

“GOOD RIBS START WITH GOOD PORK. Get to know your butcher and who they’re buying their meat from.”



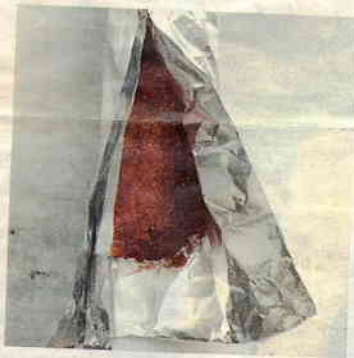
BUY “Look for uniform size. This ensures the ribs cook evenly,” Charlie says. “You want both a decent thickness of meat and intermuscular fat. This will provide big-time flavor.”



BATHER “Mustard gives the rub something to adhere to. Its vinegar content goes well with pork and penetrates all layers of the meat as it cooks.”



RUB “A rub with a decent amount of sugar pulls out pork’s natural sweetness. It’s important to season well, so don’t be afraid to coat generously.”



WRAP “Typically ribs cook low and slow—about 5 to 6 hours in a smoker. To speed up the process, I essentially steam the ribs first in a foil pouch. This also makes the ribs super tender.”



GRILL “Finish ribs on the grill to create smoky flavor plus the char, or bark, on the outside of the meat. Brushed-on sauce caramelizes to add to that outside crust.”

Oven-to-Grill Baby Back Ribs

HANDS-ON TIME 35 min.

TOTAL TIME 2 hr., 20 min.

- 1 3½-lb. rack pork loin back ribs
- ¼ cup yellow mustard
- 1 cup Basic Barbecue Rub, *below*
- ½ cup Basic Barbecue Sauce, *below*

1. Preheat oven to 375°F. With a pastry brush, spread mustard all over both sides of ribs. Sprinkle rub all over both sides of ribs.
2. Place ribs in the middle of a double thickness of heavy foil cut 6 inches longer than ribs; wrap ribs. Bake 1½ to 2 hours or until tender (the two middle bones of the rack should start to pull apart easily).
3. Remove ribs to a tray (discard liquid). Spread sauce all over both sides of ribs. Grill on the rack of a covered grill directly over medium heat 15 minutes, brushing with additional sauce every 5 minutes. Adjust heat as necessary to prevent burning. Makes 4 servings.

Basic Barbecue Rub Place 1½ tsp. *celery seeds*, 1½ tsp. *cumin seeds*, 1½ tsp. *yellow mustard seeds*, and 1½ tsp. *coriander seeds* in a spice grinder; grind until fine. Transfer to a bowl. Add ¼ cup *turbinado sugar*, ¼ cup *dark brown sugar*, ½ cup *paprika*, 3 Tbsp. *kosher salt*, 1 Tbsp. *chili powder*, 4 tsp. *onion powder*, 4 tsp. *garlic powder*, 1½ tsp. *dried oregano*, and 1½ tsp. *ground black pepper*. Mix well to combine.

Basic Barbecue Sauce In a large saucepan whisk together 2½ cups *packed dark brown sugar*, 2½ cups *ketchup*, ½ cup *yellow mustard*, ½ cup *cider vinegar*, ¼ cup *Worcestershire sauce*, *juice of 1 lime*, 1 Tbsp. *salt*, 1 Tbsp. *onion powder*, 1 Tbsp. *garlic powder*, 1½ tsp. *paprika*, 1½ tsp. *black pepper*, pinch of *cayenne pepper*, and dash of *liquid smoke*. Bring to a simmer, covered, 10 minutes, stirring occasionally. Cool to room temperature. Cover; chill up to 2 weeks.

EACH SERVING 530 cal, 21 g fat, 131 mg chol, 2,337 mg sodium, 46 g carb, 3 g fiber, 43 g pro. ■