



OVEN BBQ FLANKEN SHORT RIB

INGREDIENTS

Dry Rub-

- 3 3/4 tsp mustard powder
- 1 tbs brown sugar
- 2 1/4 tsp smoked paprika
- 2 1/4 tsp cumin
- 1 1/2 tsp garlic powder
- 1 1/2 tsp onion powder
- 1 1/2 tsp dried thyme
- 1 1/2 tsp crushed red pepper
- 1 1/2 tsp celery salt
- 1 1/2 tsp marjoram
- 1 1/2 tsp dried oregano
- 3/4 tsp black pepper
- 3/4 tsp chili powder (mild)
- 3/4 tsp dried sage
- 3/4 tsp sour salt (or citric acid)
- 3/4 tsp kosher salt
- 1/2 tsp ground coriander
- Heaping 1/4 tsp allspice

Ingredients-

- 2lbs Flanken Ribs
- 1/3C sweet barbecue sauce
- 1/3C spicy barbecue sauce
- Dry Rub Mixture

DIRECTIONS

1. Preheat oven to 275 degrees F. In a small bowl, mix together all of the dry rub ingredients until well incorporated. Set aside 1 tbs of rub for later.

2. Cover a sheet tray with aluminum foil or a generous amount of nonstick cooking spray and place the ribs, evenly spaced, on the tray. Coat one side of the ribs with half of the dry rub mixture, then turn and coat the other side. Place the ribs in the oven for 1 hour.

3. After one hour has passed, remove the ribs from the oven and use tongs to flip them over. Place back in the oven for 1 hour, or until nicely browned.

4. After the second hour has passed, remove the ribs from the oven and turn the oven temperature up to 450 degrees F.

5. While the oven heats up, mix the two barbecue sauces and 1 tbs of dry mix in a mixing bowl until thoroughly combined.

6. Generously coat each side of the ribs with the barbecue sauce mixture using a basting brush.

7. Once the oven has reached 450 degrees F, place the ribs back into the oven for 2-3 minutes, just until they are crisp on the outside and meltingly tender on the inside. Watch closely to make sure they don't burn. Slice and serve!

BENEKER
Family Farms



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SHOPPING LIST

Dry Rub-
mustard powder
brown sugar
smoked paprika
cumin
garlic powder
onion powder
dried thyme
crushed red pepper
celery salt
marjoram
dried oregano
black pepper
chili powder (mild)
dried sage
sour salt (or citric acid)
kosher salt
ground coriander
allspice
sweet barbecue sauce
spicy barbecue sauce

SIDE OPTIONS

Baked Beans
Bean Salad
Coleslaw
Baked Asparagus with
Parmesan