

RECIPES

South Texas Style Beef Barbacoa

This recipe is for the barbacoa that is often served in South Texas. It uses an inexpensive water smoker to replicate both the smoke and humidity of a traditional pit.

Ingredients

1 ½ teaspoons garlic powder
1 ½ teaspoons black pepper
1 tablespoon dried oregano
1 ½ teaspoons chile powder
1 teaspoon salt, or to taste
2 ½ - 3 ½ pound bone-in chuck roast

Directions

- 1. Make and apply the rub.** Just before cooking, mix together the first five ingredients and rub them into all sides of the meat.
- 2. Smoke the meat.** Place some soaked wood chips near the heating element of a water smoker (according to the manufacturers instructions). Pour 3 quarts boiling water into the water pan, and smoke the beef for 4 hours at between 225 and 275 degrees. Check the smoker after 2 hours and add additional boiling water to the pan, if necessary. When done the internal temperature of the beef should be 160 - 170 degrees.
- 3. Bake the meat.** Place the beef in a foil baking pan, seal it with heavy duty aluminum foil, and place it in an oven preheated to 325 degrees. Bake for 1 hour and 45 minutes.
- 4. Finish the meat outside the oven and serve it.** Remove the package from the oven and place it in a large, paper, grocery bag. Fold the bag tightly to seal it and leave it for 45 minutes. (If your foil pan is too large for one bag, use two, overlapping them to completely cover the pan). Remove the meat from the roasting pan. It will literally fall off the bone! Chop and shred the meat into small pieces. Serve with guacamole, salsa, and hot flour tortillas.