

RIBS

Ingredients

2 pounds of ribs

Dry rub

1 teaspoon of salt
1 teaspoon of pepper
2 teaspoons of chili powder
1 tablespoon of a mixture of your favorite steak spice
1 teaspoon of onion powder
1 tablespoon of garlic powder
2 teaspoons of mustard powder
2 tablespoons of brown sugar
½ teaspoon of cumin
½ teaspoon of turmeric
¼ teaspoon of cayenne pepper
¼ teaspoon of ground nutmeg
¼ teaspoon of ground cloves
1 tablespoon paprika

Barbecue Sauce¹

1 cup of ketchup
2 tablespoons of maple syrup
2 tablespoons of apple cider vinegar
2 tablespoons of Worcestershire sauce
2 tablespoons of whisky
1 tablespoon of chili powder
1 tablespoon of paprika
1 tablespoon of mustard powder
1 teaspoon of ground pepper
3 clove of garlic, minced
¼ cup of apricot jam
¼ cup of molasses

Mix the ingredients for the dry marinade. Rub the ribs with this mixture, and leave for at least an hour in the refrigerator. Cook them in a preheated 300 degree F oven for 2 hours. For the barbecue sauce, mix the ingredients and simmer for 5 minutes until the sauce thickens. Serve the ribs as is or with the barbecue sauce. Serves 4-6.

ACTIVITIES

1. What varieties of ribs could you prepare this way?
2. Why is the cooking temperature important?
3. What could you add to that dry rub or barbecue sauce to make them spicier?
4. Which variety of ribs have the most meat?
5. What animals have ribs that can be eaten?

Notes

¹ Rather than using the dry rub, you can use the barbecue sauce. Spread the sauce on the ribs every 15 minutes during cooking.