

THE LONG & SHORT OF IT!

Beef Short Rib Method.

- Kerren Packer

Smoked beef short rib, when taken on a low n' slow journey, are about as close as you can get to barbecue Nivarna. Nail this cook and your guests will happily anoint you with the title of pit-master or mistress as the case may be. Incredibly rich, tender, and flavoursome the beef short rib is a must for anyone who wishes to take their barbecue game to the next level.

Due to the "heavy" fat content, beef short ribs need to be given just the right amount of heat/time ratio to break down the collogens and with every piece of meat not being created equally there is no real "cook by numbers" approach to executing the perfect short rib but what follows will serve as a guide – the rest is up to your look, feel, smell sensors to lead you.



THE JOURNEY.

PREPARATION:

- Experience level: Medium
- Preparation time: 15 minutes
- Rub: S.P.G., Rum & Que - Bulldust, The Four Sauccemen - The Beef
- Cook time: 6-8 hours
- Barbecue/Smoker temperature: 275°F
- Fuel Type: Charcoal Briquette
- Recommended woods: pohutukawa, apple, oak and cherry.
- Meat finish temperature: 204-207°F

METHOD:

1. Start with meat that is at ambient "room" temperature. With a sharp knife remove the fat cap layer and any silver skin from the rib. It is personal choice to remove the membrane from the underside, I prefer to leave it to hold the rib bones in place whilst cooking.

2. Liberally apply your favourite beef rub to the top and sides of the rib and the underside if you have chosen to remove the membrane. Set aside for aprox 1 hour whilst you get your barbecue up to temperature (275F-ish) and arrange for indirect cooking (google indirect barbecue for more information on your specific barbecue). Just before introducing the rib add a few chunks of wood to get a nice clean smoke.

3. Place the rib into the barbecue meat side up and leave for 3 hours.

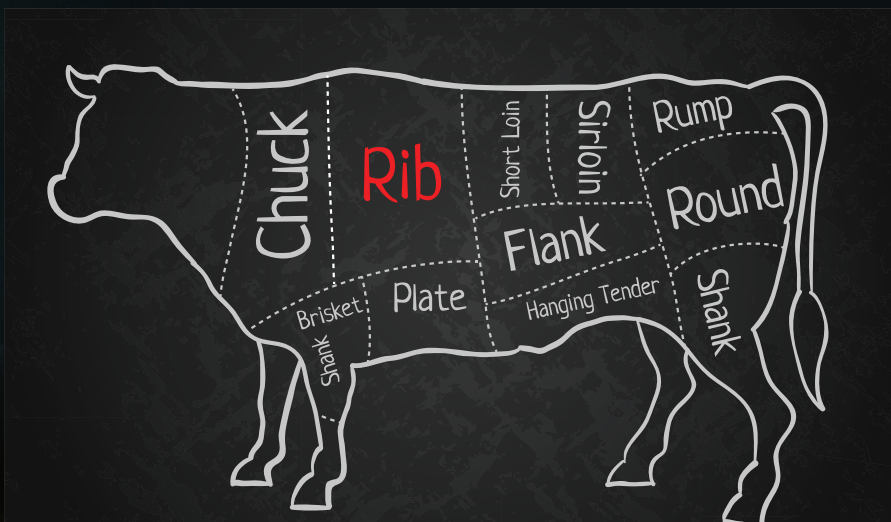
4. After 3 hours take a look at progress, check internal temperature and spritz with a mixture of apple juice and water. The meat should be starting to pull back from the rib bones and the bark should be starting to set up nicely. Spritz every hour or so from here.

5. Around the 5 hour mark the bark should be nicely set up and you can wrap the ribs in thick foil (google barbecue wrap techniques for options to suit you) and place back on to the barbecue 'till the internal temperature of the meat probes to around 205F. There should be no resistance and feels like "soft butter".

6. Rest in a chillibin wrapped in towels for 1 hour minimum.

7. Slice and serve with your favourite sides.

ENJOY WHAT IS CONSIDERED BY MANY AS THE BEST BARBECUE EXPERIENCE GOING.



'TILL NEXT TIME KEEP THE PITS CRANKING.