

Delicious Missouri BBQ Recipes

KC-Style Burnt Ends

Burnt ends are a Kansas City tradition. These meaty bits are cut off of the point half on a smoked brisket. Once the brisket has been smoked, the ends are removed and cooked longer. This recipe includes a sweet and spicy rub that adds flavor to the crispy “bark” of the burnt ends.

Serves 4

Ingredients

- 1 beef brisket
- 1 cup brown sugar
- ½ cup white sugar
- ½ cup paprika
- ¼ cup chili powder
- 3 tablespoons garlic powder
- 3 tablespoons ground cumin
- 2 tablespoons pepper
- 1 tablespoon cayenne

Directions

1. Prepare the grill or smoker and bring to a temperature of about 220°F.
2. In a bowl, combine all of the ingredients for the rub: brown sugar, white sugar, paprika, chili powder, garlic powder, cumin, pepper, and cayenne. Mix well, making sure that the brown sugar is completely broken up and no longer clumpy.
3. After this, trim the fat off of the brisket. Place wood chips in the smoker. If you desire a heavier smoked taste, burn off the wood chips to create more smoke.
4. Pat the brisket liberally with the rub and place on the grill. Cook the brisket for about an hour per pound, rotating every 30 minutes. Use a meat thermometer inserted into the middle of the brisket to check temperature before removing from the heat. Let the brisket sit for 15 minutes before removing the burnt ends.
5. To remove the burnt ends, find the layer of fat that separates the burnt end tip from the rest of the brisket. With a sharp knife, carefully slice into the layer of fat and remove the end. Return the end piece to the grill and continue to cook for an additional hour. The tip will have a thick bark on it and appear almost burnt. Remove from the heat and let rest 15 minutes before cutting.
6. Cut meat into slightly larger than bite size pieces to serve.

Stickiest-Ever BBQ Ribs with Chive Dip

Sometimes the stickiest ribs are the best ribs. This is a two part preparation that will leave you with messy fingers and happy stomach. Serve with a cooling Chive Dip to add a new level of flavor.

Serves 4

Ingredients

- 2 racks baby back ribs
- 2 12-ounce cans of cola
- ½ cup of tomato ketchup
- ½ cup brown sugar
- 2 tablespoons soy sauce
- 2 tablespoons chili sauce
- 6 spring onions, sliced
- 1 cup sour cream
- ¼ cup chopped chives
- 2 tablespoons mayonnaise

Directions

1. Prepare and preheat the smoker to 325°F with hickory wood chips
2. Place the two racks of ribs into a tin pan that fits over the smoker. Add the cola and enough water to cover the ribs. Cover the pan with aluminum foil and smoke for 1½ to 2 hours, or until ribs are cooked thoroughly and fall-off-the-bone tender.
3. In a small saucepan combine the ketchup, brown sugar, soy sauce, and chili sauce. Cook over low heat for twenty minutes. Set aside and let cool.
4. Once the ribs are cooked, remove them from the pan and pat dry. Baste them with the prepared sauce and let them rest in the refrigerator for one hour to overnight.
5. Remove the ribs from the refrigerator and bring to room temperature.
6. Preheat grill to 350°F.
7. Cook the ribs over direct heat until the meat is heated thoroughly and the sauce becomes caramelized and sticky, about 30-40 minutes, flipping once halfway through.
8. While the ribs are cooking, mix the spring onion, sour cream, chives and mayonnaise together in a bowl. Refrigerate until ready to use.
9. Remove the ribs from the heat and let rest 10 minutes before serving. Serve with chive sauce on the side for dipping.

St. Louis BBQ Pulled Pork Sandwich

The pulled pork sandwich has been adapted from the original Carolina style to incorporate a unique Missouri taste. This St. Louis style of the sandwich uses a traditional Missouri barbecue sauce in lieu of the vinegar-based sauce of the Carolinas.

Serves 6 to 8

Ingredients

- 5 pounds boneless pork shoulder roast
- 1 tablespoon paprika
- 1 teaspoon salt
- 1 teaspoon oregano
- 1 teaspoon cumin
- 1 teaspoon cracked black peppercorns
- 1 cup water
- ¼ teaspoon liquid smoke
- 1 tablespoon soy sauce
- 6-8 hamburger buns

Sauce

- 2 tablespoons olive oil
- 1 cup yellow onion, diced
- 2 cloves garlic, crushed and minced
- 1 cup tomato sauce
- ½ cup tomato ketchup
- ¼ cup apple cider vinegar
- ¼ cup brown sugar
- 3 tablespoons molasses
- 1 tablespoon tomato paste
- 1 teaspoon dry mustard
- 1 teaspoon onion powder
- 1 teaspoon chili powder

- 4 cups hickory wooden chips and more if needed
- Apple juice in a spray bottle

Directions

1. Season the pork roast with the paprika, salt, pepper, oregano, and cumin. Place in a plastic sealable bag to marinate. Add water, soya sauce, and liquid smoke. Massage the meat for the flavors to mix.
2. Let sit at room temperature for at least 1 or 2 hours or place in the refrigerator overnight. Toss over a few times.
3. If you are using a smoker, prepare for smoking and have the heat reach 225°F before cooking the pork. Place the soaked hickory chips in the smoker's box. Make sure the grates are clean and oil them with vegetable oil. Place a dripping pan below where the pork will be cooked to collect dripping juices. When the smoke starts, place the pork roast on the grill. Cook for about 4–6 hours, with the cover down, until the internal temperature reaches 190°F on a meat thermometer. To keep the pork moist, spray with apple juice every 30 minutes after the first 2 hours of cooking.
4. You can also make this recipe on a regular barbecue. Prepare the charcoal or gas barbecue for indirect heat. Clean and oil the grates. The temperature should be maintained around 225°F. If your barbecue is equipped with a smoking box, fill it with soaked wooden chips. If not, you can prepare two large double layer foil packets with the soaked wooden chips. Perforate the packets several times to let the smoke out. Place both packets side by side below the grill directly above one of the burners. Place a dripping pan where the pork will be cooked. Start the barbecue on high temperature. When the smoke starts, reduce the temperature to low or 225°F, and place the pork, fat side down, on the grill over the dripping pan. Cover and cook for 4-6 hours, turning every 30.
5. Prepare the sauce by heating the olive oil in a saucepan over medium heat. Add the onion and garlic and sauté until the onion is soft, approximately 3-4 minutes.
6. Add the remaining ingredients for the sauce and bring to a boil while mixing. Once mixture boils, reduce heat to a simmer and let cook for thirty minutes. Remove from heat, let cool, and set aside.

