' Sauce, Jardine's Jalapeno, and even an organic Legend BBQ sauce and a no-carb sauce. There is something for everyone, so don't limit yourself to just one sauce.

Let's get started!

Readying the Ribs:

You do need to remove the sinewy membrane from the ribs prior to grilling as it is tough and can make your ribs tough. On the underside of the rib, with a sharp knife score down the middle of the rack of ribs, cutting through the membrane. This enables you to pull it off in two strips, which I find is easier than trying to pull off one large strip. Use a paper towel to grip the membrane as it is slippery. At top of rib, grab the corner of this membrane with a paper towel to keep it from slipping off your fingers and slowly pull it away from the bones proceeding down the entire rack of ribs. Discard the membrane. You can also "dock" the meat by piercing the meat between the bones a couple of times with the tines of a dinner fork, for extra flavor, although I do not personally do this as the rub and the slow roasting impart a great deal of flavor while rendering away extra fat.

Cooking Method:

For slow-roasting, prepare the ribs by removing the membrane (see preparation above). You can season your ribs with your favorite spice rub or use the recipe below before roasting if you would like. For easy and quick clean-up, I line my cookie sheets with heavy duty foil first. Then, I cut the ribs in three to four rib sections, as it is easier to grill and serve them that way. Hold the rack of ribs vertically on a cutting board and cut the ribs between the bones into the size of sections that will be easiest for you to flip and then serve. I then place the sections of ribs on the cookie sheet in two rows and then season the ribs with a spice, rib, or steak rub. Cover the ribs on the cookie sheet tightly with foil and let them sit for about an hour or you can refrigerate them until you are ready to roast them. Just bring them to room temperature prior to roasting or add time to the roasting time. Before roasting, double check the foil to make sure it fits snugly around the pan. Slow-roast the ribs in a 250 degree oven for three-four hours. The meat will pull slightly away from the bone and the fat has rendered.

Grilling:

Always preheat your grill -- depending on the type of grill you are using, this could take anywhere from 15-25 minutes to reach the temperature you want to grill these ribs, which is medium-high heat. You'll also need to oil your grill grates. This is easily done by rubbing the grates with an oil-soaked paper towel, using long-handled tongs. If you don't oil your grates, you may find the ribs will stick as most barbecue sauce has sugar in it and tends to stick when the sugar melts from the heat. If you have cut your ribs in sections of two to four ribs, it will be easy to flip the ribs using a large spatula rather than trying to turn with tongs. Now,

brush the roasted ribs with sauce and place on the grill upside down. Grill for several minutes, searing the sauce to the ribs, but not burning the sauce. Flip the rib sections over, brush with more sauce, and continue to grill until the ribs are heated through, becoming well glazed and nicely charred. This entire cooking process will only take about 10 minutes or less. Allow the ribs to rest a few minutes prior to serving. You can heat extra sauce to serve with the ribs.

Now, you have melt-in-your-mouth flavorful ribs --- a celebration in itself!

Here's a recipe for a dry rub you may want to try:

Rib Rub

2 Tab.	Chili Powder
1 Tab.	Paprika
1 Tab.	Dried Oregano, crushed finely
1 Tab.	Dried Thyme, crushed finely
2 Tab.	Kosher Salt*
2 Tab.	Black Pepper, freshly ground*

*Can substitute 4 Tablespoons of the "McCormick Grill Mates Montreal Steak Seasoning" for these two ingredients.

Combine all dry ingredients. Using your hands, sprinkle or rub onto racks of ribs prior to slow roasting. Cover ribs tightly and allow ribs to sit for an hour to marinate or cover ribs tightly and refrigerate until time to roast.

Here's a recipe for barbecue sauce with a little kick to it, but yummy! (I thought I better put my name on it just in case it becomes famous one day!)

Margie's Chipotle Barbecue Sauce

1 Tab.	Onion Powder
3-5	Garlic cloves, finely minced
2 Tab.	Worcestershire Sauce
1 Cup	Ketchup
¼ Cup	Dark Molasses or packed dark brown sugar
2-3	Chipotle Peppers in Adobo Sauce, minced, with 1 Tab. Of Adobo Sauce
1 Cup	Beer
½ Cup	Water
1 Tab.	Spicy Brown Mustard (or mustard of choice)
1 Tsp.	Chili Powder
1 Tsp.	Ground Cumin
2 Tab.	Cider Vinegar
	Salt and Pepper to taste (I used ¼ tsp. pepper and ½ tsp. kosher salt)

Mix all the ingredients together. Bring to a boil, then reduce the heat to medium-low and simmer gently, uncovered, for 30 minutes, until sauce thickens. Remove from heat. Cool sauce to room temperature before using. (Sauce can be covered and refrigerated for up to 7 days.) Slather this spicy, smoky sauce on ribs, steaks, or chicken when they have almost finished cooking. Serve the remainder in a bowl.

Sending best wishes to the happy couple!

JUNGLE JIM'S MARGIE POTTS