

BBQ SECRETS REVEALED!

*How to Barbecue Like A Barbarian
And Grill Like a Grand Chef!*



by Randy Pryor

You do not have resell rights or giveaway rights to this book. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this book, please contact us immediately. Please email support@cliksecrets.com to report any illegal distribution.

Copyright Notice

Copyright © 2005 Randy Pryor
All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, mechanical or electronic, including photocopying and recording, or by information storage and retrieval system, without permission in writing from the publisher. Requests for permission or further information should be emailed to: Support@ClikSecrets.com

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein.

The Publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation.

The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, both federal and state and local, governing professional licensing, operation practices, and all other aspects of operation in the United States or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional.

TABLE OF CONTENTS

Part 1. BBQ Bits and Bytes	13
Backyard Memories	13
BBQ and Grilling - What's The Difference?	13
A Brief History of Barbecuing	14
Barbecue or BBQ?	17
Part 2. Cooking With Fire	18
Types of Backyard Cookers	18
True Barbecue	18
Broiling	19
The Barbecue Pit	20
Wood Smokers	20
Water Pan Smokers	21
Grills	21
Charcoal Fires	22
Gas Grills	23
Part 3. The Authentic Barbecue	25
Pulled Pork	26
Building Your Own Hog Cooker	26
Preparing the Hog	27
How to Barbecue a Suckling Pig	27
A Traditional North Carolina Barbecue	28

Part 4. Faking It: Smoking and Grilling	31
Getting That Barbecue Flavor	31
Cooking With Charcoal	31
Cooking With Gas	33
Grilling Techniques	34
Grilling Temperatures	35
Characteristics of Smoking Woods	36
Barbecuing Tips	37
BBQ Don'ts	38
Rare, Medium or Well Done?	38
Part 5. Rubbing the Right Way	39
Adobo Rub	40
Afghanistan Spice Rub	40
African "Tiger's Breath" Curry Rub	41
All Purpose "Southern Hospitality" Rub	41
Ancho Chicken Rub	41
Asian Rub aka "Jackie Chan Rub"	42
Baby Back Rib "Wonder Rub"	43
Basic Baby Rib Dry Rub	43
Basic Pork Rub	43
Bayou Rub	44
Black and Blue Rub	44
Brazilian "Breath Killer" Rub for Salmon	44
Brown Sugar "Beauty Rub" for Fish	45
Cajun Blackened Chicken Rub	45
Cajun Blackened Fish Rub	45
Cajun Blackened Pork Chop Rub	46

Cajun “Take No Prisoners” Spice Rub	46
Calgary Stampede Rub	46
California Earthquake Rub	47
Caribbean Cruise Rub	47
Chili “Run For Cover” Rub	47
Chinese Dragon Spice Rub	48
Cinnamon Steak Rub	48
Classic Northwest Dry Rub	48
Classic Northern Rib Rub	49
Creole Hot Pepper Party Rub	49
Creole Traditional Rub	49
Cumin Rub for Steak	50
Curry Rub	50
Dixie “Kickin’ Chicken” Rub	50
Eastern North Carolina Rub	51
East West Rub for Salmon	51
Fantastic Fennel Coriander Rub	51
Florentine Beef Rub	52
Galveston Rub for Chicken and Pork	52
Garlic Rub	52
Garlic Anchovy Rub aka “Lonely Night” Rub	52
Garlic and Chili Rub aka “Firebreathin’ Rub”	53
Herb Rub For Salmon	53
Hickory-Dickory Chicken Rub	53
Honey Curry Rub	54
Hot, Hot, Hot Black Rub	54
Hot & Sticky Honey Rub	54
Hot and Sweet Rub for Chicken	55
Indian Mustard Rub for Fish	55
Jamaican Jerk aka “What Jamaican Jerk?”	55

