



# The Science of Smoking

with  
Chef Casey Bowthorpe

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## **Smoked Pressure Cooker Brisket**

Serves 6 to 8

### **Ingredients:**

1 4-lb Wagyu beef brisket  
2 tablespoons dried thyme  
2 tablespoons ground coffee  
2 tablespoons granulated garlic  
2 tablespoons dried rosemary  
2 tablespoons black pepper corns  
3 tablespoons kosher salt  
1/2 teaspoon cinnamon  
Beer  
Beef stock

### **Directions:**

1. Grind thyme, coffee, garlic, rosemary, peppercorns, salt and cinnamon in a spice/coffee grinder. This will blend the ingredients together and make a powder for the rub. Rub the powder over the meat as thick as you can. This can be done up to 36 hours ahead of time.
2. Prepare a smoker: Set up smoker to be 220° to 250°. Place brisket in smoker; check the wood chips to make sure they stay smoky for at least 2 hours. You can spray the meat regularly with a mixture of equal parts beef stock and beer. Do not completely drench the meat.
3. If you do not have a smoker: You can use your oven's roasting pan or set up a casserole dish or baking pan with a rack. Preheat oven to 225° to 250°. Use tin foil to create a small bowl or a pan and place wood chips inside. Optional: place one bbq briquette in with the wood chips; this will help light the wood. Then place the foil with the chips in the bottom of the pan, light the wood on fire. Place the rack over the wood chips and place the meat on top of that. Cover completely with foil, making sure nothing can escape. Place in the oven. You will want to check on the wood chips every 30 minutes to an hour. Replenish as needed and keep lighting to get the smoky flavor. Also optional, add some beef stock and beer to a spray bottle and spray every time you check on it to add a bit of moisture. Do not soak completely.
4. To finish in a smoker: smoke for 4 hours then wrap in foil and smoke for an additional 4 hours. The foil will help speed up the time. If left unwrapped, the brisket can take up to 16 hours. When you take the temp of the meat it should read 203°.
5. To finish in the oven: smoke for 4 hours in the roasting pan. Then remove meat and wrap in foil for the last 4 hours. The temp should reach 203°.
6. To finish in a pressure cooker: the brisket may need to be cut down to fit. Place 3/4 to 1 cup beer and 3/4 to 1 cup stock in the bottom of the pressure cooker. Place a rack in the bottom of the cooker and add the meat on top. Close the lid and set to



high pressure for 60 minutes. Once timer goes off let sit and natural release for 10 minutes.

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## **Smoked Baby Back Ribs**

### **Ingredients:**

2 racks baby back ribs  
1/3 cup brown sugar  
1/2 teaspoon cayenne  
1 tablespoon salt  
2 teaspoon black pepper  
1/2 teaspoon cinnamon  
3 tablespoons paprika  
1 1/2 teaspoon cumin  
2 1/2 teaspoon garlic powder  
1 teaspoon onion powder

### **Directions:**

1. Trim rib racks of any silver skin usually located on the underside. This is tough and doesn't cook down. It is kind of grey and sinewy, not hard to see if it is there.
2. Combine all the other ingredients except for the ribs in a bowl and mix together well. Rub the ribs with the seasoning mixture and let sit minimum 4 hours but up to 36 hours.
3. Prepare a smoker: Set up smoker to be 220° to 240°. Place ribs in smoker, check the wood chips to make sure they stay smokey for at least 2 hours. You can spray the ribs regularly with a mixture of apple juice and chicken stock. Do not completely drench the ribs.
4. If you do not have a smoker, you can use your oven's roasting pan or set up a casserole dish or baking pan with a rack. Preheat oven to 225°. Use tin foil to create a small bowl or a pan and place wood chips inside. Optional: place one bbq briquette in with the wood chips; this will help light the wood. Then place the foil with the chips in the bottom of the pan, light the wood on fire. Place the rack over the wood chips and place the ribs on top of that. Cover completely with foil, making sure nothing can escape. Place in the oven. You will want to check on the wood chips every 30 minutes to an hour. Replenish as needed and keep lighting to get the smoky flavor. Also, optional, add some apple juice and chicken stock to a spray bottle and spray every time you check on it to add a bit of moisture. Do not soak completely.
5. For fall off the bone ribs in a smoker: Smoke for 2 hours, then wrap in foil and smoke for another 2 hours. The final temp of meat should be between 195° to 205°.
6. For fall off the bone ribs in an oven: smoke for 2 hours using the method described above. Then wrap in foil and place back in oven for 2 hours. The final temperature of meat should be between 195° to 205°.



7. To finish in a pressure cooker: Smoke ribs for minimum 30 minutes to an hour. Prepare pressure cooker with  $\frac{3}{4}$  cup stock and  $\frac{3}{4}$  cup apple juice. Place the steamer rack in the bottom and the ribs on top of that. Close the lid and set the pressure to high and timer to 30 minutes. Once the timer goes off, let natural release for 10 minutes.

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## **Quick BBQ Sauce**

### **Ingredients:**

12 ounces ketchup  
1/2 cup sugar  
1/4 cup brown sugar  
Juice of one lemon  
2 tablespoons Worcestershire Sauce  
2 tablespoons dark molasses  
2-6 dashes Tabasco  
1/4 teaspoon liquid smoke

### **Directions:**

1. Mix ingredients together in a small saucepan. Bring to a boil and cook for 4 minutes.

