



The COOKING Show BBQ St. Louis Pork Ribs

Slow Cooked Pork Ribs (makes enough for 2 full racks)

INGREDIENTS:

½ cup Liquid Smoke
½ cup Worcestershire Sauce
2.5 ounces Tamari Soy Sauce
1 cup Water
1 ½ Spanish Onions (Peeled and Sliced)
½ cup Whole Garlic Cloves
½ cup Cider Vinegar

METHOD OF PREPARATION:

1. Dry rub pork ribs and let sit in the fridge for 2-12 hours.
2. Begin by either grilling the ribs or roasting them in a 500°F oven, for 10 minutes to toast the spices and sear the meat.
3. In a large casserole dish, combine all of the ingredients to create a bed for the ribs to cook on. Tent the container with foil.
4. Cook in a 350°F oven for 2.5 to 3 hours – depending on how tender you want them.
5. Remove the ribs carefully from the pan, and place them bone side up, to make for easy cutting. Cut individual ribs for plating-6 per person.
6. To finish, brush the Peach BBQ sauce over the cut ribs and place them back in the oven to heat them and crust. Enjoy!!

Rustic Kitchen
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BISTRO & BAR





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Jalapeno and Cheddar Cornbread (serves 4-6)

INGREDIENTS:

½ cup Unsalted Butter (1 Stick)
2/3 cup Sugar
2 ea Whole Eggs
1 cup Buttermilk
½ tsp. Baking Soda
1 cup Cornmeal
1 cup All Purpose Flour
½ tsp. Salt
½ of a Jalapeno (SEEDED and small diced or minced)
1 cup Cheddar Cheese (Shredded)

METHOD OF PREPARATION:

1. Preheat your oven to 375°F.
2. Grease a cast iron skillet, and place it into your hot oven.
3. Melt butter in a small saucepan. Remove pan from the heat, and mix in your sugar.
4. Quickly add your eggs and beat until well blended.
5. Combine your buttermilk with the baking soda and stir it into the mixture.
6. Stir in your cornmeal, flour, and salt, until well blended and only a few lumps remain.
Try not to over mix-a few lumps are good!!
7. Gently fold in your jalapeno and cheddar cheese last.
8. Pour your mixture into the hot greased cast iron skillet.
9. Bake for 25 minutes or until a toothpick comes out clean.
10. Cool slightly before cutting. Serve warm!!





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Peach BBQ Sauce

INGREDIENTS:

3 ea Ripe Peaches
¾ of a Large Spanish Onion
3 Tbsp. Garlic Chopped
1/3 cups Light Brown Sugar
¼ cup Blended Oil
1 ea Chipotle Pepper in Adobo
2 ¾ cups Ketchup
2 ¾ cups Crushed Tomatoes
1 Tbsp. Tomato Paste
1 Tsp. Worcestershire Sauce
1 ½ Tbsp. Molasses
1/3 cup Orange Juice
Pinch Smoked Paprika
1 tsp. Onion Powder
1 Tsp. Garlic Powder
1 tsp. Cider Vinegar
Salt and Pepper to taste

METHOD OF PREPARATION:

1. Sauté onions and garlic for 5 minutes in blended oil, then add the remaining ingredients.
2. Cook on medium low heat for 45 minutes, stirring regularly to prevent scorching.
3. Finish by blending in a blender or with an immersion blender (or you can leave it chunky).
4. Store excess in deli cups of Tupperware and keep refrigerated!