Jamaican Rum Rub	56
“Junkyard” Jerk Chicken and Fish Rub	56
Kansas City “Kryptonite” Rub	56
Latin Spicy Rub aka “J.Lo” Rub	57
Lone Star “Liquid Plasma” Rub	57
Louisiana Decadence - Dry Spice For Steak	57
“Mahvelous” Masala Rub	58
Major League Mediterranean Rub	58
Mesquite “Skeeter” Rub	58
Mexican Bonfire Dry Rub	59
Molasses Show-Stopping Steak Rub	59
Moroccan aka “Rockin” Lamb Chop Rub	59
Morrocan Spice Rub For Salmon	59
Mustard Herb Rub For Beef	60
New Orleans “High Performance” Pepper Rub	60
Pecan Dream Rub	60
Pepper Lime Shrimps	61
Pepper “Poppykosh” Rub for Pork Chops	61
Pepper’s Ghost Rub for Steaks	61
Puerto Rican Pork Rub	62
Rebel Ranch Steak Rub	62
Red Devil Rub	62
Rojo Chile Rub	63
Rosemary Garlic Rub aka Scarborough Fair	63
Rosemary Lamb Rub	63
Rosemary Pork Rub	64
San Antonio Screamin’ Rub	64
Savory “Poultry In Motion” Rub	64
Savory Steak Rub	64
Sesame Mustard Rub aka “Open Sesame” Rub	65

Slaughterhouse 5 Rub	65
Smokey Chicken Rub	65
Smokey Rib Rub	66
South Texas "Thunder" Rub	66
Southwestern Chicken Rub	66
Southwest Pork Rub	66
Spicy Salt Rubbed Chicken	67
Spicy Seafood Rub	67
Star Anise Rub	67
Sweet Steak Surprise Rub	68
Tandoori Rub	68
Tennessee "Hunka-Hunka Burnin' Rub"	68
Tex Mex Dry Rub	69
Texas "Terminator" Dry Rub	69
Texas Honey BBQ Dry Rub	69
Thai Spice Rub	70
Three Pepper Rub	70
West Indies Wallflower Chicken Rub	70
Yucatan Lobster Rub	71
Part 6. Marinades, "Mops" and Brines	72
Safety Tips For Handling Marinades	73
Achiote Marinade For Beef	73
All Purpose Marinade	73
Arkansas Mile-High Marinade	74
Asian Beef Marinade	74
Asian Ginger Soy Marinade	74
Basic Marinade for Barbecue Beef	75
Basic Marinade for BBQ Pork	75

Basic Marinade for BBQ Spare Ribs	75
Beef Fajita Delicious aka “B.F.D.” Marinade	75
Beer Marinade	76
Beer and Onion Marinade	76
Black Bean “Boogie” Sauce Marinade	76
Bloody Mary Marinade	77
Bourbon Marinade for T-Bone Steaks	77
Brown Sugar Marinade for Pork Ribs	77
Cajun Beer Marinade for Beef	78
California “Killer” Marinade	78
Caribbean Jerk Marinade	78
Cherry Marinade	79
Chicken with Sherry aka “Smooooth” Marinade	79
Cider Soak	79
Citrus Ginger Marinade	80
Dr. Pepper “Power” Marinade	80
Flank Steak Marinade	80
Garlic and Cilantro Marinade	81
Garlic Marinade for Lamb	81
Garlic & Onion aka “Vampire Repellant” for Pork	81
Ginger Orange Marinade For Steak	81
Holland Marinade	82
Honey Dijon Marinade	82
Jack Daniels Marinade	82
Lemon and Caper Marinade	83
Marinade For Halibut	83
Mediterranean Marinade for Steak	83
Martini aka “Dean Martin” Marinade	84
Mexican Margarita Fish Marinade	84
Moroccan Marinade for Chicken	84

Super Soy Fish Marinade	85
Korean Delight Marinade	85
Parisian Serenade Marinade	85
Filipino Flip Pork Marinade	86
Pineapple Sherry Marinade For Pork	86
Pomegranate Marinade for Lamb	86
Soy and Mustard (aka “Soy & ‘stard”) Marinade	86
Raspberry Rumble Marinade	87
Red Wine Marinade For Chicken or Pork	87
Red Wine and Oregano Marinade	87
Smoky Marinade for Steak	88
Spicy “Scorchin” Southeastern Marinade	88
Tabasco “Widowmaker” Marinade	88
Teriyaki Temptation Marinade	89
Thai Juan Basil Marinade	89
Thai Me Coconut Down Sport Marinade	89
Thai Coriander Marinade	90
“THX” Tomato BBQ Marinade	90
Worcestire Marinade For Steak	90
Yucatan Marinade	91
Part 7. Feeling Saucy	92
1948 Barbecue Sauce	93
Alabama White Barbecue Sauce	93
All American Barbecue Sauce	94
Amazing All Purpose Barbecue Sauce	94
Ancho Chile BBQ Sauce	95
A-ha! Apple BBQ Sauce	95
Apricot “A-Bomb” Barbecue Sauce	96

