

Matthew May's

TEACHING KITCHEN

BETTER LIVING THROUGH FOOD AND SCIENCE

September 16, 2023 “Bourbon, BBQ & Blues”

BOURBON BBQ SALMON

2 each ¼ - ½-pound salmon fillets (skin on or off)

½-tsp. BBQ's Best Sea Salt (found at www.eastcoastsaltcompany.com)

3 TBSP. butter

1 TBSP. brown sugar

1/8-tsp. smoked chilis (found at www.eastcoastsaltcompany.com)

¼-cup your favorite bourbon

1 TBSP. ketchup

½-tsp. Sriracha

Optional: 1-tsp. balsamic vinegar or fresh squeezed lime juice added to sauce

Preheat a medium size nonstick skillet or fry pan on medium heat. Season both sides of salmon with a pinch of BBQ's Best Sea Salt. Place both pieces of salmon in the hot skillet (skin side up). No oil is needed as the salmon will render some of its own fat. You can see the color of the salmon change as it cooks. The goal is to cook the salmon 1/3 of the way through on each side, and it will naturally “carry-over” to being done, and not over cooked. Look at the bottom of the salmon every so often to make sure it is not browning too fast. You may need to reduce the heat of your burner. Once the salmon is cooked 1/3 of the way, carefully turn salmon fillets over using a nonstick spatula. Cook the second side 1/3 of the way. Again, you will see the color of the salmon change as it cooks. Once the second side has cooked 1/3 of the way, remove salmon from pan and allow to rest on a plate or cutting board. You will see that the center of the salmon is still raw. The residual heat in the salmon will gently finish cooking it. Reduce the heat to low. Add butter, chilis, ketchup, Sriracha, and brown sugar to pan. The water in the butter will dissolve the brown sugar, and the fat in the butter will ‘bloom’ the heat (capsaicin) from the chilis. Stir to combine. Once all the butter has melted and brown sugar has dissolved, **turn the heat off** and add bourbon. Bourbon is extremely flammable and will ignite over an open flame. The mixture will bubble and steam. Stir to combine. Turn the burner back on to low heat and allow sauce to simmer slightly to evaporate alcohol, stirring occasionally. Remove from heat. Serve salmon on individual plates or serving platter. Spoon the sweet and hot bourbon sauce over the top or on the plate, under the salmon. Delish!

SOUS VIDE BOURBON BBQ BABY BACK RIBS

THIS RECIPE TAKES A FULL 24 HOURS OF PREP TIME AND ANOTHER 24 HOURS OF COOKING TIME (12 HOURS SOUS VIDE AND 12 HOURS IN A TRADITIONAL OVEN)

1 full rack baby back ribs

1-tsp. BBQ's Best Sea Salt (found at www.eastcoastsaltcompany.com)

SAUCE:

3 TBSP. butter

1 TBSP. brown sugar

1/8-tsp. smoked chilis (found at www.eastcoastsaltcompany.com)

1/4-cup your favorite bourbon

1 TBSP. ketchup

1/2-tsp. Sriracha

Optional: add 1/4-tsp cinnamon to sauce

Season both sides of the rack of ribs with BBQ's Best Sea Salt. Wrap rack in plastic wrap and place in refrigerator for at least 24 hours. Through osmosis, the salt will penetrate the meat, along with the spices, to season and tenderize the ribs. After 24 hours, remove ribs from refrigerator. Cut ribs into portions by slicing along the rib bones (in class we served two double bone ribs). Transfer your portioned ribs into gallon-size storage bag(s) so that there is NO MORE than two ribs thick in each bag. (Each bag will contain multiple ribs, but the thickness of the bag should not be thicker than that of two ribs. This is important to achieve even cooking). Set up your sous vide cooker at 150°F and set timer for 12 hours. Submerge your ribs in the water, cover and cook for 12 hours. After 12 hours, remove ribs from bags and transfer to a baking sheet tray, meat-side facing up. Cover ribs with plastic wrap, and then cover with foil. Preheat your oven to 275°F. Place sheet tray in hot oven for another 12 hours. *At the 11th hour, remove foil and plastic wrap and continue baking for the last hour. This will allow the surface moisture on the ribs to evaporate. In a small saucepan, combine all sauce ingredients; stir, and cook on medium-low heat. Taste and adjust seasoning if needed. Remove ribs from oven, using a spoon or pastry brush, coat the top of each rib with sauce. Turn the broiler on in your oven and set the top rack at least 6 inches from the heating element. Return the sauced ribs to the oven (under the broiler) for about 7-10 minutes. Keep a close eye at this point, as the sauce can burn easily. Once the ribs have browned slightly, remove from oven and allow to cool for 5 minutes before serving. Enjoy!

