



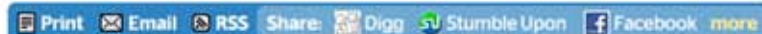
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## Brian Bistrong's St. Louis Pork Ribs

Think great ribs involve a massive smoker and hours of intensive labor? Not necessarily, as this recipe from the owner/chef of Braeburn in NYC proves.

By **Kevin McDonnell**

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**With all their talk** of fruitwoods verse hardwoods, secret dry-rub ingredients and brining formulas, barbecue geeks have made rib cookery into something more complicated than it needs to be. But Brian Bistrong, chef and owner of Braeburn in Manhattan's West Village has a technique that produces moist, melt-off-the-bone spareribs that are delicious and require minimal effort. He likes these ribs because they are as easy to serve as they are to prepare — no knives, no forks, just plenty of napkins. Finish these ribs off in your oven's broiler or an outdoor grill. Either way, they don't require too much attention — a good thing, since you've got a Super Bowl to watch.

### Ingredients

- Two racks of fresh St. Louis pork ribs. (Serves 4-to-6 people.)
- 1 bay leaf
- 2 sprigs fresh thyme
- 3 quarts of chicken stock
- 2 Tbsp. kosher salt
- 2 Tbsp. coarsely-ground black pepper
- Barbecue sauce, as much sauce as you like. (For store-bought, Bistrong recommends Baby Jake's.)

### Directions

Cut ribs in half so they fit into a large pot or Dutch oven, then add the bay leaf, thyme, salt, pepper, and chicken stock and bring to a simmer. Continue to simmer for 1-to-2 hours. (If the simmering broth starts to boil, just add a little cold water to the pot.) Remove the ribs and allow to cool.

Using a pastry brush, coat the ribs with barbecue sauce and grill on both sides for 5 or 6 minutes until the barbecue sauce begins to blister and the meat becomes slightly charred. Cut the ribs into sections along the bone and serve with a fistful of napkins.

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