7. Remove pork from heat and let rest for 15 minutes, or until the meat is cooled enough to handle.
8. Using tongs or forks, shred the pork, removing any fatty pieces as you go.
9. Mix the shredded pork with prepared sauce, tossing to coat well, reserving some sauce to serve on the side, if desired. Place enough pork on the buns. Top with your favorite toppings, if desired.

Beer Can Chicken with KC Rub

Beer can chicken is a tradition at many barbecues. The beer adds a sweetness and juiciness to the chicken that is unparalleled. This recipe kicks up the flavor one step further with the addition of a Kansas City style rub.

Serves 4

Ingredients

- 1 whole chicken
- 1 cup cherry wood chips
- ½ cup paprika
- ¼ cup kosher salt
- ¼ cup ground black peppercorns
- ½ teaspoon cayenne powder
- 1 half-filled can of beer
- ½ teaspoon cayenne pepper
- ¼ cup vegetable oil

Directions

1. Start by soaking the cherry wood chips in water for about an hour.
2. In a small bowl combine the paprika, salt, peppercorns, and cayenne powder. Open beer and pour out approximately half of the contents. Add one teaspoon of the spice mixture into the can, adding it slowly to minimize foaming. Place the can in the middle of a small metal tray or baking sheet. Set aside.
3. Remove the giblets from inside the body cavity and brush the vegetable oil over the entire chicken, and then pat liberally with the remaining spice rub mixture. After preparing the chicken, insert the beer can into the cavity with its legs at the bottom, and the chicken standing upright. Place it, with the can, back onto the tray.
4. Prepare the grill and bring the heat to 350°F. Drain the water from the cherry wood chips and add them to the grill.
5. Add the chicken onto the grill and cook for about 90 minutes, or until internal temperature measures 165°F in the breast or 180°F in the thigh area. Remove from heat and let rest for ten minutes.
6. Make sure to wear protective covering on your hands when removing the can, as it will be very hot. Use the contents of the can as a baste for the chicken, if desired.

Succotash

While many people think of succotash as a traditional southern recipe, it is also one that may be served in kitchens all around Missouri. The mixture of vegetables in this side dish will go perfectly alongside just about any type of meat prepared on the grill.

Serves 4

Ingredients

- 2 tablespoons butter
- 1 cup yellow onion, diced
- 2 garlic cloves, crushed and minced
- 4 corn ears, kernels removed
- 1 cup zucchini, diced
- ½ pound okra, sliced
- 10 ounces canned lima beans, liquid drained
- ¾ pound cherry tomatoes, quartered
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon sage

Directions

1. Begin by washing the vegetables and cutting according to the recipe.
2. Add the butter to a large skillet and heat over medium.
3. Add the onion and garlic. Sauté just until onion begins to soften, approximately 1-2 minutes. Add the corn kernels, zucchini and okra to the pan and continue to sauté, stirring frequently, for 5 minutes.
4. Add the lima beans, cherry tomatoes, salt, pepper, and sage to the pan. Reduce heat to low and continue cooking, stirring occasionally, until heated through.
5. Remove from heat and serve immediately.

Butter Pecan Ice Cream

There is nothing like the smooth, buttery taste of butter pecan ice cream to provide the perfect ending to any meal. This recipe makes a few modifications to the traditional flavors with the addition of a little rum extract and cinnamon. The result is a desert that perfectly represents a laid back southern night.

Serves 4

Ingredients

- 1 tablespoon butter
- ½ cup pecans, finely chopped
- 1 ½ cups half and half
- ½ cup heavy cream
- 1 cup brown sugar
- 2 eggs, beaten
- 1 teaspoon vanilla extract
- 1 teaspoon rum extract
- 1 teaspoon cinnamon

Directions

1. Add the butter to a small sauté pan and heat over medium. Add the pecans and cook, tossing gently, just long enough to toast the pecans and infuse with butter flavor, approximately 2-3 minutes.
2. In a sauce pan combine the half and half, heavy cream, and brown sugar. Bring mixture to a boil over medium heat, stirring frequently to prevent the cream from burning to the pan. Remove from heat and let cool slightly.
3. Add the beaten eggs to a large bowl. Very slowly add the cream mixture to the eggs, whisking the entire time. Make sure that the hot cream is added slowly to avoid accidentally cooking the eggs. Mix well.
4. Return the mixture to the saucepan and cook over medium low heat until the mixture begins to thicken and adhere to the mixing spoon.
5. Add the pecans, vanilla extract, rum extract and cinnamon.
6. Pour the mixture into an ice cream maker and proceed according to manufacturer instructions.

***These recipes and more are found in David Martin's *Let's Grill Missouri's Best BBQ Recipes: Includes Kansas City and St-Louis Barbecue Styles*. To get your own copy, click on the cover below or click [here](#).

