



# OVEN BBQ FLANKEN SHORT RIB

## INGREDIENTS

### Dry Rub-

- 3 3/4 tsp mustard powder
- 1 tbs brown sugar
- 2 1/4 tsp smoked paprika
- 2 1/4 tsp cumin
- 1 1/2 tsp garlic powder
- 1 1/2 tsp onion powder
- 1 1/2 tsp dried thyme
- 1 1/2 tsp crushed red pepper
- 1 1/2 tsp celery salt
- 1 1/2 tsp marjoram
- 1 1/2 tsp dried oregano
- 3/4 tsp black pepper
- 3/4 tsp chili powder (mild)
- 3/4 tsp dried sage
- 3/4 tsp sour salt (or citric acid)
- 3/4 tsp kosher salt
- 1/2 tsp ground coriander
- Heaping 1/4 tsp allspice

### Ingredients-

- 2lbs Flanken Ribs
- 1/3C sweet barbecue sauce
- 1/3C spicy barbecue sauce
- Dry Rub Mixture

## DIRECTIONS

1. Preheat oven to 275 degrees F. In a small bowl, mix together all of the dry rub ingredients until well incorporated. Set aside 1 tbs of rub for later.

2. Cover a sheet tray with aluminum foil or a generous amount of nonstick cooking spray and place the ribs, evenly spaced, on the tray. Coat one side of the ribs with half of the dry rub mixture, then turn and coat the other side. Place the ribs in the oven for 1 hour.

3. After one hour has passed, remove the ribs from the oven and use tongs to flip them over. Place back in the oven for 1 hour, or until nicely browned.

4. After the second hour has passed, remove the ribs from the oven and turn the oven temperature up to 450 degrees F.

5. While the oven heats up, mix the two barbecue sauces and 1 tbs of dry mix in a mixing bowl until thoroughly combined.

6. Generously coat each side of the ribs with the barbecue sauce mixture using a basting brush.

7. Once the oven has reached 450 degrees F, place the ribs back into the oven for 2-3 minutes, just until they are crisp on the outside and meltingly tender on the inside. Watch closely to make sure they don't burn. Slice and serve!

**BENEKER**  
*Family Farms*



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## SHOPPING LIST

Dry Rub-  
mustard powder  
brown sugar  
smoked paprika  
cumin  
garlic powder  
onion powder  
dried thyme  
crushed red pepper  
celery salt  
marjoram  
dried oregano  
black pepper  
chili powder (mild)  
dried sage  
sour salt (or citric acid)  
kosher salt  
ground coriander  
allspice  
sweet barbecue sauce  
spicy barbecue sauce

## SIDE OPTIONS

Baked Beans  
Bean Salad  
Coleslaw  
Baked Asparagus with  
Parmesan