

Easy, Fall-Off-The-Bone Oven Baked Ribs

PREP 15mins **COOK** 4hr **TOTAL** 4hr 15mins

Low and slow cooking make these oven baked ribs fall off the bone tender. Once baked, we like to add our sweet and spicy barbecue sauce to the ribs, but use whatever you love. For the most tender ribs, we remove the thin membrane covering the back of the rack. Depending on where you have purchased ribs, this may already be done for you. If not, instructions are in the notes section below.



Makes 4 Servings

YOU WILL NEED

RIBS

- 2 to 2 1/2 pounds baby back pork ribs
- Salt and black pepper

SWEET AND SPICY BARBECUE SAUCE

- 1 tablespoon olive oil
- 1/4 cup finely diced onion
- 1/2 teaspoon ground cumin
- 1/2 cup ketchup, try our [homemade ketchup recipe](#)
- 1 tablespoon hot chili sauce (suggestion Sriracha)
- 2 tablespoons light brown sugar
- 1 tablespoon apple cider vinegar
- Salt and ground pepper, to taste

DIRECTIONS

PREPARE RIBS

Heat oven to 275 degrees Fahrenheit (135C).

If the ribs still have the thin membrane covering the back of the rack, remove it. See how in the notes section below.

Season both sides of the ribs with a generous amount of salt and pepper then place, meat-side up, into a large roasting pan or rimmed baking sheet. (It may be necessary to cut the ribs in half in order for them to fit into the pan).

Cover the pan or baking sheet tightly with aluminum foil, and then bake until the meat falls easily from the bones, 3 to 4 hours.

MAKE BARBECUE SAUCE

While the ribs bake, make the barbecue sauce. Heat the olive oil in a saucepan over medium heat.

Add the onions and cook until soft and translucent, 5 to 8 minutes. Stir in the cumin and cook for an additional 30 seconds.

Add the ketchup, hot chili sauce, brown sugar, and apple cider vinegar. Stir to combine, season with salt then cook for 2 minutes. Set aside in preparation for the ribs to finish roasting.

TO FINISH

Remove the ribs from the oven, discard the aluminum foil and generously brush both sides with barbecue sauce.

Optional: Move an oven rack near to the top of the oven. Turn broiler to high and broil the ribs for 3-4 minutes, just until the barbecue sauce begins to caramelize. (Keep a close eye on the ribs while they broil so they the

sauce does not burn.)

ADAM AND JOANNE'S TIPS

- **Removing the Membrane:** Place the ribs meat-side-down on a cutting board. Locate the thin membrane covering the rack. This membrane can be tough when cooked. To remove, use a knife to gently slide under the membrane then using your fingers, pull the membrane away from the bones. If slippery or difficult to remove, use a kitchen towel to take hold of it and pull.



- **Nutrition facts:** The nutrition facts provided below are estimates. We have used the USDA database to calculate approximate values. We assumed 4 servings. The information below does include the barbecue sauce and 1 teaspoon of salt.

If you make this recipe, snap a photo and hashtag it #inspiredtaste — We love to see your creations on [Instagram](#) and [Facebook](#)! Find us: @inspiredtaste

NUTRITION PER SERVING: Serving Size 1/2 rack / Calories 433 / Protein 26 g / Carbohydrate 13 g / Dietary Fiber 0 g / Total Sugars 11 g / Total Fat 30 g / Saturated Fat 10 g / Cholesterol 107 mg / Sodium 694 mg

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The full recipe post can be found on Inspired Taste here:
<https://www.inspiredtaste.net/7179/sweet-and-spicy-oven-baked-ribs/>