

# Chef's Corner: Chopped Cobia BBQ with Slaw

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***BBQ Lovers Beware! Once you try this heart-healthy Cobia BBQ Sandwich, you may never go back to Pork!***



***This BBQ Lunch is Sure to Put a Smile on Your Face!***



***BBQ Cobia Sandwich with Slaw & Jalapenos!***

Waste not, want not continues to be my theme as I explore the ethical utilization of all edible morsels from our catch or harvest. Leftover BBQ Cobia Ribs are no exception and this recipe will put even the finest BBQ Pork Rib recipes on notice!

A relatively mild winter and early spring made 2019 another great year for Cobia from the Outer Banks (OBX) to the Chesapeake Bay, and we certainly seized the opportunity to put a few of these gems in the cooler!

## Chopped BBQ Cobia Ribs

Pictured at right is the 1-1/2 racks of Pineapple Habanero BBQ Cobia Ribs that were used as the basis for this recipe.

I always think ahead when I make a large meal like this, and I couldn't wait to "re-purpose" the leftover ribs into some super-tasty BBQ for sandwiches at our Salvo, NC, cottage!

### Ingredients:

- 1-1/2 racks of bone-in BBQ Cobia ribs (leftovers in this case!)
- 1 large onion, chopped
- 8-10 garlic cloves, crushed & chopped (less is okay)
- 2 teaspoons Red pepper flakes, or more if you like heat
- 1 packed tablespoon brown sugar
- 2 tablespoons bacon drippings
- 2 tablespoons vinegar (red wine or cider vinegar work fine)
- 2 tablespoons Sweet baby Ray's Hickory Smoke BBQ sauce



***Leftover BBQ Cobia Ribs make GREAT BBQ!***

## Condiments:

- Sesame Seed Buns
- Cole Slaw
- Sliced Pickled Jalapenos
- Potato Chips or Hand-cut French Fries
- Pickle for garnish
- Hot Sauce ( i.e. *Texas Pete* or *Frank's Red Hot*)

## Directions:

### *Step 1: Carefully Separate the Rib Bones from the 1-1/2 Racks of Cobia Ribs!*

This is similar to pulling pork when making a more traditional BBQ. In this case, the rib bones are large enough to find, and the meat that remains is rich in flavor and texture.

Once the rib meat has been pulled from the bones, coarsely chop as shown and set aside until ready to process.



*Pulled BBQ Cobia Rib Meat, Bones Removed.*



*Coarsely Chopped BBQ Cobia Rib Meat!*

### *Step 2: Sauté the Onions and Garlic until nicely Caramelized.*

Heat the bacon drippings in a skillet and add the chopped onion and garlic. Cook over medium heat until the mixture begins to turn translucent. Add brown sugar and red pepper flakes and cook until the mixture begins to caramelize, stirring occasionally as needed. This makes a wonderful base for virtually any fish – including chopped Stingray!



*Sautéing Onions & Garlic in Bacon Drippings!*



*Caramelizing with Brown Sugar & Red Pepper Flakes!*

***Step 3: Add Chopped Cobia and simmer with all other ingredients.***

Add the chopped rib meat and leftover sauce to the skillet and stir into the caramelized onion and garlic.

Cover and simmer on med-low heat for about 10 minutes.

Add vinegar and simmer for another 5-10 minutes.

Add Sweet Baby Ray's Hickory Smoked barbecue sauce and simmer on low for about 15 minutes, stirring occasionally.

This will allow all of the flavors to meld nicely.

***Step 4: Serve on a Fresh Sesame seed Bun with Cole Slaw, Pickled Jalapeno, and a Side of Chips!***



*Chopped Cobia Rib BBQ, Onion, Garlic, Red Pepper Flakes, Brown Sugar, Vinegar, & Sweet Baby Ray's Ready to go on a Bun!*

While this recipe successfully re-purposes BBQ Cobia Rib leftovers, the basic approach can be applied to many different types of fish and is particularly good with Stingray meat! Look for that Stingray BBQ recipe in a future edition of the Chef's Corner – meanwhile, ENJOY!

***Contributed by: CHAC member John Germanos, aka "The Instinctive Chef"***

