



ONTARIO PORK

Basic Pork Ribs



Ingredients

3 lb (1.5 kg)	Ontario side or back pork ribs
1 Tbsp (15 mL)	Freshly ground pepper
1 tsp (5 mL)	Red pepper flakes
2 tsp (10 mL)	Dried thyme leaves
1 to 2 cups (250 mL - 500 mL)	Your favourite BBQ sauce

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Yield:

Serves 6

Preparation Time:

10 minutes

Cooking Time:

1 (back rib) or
2 (side ribs) hours

Cooking Instructions

Back ribs: Remove tough membrane on non-meaty side by easing away a corner with a small knife, then tear the membrane away from the ribs. **Side ribs:** Trim away most visible fat. Pre-heat oven to 325°F (160°C).

In a small bowl, mix together black pepper, red pepper flakes and thyme. Sprinkle over ribs and place on a baking sheet(s); meaty side up. Add hot water to baking sheets to give about 1/4-inch depth. Cover baking sheet(s) with foil and place in oven. Bake at 325°F (160°C) until meat begins to recede from the rib tips - about one hour for back ribs, two hours for side ribs.

Remove ribs from oven and discard liquid from tray. Follow further instructions to brown ribs in oven or on grill; or, ribs can be cooled, covered and refrigerated, for up to 3 days.

Oven: Increase oven to 450°F (230°C). Brush BBQ sauce on one side of ribs, cook for about 5 minutes, or until sauce is bubbly and golden-brown. Turn ribs over and brush on remaining BBQ sauce. Cook for 5 more minutes.

Grill: Place ribs on a medium-low heat and grill for 15 minutes, brushing with BBQ sauce, turning occasionally.

Nutritional Information (1/6 of recipe): 632 kcal, 43 g fat (16 g saturated), 14 g carbohydrate (3 g fibre), 45 g protein, 905 mg sodium