

Slow-cooked Ribs – updated 2025

Recipe courtesy “Robert Irvine's Eat, Robert Irvine's Nosh”

Total Time: ~11 hours

Prep: 25 min

Inactive: 15 min

Yield: 4 racks

Ingredients



Spicy version ←Rib Rub→ Non-spicy Version

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| • 4 racks of baby back ribs | same |
| • 2 tablespoons garlic powder | 1T |
| • 2 tablespoons dry mustard | 2T |
| • 2 tablespoons onion powder | omit |
| • 2 tablespoons kosher salt | same |
| • 2 tablespoons light brown sugar | 2.5T |
| • 1 tablespoon coarse-ground black pepper | same |
| • 1 tablespoon cayenne pepper | omit |
| • 1 tablespoon ground white pepper | ¼ t |
| • 1 tablespoon Old Bay seafood seasoning | ¼ t |
| • 1 teaspoon ground cumin | same |
| • 1 teaspoon ginger powder | ½ tsp |
| • 12 whole dried bay leaves (3/per rack – ends+middle) | same |

Directions

Preheat the oven to 225 degrees F.

Mix together the spices above except bay leaves.

To prepare the ribs, remove the silver skin from the back or under the rib side. See photo above. Sprinkle rub on the trimmed rib racks with the spice mixture. Place each rack onto a sheet of plastic wrap, top with the bay leaves (each end plus middle) and wrap tightly. You can add aluminum foil after the plastic if preferred. (Some of the bones end up poking through the plastic regardless) Place wrapped ribs on cookie sheets. Place in the oven (the plastic will not melt at this low temperature) and roast for 10 hours.

Remove ribs from the oven and allow to rest for 10 minutes before serving.

If you like the ribs pre-sauced before serving, place ribs on a cookie sheet and coat with BBQ sauce. Roast, under the salamander on medium heat or in the oven set to broil, until the sauce is caramelized, 3 to 4 minutes. Remove the sauced ribs and allow to rest, 3 to 5 minutes. Then portion the ribs into serving-size pieces

Plate and serve with French fries and coleslaw.

