

Herb Crusted Beef Tenderloin

Beef tenderloin is possibly the most decadent of beef cuts. It boasts a rich, almost buttery flavor and practically melts in your mouth when prepared properly. The high profile of this cut should not deter you from preparing it on the grill, in fact, with the right seasonings and smoke, grilling is the perfect way to bring out this cut's natural flavors. A savory herb crust delicately flavors the meat and seals in the juices.

Serves 4 to 6 | Prep. time 25 minutes

Marinating time 45 minutes | Cooking time 2 hours

Ingredients

- 2 pounds beef tenderloin
- ¼ cup olive oil
- 2 tablespoons fresh rosemary
- 2 teaspoons thyme
- 2 teaspoons fresh garlic, crushed and minced
- 2 tablespoons salt
- Butcher's string

Directions

1. Approximately 45 minutes before you start grilling, remove the tenderloin from the refrigerator and begin preparation. First, you want the tenderloin to be of even thickness before placing on the grill. To do this roll or fold over the meat, especially the end pieces to ensure that there is consistency in thickness throughout the tenderloin.
2. Once this is done, begin seasoning the meat. Tenderloin is a lean cut of beef, so to slightly insulate it from the heat of cooking, brush the meat liberally with the olive oil.
3. Next, mix together the rosemary, thyme, garlic, and salt. The salt is a very important ingredient when grilling tenderloin. If it is too much for your taste, it can be brushed off prior to eating. Apply the spice mixture to the entire tenderloin. Let sit at room temperature for 30-40 minutes before placing on the grill.
4. Prepare the grill and bring the temperature to approximately 350°F.
5. Place the tenderloin over the hottest part of the grill for 15-20 minutes. This will produce a bit of a sear on the meat.
6. Move the tenderloin slightly away from the hottest spot on the grill, so that the heat reaching it is approximately 325°F. Grill, rotating meat every twenty minutes for 1-1 ½ hours, or until desired doneness is reached using a meat thermometer inserted into the center.
7. Let tenderloin rest for 15 minutes before slicing.

Rubbed Pork Back Ribs

These ribs highlight Missouri flavor with a tangy tomato based mop applied before a savory, spicy rub. Grilled to perfection, these pork ribs are fall-off-the-bone tender.

Serves 4 to 6 | Prep. time 25 minutes

Marinating time 4 hours to overnight | Cooking time 6 hours

Ingredients

- 5 cups apple juice
- 1 teaspoon salt
- 4-6 cups of hickory wood chips
- 3 slabs of trimmed St-Louis pork ribs, about 2-3 pounds per slab
- 1 cup apple cider vinegar
- ½ cup tomato sauce
- ¼ cup white sugar
- ¼ cup paprika
- 3 tablespoons salt
- 2 tablespoons chili powder
- 1 tablespoon pepper
- 1 tablespoon onion powder
- 2 teaspoons sage
- Apple juice in a spray bottle

Directions

1. Place the apple juice and salt in a shallow dish, large enough to hold the pork slabs. Make sure the ribs are trimmed and the membrane is removed. Place the ribs in the apple juice mixture. Refrigerate the ribs for 4 hours to overnight, turning a few times.
2. Remove the ribs from the brine and discard the juice. Pat dry the ribs.
3. Prepare the smoker with the wood chips and bring the temperature to 225°F.
4. Prepare a simple mop by combining the apple cider vinegar, tomato sauce, and white sugar. Brush the mop sauce over the meat before applying the rub.
5. Prepare the rub by mixing the paprika, salt, chili powder, pepper, onion powder, and sage in a small bowl.
6. Apply the rub to the ribs and place on the grill. Cook for five to six hours, turning once every 30 minutes. The ribs should have a nice caramelized crust on them when finished.
7. Remove from heat and let sit 15 minutes before serving.

Beer-Basted Barbecue Chicken

This is a simple beer can chicken recipe that requires little fuss or preparation. Simply mix a few ingredients, place the chicken on the grill and let the flavors develop. Perfect for a low key, stress free, delicious meal.

