



Cook Like a Rebel

BBQ Ribs and Mac & Cheese
with

Chef Jessica Gordon – Chef's Warehouse



HARRAH COLLEGE
OF HOSPITALITY
Alumni Chapter

BBQ RIBS

INGREDIENTS

BBQ Ribs

- 1 rack St Louis Pork Ribs or Baby Back Ribs
- 1/4 cup liquid smoke

BBQ Dry Spice Rub

Can use your favorite dry rub from the store or Chef Jessica's homemade recipe:

- 1/2 cup brown sugar
- 1/4 cup paprika
- 1 tbsp black pepper
- 1 tbsp salt
- 1 tbsp chili powder
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tsp cayenne pepper

BBQ Sauce

Can use your favorite store bought BBQ Sauce or try this simple recipe:

- 2 tbsp neutral-tasting oil – grapeseed or vegetable
- 3 tbsp garlic powder
- 2 tbsp tomato paste
- 1 tbsp chili powder
- 1 tbsp paprika
- 1/4 tsp ground allspice
- Pinch of ground cloves
- 2 cups water
- 1/2 cup apple cider vinegar
- 1/4 cup dark molasses
- 1/4 cup firmly packed dark brown sugar
- 1 tbsp kosher salt
- 1 tbsp soy sauce
- 1 tbsp Worcestershire
- 2 tsp dried mustard
- 1 tsp freshly ground pepper
- 1 bay leaf

METHOD

1. Preheat oven to 275 degrees F
2. Peel off the membrane covering the underside/bone side of the ribs by peeling up the corner with a knife and grabbing the membrane with a dry paper towel. Pull gently and membrane will come off.
 - a. This step is not required. You can also score it or leave it on completely. It is preferred to remove when grilling so that smoke flavor can fully penetrate the ribs
3. Combine the dry ingredients for spice rub
4. Sprinkle liquid smoke on the ribs until ribs are slightly damp. Massage the liquid smoke into the meat
5. Sprinkle the spice rub over the meat on both sides in an even layer. Massage again to ensure the meat is fully and evenly seasoned
6. Cover the tray with foil and marinate ribs in the fridge for 30 mins minimum
7. Bake in preheated oven for 4 hours or until internal temperature of 145 degrees
8. Remove the ribs from the oven and remove foil
9. Increase the oven temperature to broil
10. Evenly spread BBQ sauce on the ribs until they are fully covered with an even layer of sauce
11. Return the ribs to the oven and broil for 3 – 5 minutes until the sauce is sizzling and slightly charred. Watch the ribs at this step so they do not burn!
12. Rest for 10 minutes before slicing

MAC & CHEESE

INGREDIENTS

- 1/2 lb dried pasta
- 1 tbsp olive or vegetable oil
- 1 cup grated or diced cheese of choice
- 2 - 3 cups whole milk
- 3 tbsp all purpose flour
- 3 tbsp butter (preferably unsalted)
- Salt

METHOD

1. Bring a sauce pot with 1 gallon of water to a full boil. Season with 2 - 3 tbsp kosher salt
2. Boil the pasta according to the instructions on the package. While the pasta is cooking, prepare an ice bath in a large bowl of ice water
3. When the pasta is done cooking, drain and place into the ice water to shock and stop the cooking process
4. Drain the pasta and set aside. Toss in a tbsp of olive or vegetable oil to prevent the pasta from sticking
5. Melt the butter in a medium sauce pot over medium heat
6. With a whisk, mix in the flour to the melted butter. Once the flour and butter have evenly combined, cook for 1 minute
7. Add 1 cup of milk and whisk until the mixture is smooth
8. Add in the remaining milk and whisk until it comes to a gentle boil
9. Lower the heat to a simmer and add in the cheese. Stir until melted and smooth
10. Add in the cooked pasta and stir until the cheese is evenly distributed in the pasta
11. Allow to cool for 3 - 5 minutes or until the sauce sticks to the pasta.
Serve warm

BBQ RIBS AND MAC & CHEESE

Prep List

CHEF JESSICA'S SHOPPING LIST

- St. Louis Style Pork Ribs or Baby Back Ribs
- Grill Mates Mesquite Spice Rub or see recipe for homemade spice rub
- KC Masterpiece or Sweet Baby Ray's BBQ Sauce or see recipe for homemade BBQ Sauce
- 1 lb dry pasta
- Cheese of choice - Cheddar, Gouda, Manchego etc.
 - Chef Jessica will be using Cavatappi and Gouda
- Whole milk
- All purpose flour
- Olive or vegetable oil
- Unsalted butter

PREP LIST - THINGS THAT CAN BE DONE IN ADVANCE

- Measure out all ingredients
 - Mise en place - french for everything in its place
- Spice mix and BBQ sauce can be made in advance
- Remove membrane from ribs (some styles of ribs will come with the membrane removed)
- Grate or dice the cheese
- Cook and chill the pasta