

BBQ Boneless Country-Style Chuck Beef Ribs

May 15th, 2025

This recipe serves: 8

Prep Time: 00:15

Cook Time: 10:15

Boneless Chuck Ribs can go by a lot of names: Boneless Chuck Ribs, Country Style Boneless Ribs, Texas Style Boneless Ribs, Chuck Short Ribs, Boneless Braising Ribs, Boneless Short Ribs, Chuck Boneless Short Ribs, English Short Ribs, Middle Ribs, Chuck Flat, or Shoulder Ribs, to name a few. Whatever they are called, Boneless Chuck Ribs are an inexpensive substitute for the beef rib. Chuck ribs require a longer cooking time, but the finished ribs can be worth the wait. Cover the ribs with salt and refrigerate for 24 hours or so, to allow the salt to permeate into the meat. Slow-roast the meat using a Sous Vide, a Conventional Oven, or a Slow Cooker. Slather with your favorite BBQ sauce and then oven broil on high for a few minutes to get the perfect char.

Ingredients:

2 pounds Boneless Chuck Beef Ribs

1/4 Teaspoon Salt

1 Tablespoon Olive Oil or 1 Tablespoon Unsalted Butter

1 bottle (about 16 Ounces) store bought or homemade BBQ Sauce

Directions:

Preparation:

Apply the Salt to the Meat, ensuring an equal distribution.

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

Add the Olive Oil (or Butter) to the bag.

Vacuum out all the air and seal the bag.

Refrigerate 24 hours or up to 1 week, or freeze up to 6 months.

Sous Vide Method:

Sous Vide at 131° F for 10 hours.

OR

Sous Vide at 143° F for 8 hours.

Remove the Chuck Ribs from the Sous Vide bag and place them on a baking sheet lined with aluminum foil.

Brush liberally with BBQ Sauce.

Broil for 4 or 5 minutes or until the Sauce begins to caramelize.

Conventional Oven Method:

If frozen, thaw the Chuck Beef Ribs thoroughly.

Preheat the oven to 300° F.

Remove the Chuck Beef Ribs from the bag and place in a 9x13 inch casserole dish.

Pour 3 tablespoons of water into the baking dish.

Cover tightly with aluminum foil and bake for 2.5 hours.

Remove the foil and brush the BBQ Sauce on top of the Chuck Beef Ribs.

Bake uncovered for another 15 minutes.

Flip each Rib and apply more BBQ Sauce.

Bake uncovered for another 15 minutes, until the Chuck Beef Ribs are fork tender.

Apply 1 more layer of BBQ Sauce and then **broil for 4 or 5 minutes or until the Sauce begins to caramelize.**

Instant Pot Method:

In a large (8 quart) Instant Pot, set a trivet or another support on the bottom of the Instant Pot insert.

Add enough Stock or water into the Instant Pot insert to reach the minimum fill line.

Stack the Chuck Beef Ribs on top of the trivet in a loose stack. The trivet should keep the Chuck Beef Ribs up out of the liquid.

Seal the Instant Pot. **Select the Beef/Stew setting and set the timer for 45 minutes.**

Run the cooking cycle. At the end of the timed period, allow the pressure to release on it's own.

Remove the Chuck Beef Ribs from the Instant Pot and place them on a baking sheet lined with aluminum foil.

Brush liberally with BBQ Sauce.

Broil for 4 or 5 minutes or until the Sauce begins to caramelize.

Slow Cooker Method:

If frozen, thaw the Chuck Beef Ribs thoroughly.

Put the Chuck Beef Ribs into the slow cooker and **cook on low for 8 hours.**

Remove the Chuck Beef Ribs from the Slow Cooker and place them on a baking sheet lined with aluminum foil.

Brush liberally with BBQ Sauce.

Broil for 4 or 5 minutes or until the Sauce begins to caramelize.