BACON & BOURBON MEATBALLS

2-pound lean ground beef (85%-86% lean is recommended)

1/2-pound smoked bacon, chopped

1 medium onion, minced

3/4-cup fine breadcrumbs

1/2-cup whole milk or cream

1/4-cup your favorite bourbon

1/4-cup ketchup

1/4-cup brown sugar

2 TBSP. your favorite hot sauce

2 TBSP. Worcestershire sauce

3-tsp. salt

1-tsp. ground black pepper

Preheat oven to 350°F. In a small bowl, combine breadcrumbs, milk, bourbon, ketchup, Worcestershire sauce, salt and pepper and hot sauce. Stir to combine and set aside for about 10 minutes to allow breadcrumbs time to absorb the liquid (this is called a 'panade' and is used mainly for dishes made with ground beef to ensure that your finished product will remain juicy and not dry). In a large mixing bowl, combine all other ingredients and the panade. Using your hands, mix thoroughly until you don't see any clumps of the breadcrumb mixture. Measure out 2-3 TBSP. portions and roll them into balls. Place raw meatballs on a sheet pan or cookie baking pan. Once you have used all the meatball mixture, try to space the meatballs slightly separate from each other to allow more even baking. This allows the hot air to circulate more evenly around the meatballs. Bake for about 20 minutes. Rotate the pan 180°. Rotating the pan halfway through cooking allows for even browning. Bake for an additional 15-20 minutes. Insert a stemmed thermometer into one of the meatballs in the center of the pan. You are looking for an internal temperature of about 160°F at this point. The meatballs around the outer edge of the pan will cook faster than those on the inside of the pan. Once the meatballs on the in the center of the pan have reached a temperature of 160°F, remove the meatballs from the oven. Allow them to rest for 5-10 minutes. The temperature of the meatballs will continue to climb as they rest. This is called "carry-over-cooking". Remove from pan and serve.

MAPLE BOURBON CRÈME BRÛLÉE

5 egg yolks

1 TBSP. pure maple syrup

1 TBSP. your favorite bourbon

1-cup heavy whipping cream

2 TBSP. sugar (divided)

2 6-ounce ceramic or glass ramekins

(Makes two desserts)

Heat oven to 300°F. Separate egg yolks from the whites (discard whites or save for another baking recipe). Mix together 1 TBSP. sugar and egg yolks in a medium sized bowl. Bring cream, bourbon, and maple syrup to a simmer over medium-high heat long enough to evaporate off the alcohol (this takes place at 175°F and takes about 5 minutes.) Stir occasionally, as the cream and maple syrup are dense and may settle on the bottom of the pan and scorch. SLOWLY, pour the hot cream mixture into the egg yolk mixture, while stirring constantly. Pouring too fast will result in cooked scrambled eggs. Place your 2 ramekins into a baking dish. Evenly divide the custard mixture into both ramekins. Add water into the pan (around the outside of the ramekins) until it's halfway up the side of the ramekins. Be careful not to get any water into the custard. Bake 40-45 minutes or until centers are just set. Cool to room temperature then refrigerate for a minimum of three hours. When ready to serve: Cover each Brulée with 1-tsp. of white sugar and tilt Brulée around to evenly coat with sugar and pour off any excess sugar. Brulée the tops with a kitchen torch or under the broiler until sugar browns. Wait a few minutes before eating, as the sugar is very hot.