



St. Louis Ribs

Jay C. Veregge ~ Executive Chef
(serves 5 people, 2 ribs each)

INGREDIENTS

1 rack pork ribs (approx. 2 lbs)
1 Tbsp salt
1 tsp ground pepper
2 cups water
2 Tbsp liquid smoke
2 cups BBQ sauce, *your choice*

PROCEDURE

- Preheat oven to 400°.
- Season ribs with salt and pepper.
- Place ribs into braising pan (meat side up) and fill with water until about one-third of the way up the bones.
- Pour in liquid smoke and cover with foil.
- Bake for about 3 hours or until tender.
- Take ribs out of pan and allow to cool.
- When cool, cut into 2-bone pieces.
- Baste with BBQ sauce and place back into oven to reheat for approximately 10 minutes.