Argentinean BBQ Sauce	96
Asian Peanut BBQ Sauce	97
Brown Sugar and Mustard BBQ Sauce	97
Cajun “High Octane” Barbecue Sauce	98
Chipotle Maple BBQ Sauce	98
Easy-Breezy Ketchup BBQ Sauce	99
French Barbecue Sauce	99
“Great Balls Of Fire” Barbecue Sauce	99
Indonesian Barbecue Sauce	100
Mustard Mayhem Barbecue Sauce	100
Ranch “Rocket Fuel” Barbecue Sauce	101
“Smoke & Fire” BBQ Sauce	101
Southern Style Tomato BBQ Sauce	102
Texas Tornado Barbecue Sauce	103
Tomato Pepper BBQ Sauce	103
Zesty “3 Hanky” Seafood Barbecue Sauce	104
Part 8. A Day at the Ball Park	105
How to Make the Best Possible Hamburger	105
How to Make the Best Possible Hot Dog	106
Is There Such A Thing As a Healthy Sausage?	109
Part 9. Where's The Beef?	111
Steaks	111
Top Loin Steak	111
T-Bone Steak	111
Boneless Top Loin	112
Porterhouse	112

Tenderloin	112
Sirloin, Pin Bone	112
Sirloin, Flat Bone	113
Sirloin, Round Bone	113
Sirloin, Wedge Bone	113
Sirloin, Boneless	113
Selecting and Preparing Steak	114
Part 10. Pork on Your Fork	115
Identifying Pork Cuts	115
Leg	115
Loin	115
Tenderloin	116
Shoulder	116
Selecting and Preparing Pork	116
Barbecuing Spare Ribs	117
Part 11. Fowl Play	119
Selecting and Preparing Chicken	119
BBQ Chicken Secrets	121
Part 12. Shrimp and Seafood on the Barbie	122
Cooking Crustaceans	122
Wrapping Fish	123
Part 13. Questions And Answers	124

Can I barbecue brisket?	124
What is cold smoking?	124
Can I barbecue London Broil?	125
Should I build a brick barbecue grill?	125
How can I use a propane BBQ to cook with indirect heat?	126
How do I barbecue in cold, windy weather?	126
How do I create flamed meat?	126
Is it best to use a low heat or high heat to cook ribs?	127
Does the type of barbecue determine whether or not you use a dry or a wet rub?	127
Should ribs be cooked with the membrane on?	127
Should I boil ribs before barbecuing them?	127
Can I roast a chicken on a BBQ?	127
Is there a special way to smoke fish on the grill?	128
How can I get BBQ flavor through the entire chicken?	128
Can I cook a turkey in the BBQ?	128
How do I smoke a turkey?	128
Can I cook fish and meat at the same time on a BBQ?	129
Is it safe to cook salmon on cedar?	129
What is the best BBQ?	129

BBQ SECRETS REVEALED!

How to Barbecue Like A Barbarian And Grill Like a Grand Chef!

Part 1. BBQ Bits and Bytes

Backyard Memories

Nothing brings back such sweet summer memories as an old-fashioned barbecue in Grandma and Grandpa's backyard. You remember those days right? I sure do. The whole family would get together and they'd fire up the barbecue while Mom, Grandma and my aunts would get the burgers, steaks and side-dishes ready to roll. Potato Salad, green salad, chopped onions, sliced tomatoes, relishes, pickles, sauces, oh yeah! As the fire died down Grandpa, or sometimes one of my Uncles, would throw some burgers or the odd steak on the grill over the hot coals and the meat would sizzle away to that perfect juicy taste we all know and love.

Nothing fills us with quite as much pleasure during the warm summer months as the idea of a good barbecue and the variety of barbecues and grills available on the market today are surely a testament to that fact.

A lot of people have a lot of misconceptions about what barbecuing is or isn't and its the basic elements of Barbecuing, and Grilling that we are going to delve into in this book. As you know there's Barbecuing and then there's Grilling, but do you know which is which? Confused? Most people are, so let's look into some bits and bytes of barbecuing and grilling that will help clear things up and get you on the right track.

Barbecue and Grilling - What's The Difference?

