

BBQ Cooking Techniques

Ribs and Brisket 101

2004 Champions Lynch Livestock Waucoma, IA

2004 Champions Peoria Riverfest, Peoria, IL

2004 Champions Pikes Peak Festival Colorado Springs, CO

Iowa BBQ Society 2004 Team of the Year

5th place team nationally in KCBS Team of Year Standings

9th place overall , Jack Daniels World Championship



Pork Ribs

- Types
 - Loin back/Baby back
 - Spare
 - St. Louis Style
- Remove membrane
- Trim Excess Fat
- Season
 - Spray Oil/Mustard
 - Rub (both sides) (sweet with a bite)
- Smoking Woods
 - Apple
 - Cherry
 - Hickory
 - Pecan



Pork Ribs (continued)

- Temperature
 - 225 – 250 degrees.
 - Clean fire (no bellowing smoke)
- Ribs in cooker, bone side down or in rib racks
 - No peaking
- Spray with moisture after 2 hours to keep moist and add flavor
 - Apple Juice or any other juice
 - Water
- Wrap in foil after 3 hours in smoker, back in smoker for 1 hour
 - Brown Sugar
 - Honey
 - Apple Juice
 - Additional Rub
 - Butter



Pork Ribs (continued)

- When are they done
 - Pulling back from bone
 - Easy to pull apart
 - Bend Test
- Holding Ribs
 - Heated cooler
 - Keep above 140 degrees
- Finishing Ribs
 - Out of foil
 - Glaze with favorite Sauce
 - Spray with juice for appearance



Beef Brisket

- Types
 - Packer (whole Brisket)
 - Flat
- What to look for
 - 11-12 lb Packer brisket 6-7 lb flat
 - Select/Choice/Prime Certified Angus Beef
 - Internal marbling
 - Thick across entire flat end
 - Not corned beef brisket unless you want pastrami
- Aging Briskets
 - 30-45 days
 - 34-38 degree temperature. Do not use kitchen refrigerator
 - Will stink when opened and then disappear
- Trimming Brisket
 - Excess fat down to 1/4"
 - Deckle



Beef Brisket (continued)

- Seasoning
 - Spray Oil
 - Mustard
 - Steak Sauce
 - Rub (Beef likes pepper and garlic)
- Smoking Woods
 - Cherry
 - Hickory
 - Mesquite
 - Pecan
- Temperature
 - 225-250 degrees or Texas Style 350 degrees
 - Clean fire (no bellowing smoke)
- Brisket in cooker
 - Fat side up versus fat side down



Beef Brisket (continued)

- Foiling Brisket
 - Speed up process
 - Controversial
- How to tell when done
 - 192-197 degrees internal temperature
- Separating point from flat
 - Re-season point and back on cooker for Burnt Ends
- Let it rest
 - Wrapped in foil
 - Heated cooler
 - 30 minutes minimum to 6 hours
 - Above 140 degrees
- Slicing
 - Across the grain
 - Point chopped in cubes for Burnt Ends

