

# MY TABLE TO YOUR TABLE

by Debra Barnes

*In the heart of winter, when the world is blanketed in snow and the cold air bites your skin, there's an undeniable craving for summer's warmth, particularly the smoky, savory flavor of ribs slathered in rich BBQ sauce. The thought of tender, fall-off-the-bone ribs sizzling on the grill surrounded by the scent of wood smoke and tangy sauce is enough to make anyone long for the sunshine of warmer days. The BBQ sauce, a little sweet and tangy with just the right hint of spice, coats the ribs perfectly caramelizing on the grill to create that irresistible and slightly charred crust. It's the kind of meal that evokes memories of backyard cookouts, the laughter of friends and the simple joy of eating outdoors. In winter, when the weather keeps us cooped up inside, these warm-weather memories feel almost out of reach. Yet as the cold winds howl outside, the craving*

*for summer BBQ becomes stronger. While the winter chill might hold us captive for now, soon enough the grill will fire up again and bring those beloved summer ribs and that tangy BBQ sauce back into our lives. Until then we can create something close in our ovens! Let's get cooking!*

**Kitchen Tip** – If you need to freeze meat and you do not have a vacuum seal machine, apply a small coat of olive oil to the meat first. This will give it a moisture barrier and help alleviate the “burn”.  
**Be sure to keep an eye out for my tomato seedling sale in May! All plants are grown with love.**

Debra Barnes lives in Bow with her husband Randy.  
She is a graduate of the Cambridge School of Culinary Arts and an avid gardener. Follow at #eat603

## OVEN-BAKED SMOKEY RIBS WITH TENNESSEE BBQ SAUCE

### INGREDIENTS:

- 3 – racks pork ribs
- ½ - ¾ cup your favorite rib rub
- 1 bottle of liquid smoke (I like Hickory)
- 1 cup of water
- My favorite rub is Spanglish All-Purpose Rub. I do add a little extra cayenne for more heat! You can order online or the big warehouse stores like Sam's carry it.

### TENNESSEE BBQ SAUCE

- 2 cups tomato ketchup
- 1 ½ cups apple cider vinegar
- ½ cup water
- 3 TBSP salt
- 6 TBSP sugar
- 2 tsp cayenne pepper (add more for spicier flavor)
- 4 tsp fresh ground black pepper
- ½ cup butter (optional)

Place all ingredients in a 2-quart sauce pot. Heat over medium heat until warm (6-8 minutes). Serve on the side or let cool before brushing on ribs.

This sauce will last a few months in your fridge or you can freeze it in a mason jar.



### Preheat your oven to 275°F.

Begin by removing the silver skin from the back of the ribs for a more tender result and pat dry with paper towels. Cut each rack in half. Liberally season both sides of the ribs with your dry rub of choice.

Line 2 cookie sheet pans large enough to hold both racks of ribs (see picture) with tin foil, being sure not to poke any holes. Place a cooling rack on prepared cookie sheets. Combine the water and liquid smoke in a bowl. Place ribs on the rack. Pour ½ cup of water/liquid smoke into the bottom of each pan. Using the large length tin foil, carefully cover and secure around the edges so to fully enclose. Try not to let much of the foil touch the ribs. At this point you can place in the fridge overnight to let marinate or, if short on time, just put in preheated oven and bake for 3 hours. Remove from the oven. If you want to stop the ribs from cooking more but have some time before you want to grill off, just pull up a corner a few inches to let steam out. Please note that there will be a bit of liquid in the bottom of the pans from the ribs. You may want to drain off carefully before proceeding with broiling.

You can grill it to finish with your favorite BBQ sauce *or* broil in the oven. If broiling in the oven, just remove the top foil and brush both sides with BBQ sauce. Broil 4-5 inches away from broiler until sauce has caramelized. If grilling, brush with the sauce and place on a 400-450 grill. Once done, let the ribs rest for a few minutes before slicing and serving with extra BBQ sauce on the side. Enjoy your delicious, tender oven-baked ribs!

**TIPS for successful ribs** – Use a paper towel to grab the silver skin. They are very slippery! Feel free to adjust your rubs. More salt and spice makes everything nice. Warm up whatever sauce you decide to use. Adding a good coleslaw on the side is just perfect



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