Most of the crowd considers cooking on a gas or charcoal grill as the act of barbecuing, but, in fact, this is grilling, not barbecuing. Likewise, cooking over an open flame is not, technically, barbecuing but dry roasting.

Barbecuing is very specifically the process of cooking in indirect heat from wood or coals within a temperature range of 212°F to 225°F, at or just barely above the boiling

point of water depending on the altitude where you're cooking. The heat of a barbecue is indirect and the coals should be no longer flaming or smoking.

Grilling is what you're actually doing when you're cooking on a propane grill with open flames searing your meats and veggies. Technically, this is not barbecuing in its truest sense, but since a lot of people are fond of their propane grills we're going to cover the basic elements of both techniques in this book.

A Brief History of Barbecuing

Whatever the real origin of the word "barbecue," it means cooking over fire. This is because primitive cultures all over the world naturally cooked over open flame because they didn't have electricity or stoves. So, to say that the practice of barbecue, as we know it, definitely evolved from one culture, or one area, would be incorrect. Barbecuing has evolved over thousands of years until the word now defines everything from cooking such as over an open fire, over coals, on a spit, in an oven with sauce, over a fire pit, on a gas grill or even in an electric rotisserie.

The Oxford English Dictionary tells us that the word, "barbecue" comes from the influence of French Haitians whose called cooking over open fire "barbe a queue." Translated this means "from whiskers to tail," which is a pretty fair description of barbecuing an entire meal.

According to the American Heritage Dictionary, the term buccaneer corresponds to the word barbecuer. The first recorded use of the French word boucanier was to refer to a person from the islands of Hispaniola and Tortuga. They hunted wild oxen and boars and then cooked the meat in a barbecue frame known, in French, as a boucan. This French word came from an Arawakan or Tupinamba word meaning "a rack, sometimes used for roasting or for storing things, or a rack-like platform supporting an Indian house."

However, many people think it comes from the Spanish word "Barbacoa" which suggests barbecuing is a Spanish concept.

Most researchers and historians think the origin of the North American word barbecue comes from the Taino Indigenous Nation which are native to Florida and the Caribbean.

Paintings and illustrations made in the Southeast between 1564 and 1585 show Native Americans, from Florida to Virginia, cooking all manner of meat upon racks of wood. Perhaps this is why the writing of so many explorers including Lord Byrd often expressed a fear of ending up on the Indian spit and being barbecued themselves for dinner.

The word "barbecue" from the Taino language can be broken down as follows: Ba from Baba (father) Ra from Yara (place) Bi from Bibi (beginning) Cu from Guacu (the sacred fire) or "the beginning of the sacred fire father."

The Taino people also have two different descriptions for basic BBQ equipment.

The phrase "Taino barabicoa" means "the stick stand with four legs and many sticks of wood on top to place the cooking meat."

Taino Barabicu" means "the sacred fire pit."

Ancient texts also reveal that the Taino, who migrated to Florida and other Southern States in the 1500s also preferred their meat to be roasted as opposed to charred or burnt.

However barbecuing obviously existed long before Americans decided to christen after the Taino phrases.

Ancient Roman and Greek texts make many references to barbecuing including this description of Achilles entertaining Ulysses and his other friends at a pre-Christian beach party.

"Patroclus did as his comrade bade him; he set the chopping block in front of the fire and on it he laid the loin of a sheep, the loin also of a goat and the chine of a fat hog. Automedon held the meat while Achilles chopped it; he sliced the pieces and put them on spits while the son of Monoetius made the fire burn high. When the flame had died down, he spread the embers, laid the spits on top of them, lifting them up and setting them upon the spit racks; he sprinkled them with salt. When the meat was roasted, he set in on platters and handed bread round the table in fair baskets, while Achilles dealt them their portions."

Iliad, Homer, Book IX, Lines 205-224

Many researchers are convinced that the tradition of barbecuing, as we know it today probably began in North Carolina.

William Byrd kept a daily journal during his survey of the boundary of North Carolina and Virginia, 1728-29, and published it as "History of the Dividing Line." In it he observed regarding the inhabitants of the region, -

"The only business here is raising of hogs, which is managed with the least of trouble and affords the diet they are most fond of. The truth of it is, the inhabitants of North Carolina devour so much of the swine's flesh that it fills them full of gross humors."

Byrd's journals tell us a few things about how barbecuing might have come about. First of all pork was abundant but there was no refrigeration. This meant that the animal had to be cooked whole. The area also lacked salt there was no real way to cure the meat.

