

# U The Lexingtonienne U

## MIKE DUFFY'S BBQ BABY BACK RIBS

- 1 rack baby back ribs per two people
- 1/2 C homemade, no-salt dry rub (recipe below)
- 2 C apple juice OR beer
- 1 C of your favorite BBQ sauce
- salt & pepper to taste

### DRY RUB\*

*\*all ingredients must be dry or dehydrated*

- 1/4 C cumin
- 1/4 C cinnamon
- 1/4 C garlic powder
- 1/4 C onion powder
- 1/4 C oregano
- 1/4 C thyme
- 1/4 C sage
- 1/4 C basil
- 1/4 C red pepper flakes
- 1/4 C paprika

(Mike likes to make a big batch of this and keep it in a Tupperware container. It works well for any type of meat. I say you can also buy some store-bought BBQ dry rub, if you're into short cuts.)

Preheat oven to 300 degrees. Wash and pat dry the ribs. Salt and pepper to taste. Spread liberally with dry rub. Pour beer or apple juice in deep roasting pan. Place ribs meat side up in pan. Cover tightly with aluminum foil. Roast for 3-5 hours. Remove from oven. Brush with BBQ sauce. Grill ribs on both sides. Serve with additional sauce on the side.

