

Beef Short Ribs



8-9 lbs of beef short ribs,
Ask your butcher he can cut them for you.

1 cup of water

1/4 cup of your favorite steak rub/seasoning,

5/C Ranch Rub is the best

Tin foil

Favorite barbecue sauce

Lay out the rib strips on a large flat pan or baking sheet and add one cup of water.

Season with your spices

Cover pan with tin foil

Place in oven for 1-1/2 to 2 hours at 275 degrees

(This will steam the ribs and make the meat exceptionally tender)

Remove the ribs from the pan. Keep the liquid it makes great stock.

Place the ribs on a flat cookie sheet or pan and add a bit more seasoning and put them back in the oven for another 30 minutes.

Baste with BBQ Sauce during the last 10 minutes.

They should come out of the oven with a nice glaze.

On the grill: Remove the ribs from the steam pan and re-season.

Place over a medium heat on the upper rack on your grill if you have one.

If not watch your heat carefully.

Again, baste with your BBQ sauce the last 10 minutes turn once on the rack.