Citrus fruits, which are of course the main source of natural vitamin C, was hard to come by in pioneer times. However peppers grew abundantly in the area. The settlers of North Carolina soon discovered that peppers are several times richer in vitamin C than citrus fruits. When peppers were mixed with vinegar, a natural bactericide, pork that was BBQ'ed with both almost became a medicinal food that protected the settlers from the disease.

Until this day, the potent mixture of vinegar, water, salt and peppers still constitutes the basic barbecuing sauce in North Carolina. As the cooking technique spread through other Southern States mustard was added. Barbecue recipes that contained catsup were considered to be peculiar to the state of Virginia at the time.

Explorers and land surveyors eventually brought these recipes back to Southern Europe.

Alexander Pope, in Second Satire of the Second Book of Homer, ca 1735, give us an idea of what the specialties of the day were like back then when he defined barbecue as "A West Indian term of gluttony, a hog roasted whole, stuffed with spices and basted with Madeira wine."

Obviously, the Europeans considered barbecuing a barbaric and uncivilized business, that is, until they tasted it!

Modern barbecuing possibly came to the United States in the early 1700's during General George Washington's time when a roasted hog on a spit became the main attraction at political attractions. This is where we get the phrase "the whole hog!"

History has since shown that any meat can be barbecued. In the early part of the 19th century, the area of New York was well known for barbecued turtle. Now you rarely hear about this delicacy.

On the eastern coast, and in the Deep South, pork tends to be the meat of choice while in Texas, naturally, beef is the first choice. BBQ (along with the Blues) came to Chicago via the migration of slaves seeking freedom and peace during the civil war. Chicago barbecue tends to favor the sweet, tomato-based sauce as does the southeastern US.

Barbecue or BBQ?

There is an interesting anecdote about how the letters BBQ came to represent the barbecue style of cooking. It supposedly stems from earlier days when roadhouses and beer joints with pool tables would advertise, 'Bar, Beer, and Cues'" This advertisement for all three vices was later shortened to BBCue, and then sometime in the 1950s somehow evolved into BBQ

Some people also think that BBQ stands for 'Beer, Burgers, and Que,' which is also a possibility.

However there is no real explanation for why barbecue is sometimes abbreviated as "barbie-cue." It has suggested that it is Australian in origin as in "Throw another shrimp on the barbie, will you love?"

Part 2. Cooking With Fire

Types of Backyard Cookers

There are two basic types of backyard barbecues, the grill type and the kettle type.

The kettle type is shaped like a bowl kettle on tripod legs, with a domed top. When the top is on, the whole unit is ball shaped. These are meant to be used with charcoal.

These kettle shaped units are designed with inbuilt vents and draft controls that allow you to cook as with a conventional grill. Just before the meat is done, you can put the cover on, close the vents and let the entire inside of the BBQ fill with smoke. This wafts over the food and intensifies the smoky charcoal flavor.

Also many retailers sell permanent, home-built grills, constructed of stone, brick, or concrete blocks. It all depends on the skill of the manufacturer or builder.

If you want to make your own permanent BBQ they are fairly simple. You need to build a place to bank the fire, perhaps out of bricks or stone and then place a metal grate or grill over this.



The classic tripod style fire box.
www.Barbecues.com

True Barbecue

Barbecuing is scientifically defined as being animal flesh that is cooked in the dry heat of wood coals at temperatures around the boiling point of water (212°F at sea level).

It is the temperature at which the meat is cooked and the longer cooking time that distinguishes barbecuing from other forms of cooking. The lower temperature allows the meat to become tender while preserving its natural juice. It also ensures that the exterior of the meat does not dry out before the center becomes done.

If you are barbecuing at temperatures over the 450* F range then you are probably not barbecuing. You are broiling.

You are also technically not barbecuing unless you have the entire animal; such as "the whole hog" cooking at once or entire collections of animals, such as clams in the shell, cooking over an indirect heat source.



A round rock barbecue pit.
www.Barbecues.com

Broiling

Broiling takes place at very high temperatures (from between 475-700°F.) Broiling is more a development of the 19th century when mankind began penning up animals and feeding them diets that encourage the growth of fat instead of muscle.

Broiling is faster than barbecuing and is thought to seal in the tenderness and juices of the meat. It is typical for hamburgers, hot dogs, shish kebobs to be broiled as opposed to barbecued.