Serves 4 to 6 | Prep. time 25 minutes | Cooking time 3 hours

Ingredients

- 1 whole chicken, about 3-4 pounds
- 1½ teaspoons salt
- ½ teaspoon pepper
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 tablespoon olive oil
- 1 12 ounce can of beer
- 1 whole yellow onion, sliced
- 1 cup chicken stock

Directions

1. Prepare grill and bring the temperature to 325°F.
2. In a small bowl combine the salt, pepper, garlic powder, and paprika.
3. Prepare chicken by removing the giblets from the body and patting dry, both inside and out. Apply the olive oil and the prepared seasoning mix to the chicken, both on the outside and inside of the body cavity.
4. Open the can of beer and place it in the middle of a baking dish. Place the chicken on the can of beer so the can is in the chicken cavity, making sure that the chicken is solidly placed in an upright position in the pan.
5. Pour the chicken stock into the pan around the chicken and add the onion.
6. Place pan on the grill and cook for 2-2 ½ hours or until a meat thermometer reads 165°F when inserted into the breast, or 180°F when inserted into the thigh. Baste the chicken with the chicken stock every 20-30 minutes during cooking.
7. Remove the pan from the heat and let rest 20-30 minutes before serving. Make sure to use protective gloves when removing the can, as it will be very hot even after the resting period.

Macaroni Salad

Macaroni salad is easy to prepare and well-loved by many. Everyone has their favorite version. This recipe focuses on complementing the flavor of Missouri barbecue. The tang of apple cider vinegar combined with the unexpected garlic crunch of the pickles makes it a notable side for any Missouri barbecue main dish.

Serves 4 | Prep. time 25 minutes | Chill time 1 hour

Ingredients

- 2 cups dry elbow macaroni
- ¼ cup celery, diced
- ¼ cup onion, diced
- 2 tablespoons garlic pickle, diced
- ¾ cup mayonnaise
- ¼ cup apple cider vinegar
- ½ teaspoon salt
- 1 teaspoon dill
- 1 teaspoon garlic powder

Directions

1. Cook the elbow macaroni according to package directions. Drain and rinse with cold water.
2. Combine the cooked macaroni noodles with the celery, onion, and garlic pickle. Toss gently to distribute the ingredients.
3. In a small bowl, combine the mayonnaise, apple cider vinegar, salt, dill, and garlic powder. Mix well and pour over the macaroni mixture. Toss to evenly coat. Cover and refrigerate for at least one hour.
4. Remove from the refrigerator and stir before serving.

Apple Crisp

The perfect apple crisp reminds one of a golden baked apple pie, but without all the fuss. A medley of sweet, warming spices and brown sugar make sure that this apple crisp leaves your sweet tooth satisfied.

Serves 6 to 8 | Prep. time 25 minutes | Cooking time 1 hour

Ingredients

- 5 pounds cooking apples, peeled and cored
- 2 tablespoons orange juice
- ½ cup white sugar
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1 ½ cups all-purposed flour
- ¾ cup white sugar for the topping
- 1 cup oatmeal
- ¾ cup brown sugar
- Vanilla ice cream for serving, if desired

Directions

1. Cut the apples into large bite sized chunks and place in a large bowl.
2. Add the orange juice, ½ cup white sugar, cinnamon, and nutmeg. Toss gently and pour into a large baking dish. Anywhere from 9x9 to 9x13 will work fine.
3. In a separate bowl, combine the flour, remaining white sugar, oatmeal, and brown sugar. Mix well using a spoon for a coarser texture, or transfer to a food processor and pulse for a finer texture. Spread the topping evenly over the apples.
4. Place in the oven and bake uncovered for 50-60 minutes, or until apples are tender and top is brown and bubbly.
5. Remove from heat and let cool slightly before serving. Serve either warm or cold. Top with vanilla ice cream, if desired.

****All these recipes and more can be found in David Martin's book *Let's Grill Missouri's Best BBQ Recipes: Includes Kansas City and St-Louis Barbecue Styles*. Click [here](#) or on the cover to get a copy of our book.**

