

POOR MAN'S BURNT ENDS

So here's a thought. Why spend a ton of money on a cut that you are going to slather in BBQ sauce? That the idea behind these Poor Man's Burnt Ends. Using whatever cut you can, you can create mouthwatering, tender pieces of beef.... with just time... Let's check it out!

Ingredients

4-5lbs Beef Roast (can be anything from a Chuck to a Sirloin, whatever you've got will work!)

4-5 tbsp of your favorite BBQ Rub or a mix of Salt, Pepper and Garlic Powder

3 tbsp Yellow Mustard

Drip Tray and 1 cup of Water in it

For the finishing

½ cup of your Favorite BBQ Sauce

4 tbsp of your Favorite BBQ rub

5 tbsp Butter

¼ cup Brown Sugar

Large Foil tray and Foil Wrap

Let's Begin!

1. Start by setting your smoker temp or grill temp to 270f. If using a grill, try adding a smoke pack or smoke tub to the grill to get that smoke flavor. It can really enhance this dish. Prep your Roast by cleaning any Silver Skin off and making sure that the roast is fairly even in size. Rub it in the mustard (this is the binder to hold your Rub and the Smoke) and then liberally coat the roast in your BBQ rub. Let stand for 20 min.
2. Once the grill is to temp, set the drip pan in place so that it will be under the roast, and place roast above it. Now the fun part. Walk away. I bet you will go for about 4 hours. You are looking for an internal temp of 165f.
3. Once the temp of the roast has been reached, remove from the grill and wrap in foil or butchers paper. This will allow the roast to cook in its own steam and juices, allowing it to become more tender. You can add stuff like beef stock and juices... I like to keep it simple here. Wrap it up tight, and place it back on the grill. You are now going to cook it till it comes to the internal of roughly 200f. This could take anywhere from 1 to 3 hours. A meat temp probe is a great investment.
4. Once the new temp has been reached, remove the roast from the grill and set in a cooler with a towel covering it. We want the roast to relax and allow the juices to redistribute. I like to set mine in and let it rest for 2-3 hours at least, but I know that you can get away with an hour if you are in a hurry!

5. Once that time has passed, remove from the foil wrap and place on the cutting board. Using a sharp knife, cut the roast into 1" cubes. Place into the foil tray and cover with the sauce, rub, sugar and butter. Give it a good mix up and shake well. Cover with foil and again, place into the grill or smoker at 270 for another 1 ½ hours. Once that time is up, remove the foil and crank the heat. Let it sit in that heat for 10 min to thicken up the sauce. Serve and Enjoy!

Enjoy!