



COOKING CLASSES
AT SUR LA TABLE

SOUTHERN BBQ ESSENTIALS

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Proteins

- 2 rack baby back pork ribs (4 pounds)

Produce

- 1 yellow onion
- 1 tablespoon garlic

Dairy/Refrigerated

- 2 stick unsalted butter
- 1 cup buttermilk
- 1 large egg

Pantry Items

- Kosher salt
- 3 tablespoons light brown sugar
- 1 tablespoon dry mustard
- 1 tablespoon paprika
- 2 tablespoons chile powder
- Freshly ground black pepper
- 1 cup apple cider vinegar
- Tobacco sauce
- Vegetable oil
- 2 tablespoons molasses
- 1/2 cup smoked brown sugar
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon granulated sugar
- 1/4 cup honey

Dry/Canned Goods

- 1/cup canned crushed tomato
- 1/2 cup bourbon

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef knife
- Serrated knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cups
- Mixing bowls, various sizes
- Whisk
- Cheese grater
- Fork
- Rolling pin
- 4-inch round biscuit cutter
- Silicone brush
- Garlic peeler
- Silicone spatula

Cookware

- Medium saucepan

Appliances

- Pressure cooker
- Stick blender

Bakeware

- Rimmed quarter baking sheet
- Parchment paper
- Silicone mat

Tabletop

- Serving platters and bowls

Pre-Class Mise en Place and Notes

- Please gather all ingredients before class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Bourbon Glazed Ribs

1. Preheat oven to 325°F.
2. Remove silver skin from the underside of the ribs, rub with seasoning, and refrigerate for at least 1 hour.

Buttermilk Biscuits with Honey Butter

1. Preheat oven to 400°F.
2. Freeze and soften butter.

BOURBON GLAZED RIBS

Yield: 4 servings

Ribs can take a long time to prepare. Using a pressure cooker cuts down on the cooking time significantly.

Ribs:

2 *tablespoon kosher salt*
3 *tablespoons light brown sugar*
1 *tablespoon dry mustard*
1 *tablespoon paprika*
2 *tablespoon chile powder*
1 *tablespoon garlic powder*
1 *teaspoon freshly ground black pepper*
2 *racks baby back pork ribs (4 pounds), cut in half*
1/2 *cup water*
1/4 *cup apple cider vinegar*
1/4 *cup canned crushed tomatoes*
A few *dashed of Tabasco sauce*
1/2 *yellow onion, thinly sliced*

Glaze:

1 *tablespoon vegetable oil*
1/2 *cup finely chopped yellow onion*
1 *tablespoon chopped garlic*
3/4 *cup apple cider vinegar*
2 *tablespoons molasses*
1/2 *cup bourbon*
1/2 *cup packed smoked brown sugar (or brown sugar plus liquid smoke to taste)*
1/2 *cup canned crushed tomatoes*
Kosher salt and freshly ground black pepper

1. **To prepare the ribs:** To a small bowl, add salt, brown sugar, mustard, paprika, chile powder, garlic powder, and black pepper, whisk to combine, breaking up any lumps.
2. Remove the silver skin from the underside of the ribs by sliding your fingers under the thin membrane and pulling it off. Repeat with the second rack. Rub the ribs with the seasoning on both sides. Cover and transfer to refrigerator for minimum 1 hour, or up to 10 hours.
3. Add water, vinegar, tomato, Tabasco and onion to the pressure cooker insert and set a rack over the liquid. Arrange ribs around the rack, standing them up on their sides. Secure the lid and select Manual Pressure on high for 18 minutes. When the timer goes off, allow for a 10-minute natural release; then manually release the remaining pressure and unlock the lid. Transfer the ribs to a parchment paper lined baking sheet with a wire rack and set aside.

4. **To prepare the glaze:** While the ribs are cooking, prepare the glaze. To a medium saucepan set over medium-high heat, add oil. When oil is shimmering, add onions and sauté until translucent, about 5 minutes. Add garlic and sauté until fragrant, about 1 minute. Stir in remaining ingredients and simmer, stirring occasionally, until glaze is thickened and reduced to a syrupy consistency, about 15 minutes, using a stick blender, puree until smooth. Taste and adjust seasoning with salt and pepper.

5. **To finish the ribs:** Preheat an oven to 450°. Using a silicone brush, paint the meat side of the ribs with sauce. Transfer to oven and roast for 5 minutes. Remove and paint ribs one more time with sauce, roast for 5 additional minutes.

6. Let the racks rest 5 minutes before slicing into individual ribs. Serve ribs with extra glaze on the side.

Oven baking directions:

Preheat the oven to 325°F. Place ribs in a single layer in a large roasting pan and cover tightly with heavy-duty foil. Place the roasting pan into the oven and bake until the ribs are tender, about 1 1/2 hours. Follow with grilling directions as written above.

BUTTERMILK BISCUIT WITH HONEY BUTTER

Yield: 8, 4-inch biscuits

Biscuits:

2 cups unbleached all-purpose flour
1 tablespoon baking powder
1 teaspoon kosher salt
1 teaspoon granulated sugar
1 stick (4 ounces) unsalted butter, frozen
1 cup cold buttermilk
1 large egg, beaten

Honey butter:

1 stick (4 ounces) unsalted butter, softened
1/4 cup honey
1/4 teaspoon kosher salt

Preheat oven to 400°F. Line a rimmed quarter-baking sheet with parchment paper or a silicone mat.

1. **To prepare the biscuits:** To a large bowl, add the flour, baking powder, salt, and sugar; whisk to combine. Using the largest holes on a cheese grater, grate the frozen butter into the flour and mix with a fork to coat the butter with the flour. Make a well in the center and add the buttermilk; use the fork to mix just until the mixture forms large clumps and starts to come together. Turn the biscuit dough onto a lightly floured surface and roll into a 1-inch-thick rectangle. Using a 4-inch round biscuit cutter, cut out 8 rounds and transfer them to prepared baking sheet. Brush with beaten egg and transfer the biscuits to the oven. Bake until golden-brown and cooked through, 12 to 14 minutes.

2. Transfer the biscuits to a rack and let cool for at least 5 minutes.

3. **To prepare the honey butter:** In a small bowl, stir together the softened butter, honey, and salt using a fork. Set aside.

4. **To serve:** Transfer biscuits to a large warmed platter and serve immediately with honey butter.