

OVEN BAKED BEEF SHORT RIBS

Prep time: 5 mins | Cook Time: 4 hours | Cook Temp: 325F | Servings: 4

INGREDIENTS:

- **5 lbs Beef Short Ribs**
- 1 cup BBQ sauce (we use Ol' West but use your favourite)
- 1 tsp Salt
- 1 tsp Smoked Paprika
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Cumin
- ½ tsp fresh ground Black Pepper
- 1 Tbsp Olive Oil



DIRECTIONS:

SEASON & PREPARE THE MEAT

- Preheat oven to 325 F and line a large rimmed baking sheet with tin foil.
- Use a sharp knife to remove some of the fat, if desired (we keep it on).
- Pat the beef ribs dry with paper towel.
- In a small bowl, combine all the spices and mix well. Rub the entire beef ribs with some Olive Oil. Then rub the spice mixture liberally into all sides of the meat.
- Transfer the ribs to a baking sheet, bone side down, and wrap tightly with tin foil (use 2-3 sheets if necessary to avoid steam from escaping).

COOK THE RIBS

- Transfer the baking sheet to the oven and cook for about 4 hours, first check on the ribs at the 3 hour mark.
(to determine if the ribs are cooked, insert a fork or meat thermometer into the thickest part of the meat - avoid the bones. It should be fall-off-the-bone fork tender with the meat visibly pulling away from the bone. Internal temp should be 190-200 F.
- Once ready, remove the foil from the ribs, baste them liberally with the BBQ sauce, and return to the oven for about 30 minutes. For even more caramelization, broil the ribs 3-5 minutes at the end (don't walk away during this broiling time)
- Allow the meat to rest for a few minutes before serving to allow the juices to redistribute and settle throughout the meat.
- Cut and ENJOY!

LOVE THIS RECIPE? Tell your friends!



Follow us on Instagram for more recipes - ungers1903
Find all our recipes on our website at www.ungers1903.ca

UNGERMEATS

TIPS FOR COOKING THE BEST SHORT RIBS

1. Use the best meat: Well-raised, meaty, bone in beef short ribs with plenty of marbling work best for the best flavour and moisture.
2. Use the correct temperature: Since it's a tough cut of meat, the best way to cook short ribs is low and slow for wonderfully tender results. This will slowly break down the meat's collagen for perfectly tender, juicy short ribs.
3. Bake the ribs in foil: Since baking beef ribs require a long cooking time, wrapping them in foil helps secure the juices for quicker cooking and more tender, juicy meat.
4. Season the meat well: This makes a massive difference to the overall flavour. I use a combination of a simple yet super aromatic spice for the meat and BBQ sauce to baste. The combination of sweet, tangy, spicy, and smoky flavours wonderfully enhances the flavour of the baked beef ribs without overpowering the meat.
5. Leave it to rest: the BBQ beef short ribs benefit from resting for 5-10 minutes before slicing. This time allows all the juices to settle and redistribute to stay locked within the meat, even when cut.