

Peachy BBQ Boneless Beef Ribs

January 30th, 2022

This recipe serves: 4

Prep Time: 00:30

Cook Time: 02:00

Boneless Beef Ribs should not be confused with Country Style Boneless Beef Ribs. BBQ boneless ribs have all the benefits of a good rack of ribs, without the bones. Country Style "Ribs", also called Shoulder Cut Ribs are not actually rib meat, but typically strips of beef cut from the tougher Chuck Eye Steak. Country Style ribs require a considerably longer cooking time.

Ingredients:

2 pounds Boneless Beef Ribs

The Rub

1/4 Tablespoon Tomato Powder

1/4 Tablespoon Smoked Paprika

1/4 Teaspoon Cumin

1/4 Teaspoon Garlic Powder

1 Tablespoon Olive Oil or 2 Tablespoons Unsalted Butter

The Sauce

1 Can (15 Oz) Peaches in 100% Juice (NOT Syrup)

1 Can (6 oz) Tomato Paste

2 Garlic Cloves, minced

1 Teaspoon Brown Sugar

4 Ounces Apple Cider Vinegar

1 Teaspoon Liquid Smoke

1 Teaspoon Red Pepper Flakes

1 Lime, juiced

Directions:

In a medium-sized bowl, mix the ingredients of the Rub together.

Apply the Rub liberally to the Meat, ensuring full coverage.

Place the Beef Ribs into a Sous Vide bag, in a single layer.

Add the Olive Oil to the bag.

Vacuum out all the air and seal the bag.

You can Sous Vide immediately, refrigerate up to 1 week, or freeze up to 6 months.

Boneless Ribs

Sous Vide at 131° F for 2 hours (add 15 minutes if frozen)

Boneless Chuck Ribs/Country Style Boneless Ribs/Shoulder Ribs

Sous Vide at 131° F for 10 hours

Remove the bag from the Sous Vide.

Cover a large oven sheet with aluminum foil. Place a wire rack in the oven sheet.

The Sauce

In a medium-sized sauce pan, add the Peaches with all the Juice from the can. Use a Potato masher to crush the Peaches into a pulp.

Add the remaining Sauce ingredients. Mix together well and heat to a slow boil.

Add the Au Jus from the Sous Vide bag to the sauce pan.

Reduce the heat and simmer until the Sauce thickens.

Finishing the Ribs

Remove the Ribs from the Sous Vide bag and arrange them on the wire rack so that none of the ribs are touching each other.

Use a silicone brush to generously apply the BBQ Sauce to the ribs. Turn the ribs over ensure full coverage.

Move the oven rack to the second highest slot in the oven and set the Broiler on high.

Move the sheet pan to the oven rack and broil for 2 minutes or until the BBQ sauce begins to caramelize and turn brown.

Turn over each Rib and generously apply another coating of BBQ sauce.

Broil for another 2 minutes or until the Sauce begins to caramelize.

Remove from the oven. Rest for 10 minutes and serve.