

Southern Recipes From The Winningest Woman In Barbecue: Melissa Cookston

Melissa Cookston is the winningest woman in barbecue, having won over 180 barbecue competitions. She is also a renowned chef and cookbook author. In this article, we will share some of her most popular Southern recipes.

Melissa Cookston's Barbecue Sauce

Melissa Cookston's barbecue sauce is a key ingredient in her award-winning barbecue. It is made with a combination of ketchup, vinegar, brown sugar, molasses, and spices. The sauce is thick and rich, with a slightly sweet and tangy flavor.



Smokin' in the Boys' Room: Southern Recipes from the Winningest Woman in Barbecue (Melissa Cookston

Book 1) by Melissa Cookston

★★★★☆ 4.6 out of 5

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Enhanced typesetting	: Enabled
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Ingredients:

- 1 cup ketchup
- 1/2 cup vinegar
- 1/2 cup brown sugar
- 1/4 cup molasses
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

Instructions:

1. Combine all ingredients in a saucepan over medium heat.
2. Bring to a simmer and cook for 15 minutes, stirring occasionally.
3. Remove from heat and let cool slightly before using.

Melissa Cookston's Ribs

Melissa Cookston's ribs are another one of her award-winning recipes. They are made with a combination of pork ribs, barbecue sauce, and spices. The ribs are cooked low and slow until they are tender and juicy.

Ingredients:

- 1 rack of pork ribs
- 1 cup barbecue sauce
- 1 tablespoon salt

- 1 tablespoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

Instructions:

1. Preheat oven to 225 degrees F (107 degrees C).
2. Remove the membrane from the back of the ribs.
3. Trim the ribs and cut them into individual pieces.
4. Season the ribs with salt, pepper, garlic powder, and onion powder.
5. Place the ribs in a baking dish and cover with barbecue sauce.
6. Bake for 4-5 hours, or until the ribs are tender and juicy.

Melissa Cookston's Brisket

Melissa Cookston's brisket is another one of her award-winning recipes. It is made with a combination of beef brisket, barbecue sauce, and spices. The brisket is cooked low and slow until it is tender and juicy.

Ingredients:

- 1 beef brisket
- 1 cup barbecue sauce
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1/2 teaspoon garlic powder

- 1/2 teaspoon onion powder

Instructions:

1. Preheat oven to 225 degrees F (107 degrees C).
2. Trim the brisket and remove any excess fat.
3. Season the brisket with salt, pepper, garlic powder, and onion powder.
4. Place the brisket in a baking dish and cover with barbecue sauce.
5. Bake for 8-10 hours, or until the brisket is tender and juicy.

Melissa Cookston's Pulled Pork

Melissa Cookston's pulled pork is another one of her award-winning recipes. It is made with a combination of pork shoulder, barbecue sauce, and spices. The pork is cooked low and slow until it is tender and juicy.

Ingredients:

- 1 pork shoulder
- 1 cup barbecue sauce
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

Instructions:

1. Preheat oven to 225 degrees F (107 degrees C).

2. Trim the pork shoulder and remove any excess fat.
3. Season the pork shoulder with salt, pepper, garlic powder, and onion powder.
4. Place the pork shoulder in a baking dish and cover with barbecue sauce.
5. Bake for 6-8 hours, or until the pork is tender and juicy.
6. Shred the pork and serve.

Melissa Cookston's Chicken

Melissa Cookston's chicken is another one of her award-winning recipes. It is made with a combination of chicken, barbecue sauce, and spices. The chicken is cooked low and slow until it is tender and juicy.

Ingredients:

- 1 whole chicken
- 1 cup barbecue sauce
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

Instructions:

1. Preheat oven to 225 degrees F (107 degrees C).
2. Remove the giblets from the chicken.

3. Rinse the chicken and pat it dry.
4. Season the chicken with salt, pepper, garlic powder, and onion powder.
5. Place the chicken in a baking dish and cover with barbecue sauce.
6. Bake for 2-3 hours, or until the chicken is tender and juicy.

Melissa Cookston's Sides

Melissa Cookston's sides are just as delicious as her main courses. Here are a few of her most popular recipes:

Melissa Cookston's Potato Salad

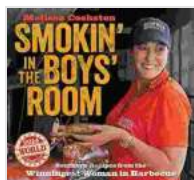
Ingredients:

- 1 pound potatoes, diced
- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 1/4 cup chopped onion
- 1/4 cup chopped celery
- 1 tablespoon mustard
- Salt and pepper to taste

Instructions:

1. Boil potatoes until tender.
2. Drain potatoes and let cool slightly.

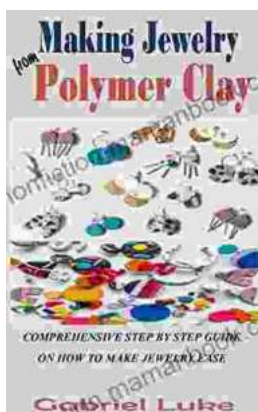
3. In a large bowl, combine potatoes, mayonnaise, sour cream, onion, celery, mustard, salt, and pepper.



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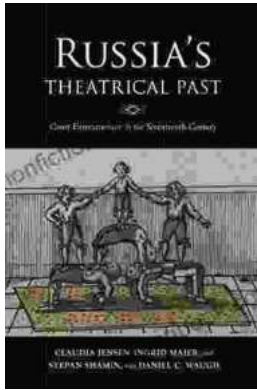
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