If your meat is very charred looking then you are likely broiling your meat as opposed to barbecuing which takes place at much lower temperatures.

The Barbecue Pit

The old style approach to barbecuing is a rudimentary hole in the ground containing wood coals over which a grill or rack to hold meat is placed for barbecuing.

In modern times the barbecue pit is a brick or masonry construction for containing coals over which meat is cooked on a grate or rack. Some companies sell a large, portable metal construction for the same purpose.

To truly barbecue like a barbarian however, remember that you must be cooking the entire animal.



A ceramic barbecue pit.
www.Barbecues.com

Wood Smokers

Wood smokers are actually barbecue pits that are rigged so that burning woods can impart their fragrance into the meat.

You can buy commercially manufactured wood smokers that come with an 18-inch grill and a metal box attached at the end that serves as the wood smoker.

Smoking is the primary method used to cook larger pieces of meat. These larger pieces consist of briskets, turkeys, roasting chickens or pork roasts.

Usually 2 to 3 sticks of wood (7" to 15" depending on the size of the firebox) will usually maintain the desired heat and bed of coals for excellent grilling and smoking.

The idea is to allow the wood to be reduced to a red hot bed of non-flaming coals. This will provide a steady and consistent heat and smoke source needed to flavor your meat.



A cast iron smoker box
www.Barbecues.com

Water Pan Smokers

The Water Smoker, sometimes called a Water Pan Smoker is relatively new to the barbecuing scene. The 'backyard barbecue enthusiast' primarily uses it although many cooking teams will utilize water in their larger competitive and more expensive wood smokers and barbecue pits. It should also be pointed out that many of the regular wood smokers on the market now incorporate this same method in their pits making moist and flavorful tasting meats.

Water smokers work by heating water in a pan until it is boiling. The evaporating water then unites with the smoke from the wood chips or branches and condenses on the meat. The effect of this mixture of water and smoke is like basting.

The vapor also prevents the temperature in the cooking chamber from rising much over 212 degrees F so that the grilling process becomes a bit more like barbecuing.

Grills

The grill is used for outdoor cooking where the meat is placed directly over the fire (heat) and is cooked quickly with frequent turning. Grilling is technically not the same as barbecuing. When you cook over charcoal briquettes or gas you are grilling not barbecuing.

Barbecuing involves cooking meat over an indirect heat source and takes a lot longer. Grilling cooks the meat or vegetables right over the open flame often through a metal grate called a grill.

Beef steaks, pork chops, fish filets, turkey breasts and chicken breasts are best suited to grilling.

Basically a grill is simply defined as a rack that is placed over a heat source, upon which food is placed for cooking. However a grill can also refer to an appliance, constructed of metal, ceramic or clay that is used for the same purposes.

A grill may be uncovered and as simple as a brazier or hibachi or it may incorporate a large firebox, removed from the meat rack which could allow broiling, roasting, barbecuing and smoking to be conducted simultaneously. The price may vary from \$2.99 to \$5999.00 for a backyard grill!

There are many types and sizes of wood and charcoal grills on the market today. They range from the typical 'backyard grill' which may be purchased at the grocery or drugstore up to and including the professional grill which will last many years and is capable of grilling up to 100 or more pounds of meat. The larger wood grills usually have an adjustable grilling surface which can be raised or lowered utilizing a pulley system. The classic wood grill is capable of handling approximately 20 to 80 pounds of meat at one time with all of the meat being raised or lowered at the same time.

There are some grills that provide different height cooking surfaces. The larger the grill, the easier the heat source is to control. Besides, it offers you large amounts of excellent grilled meat for ultimate consumption.

You can also build your own Brick BBQ grill. Usually this is a simple bed of bricks over which is laid a grate. More sophisticated hobbyists might want to consider building one with a chimney.

Another popular do it yourself project, especially among people in the south is to build a barbecue grill out of two halves of an old metal kettle drum. The ten gallon drum is usually sawed in half with half of it set into the ground with a wire grate or spit hovering over it. The other half of the drum is placed over the barbecue pit like a lid during the smoking process.

A word of warning, if you are planning on building your own kettle drum barbecue it may be a good idea to know what the gallon drums contained before you embark on the project. You don't want your food tainted with pesticide or plastic residues.

Charcoal Fires

Charcoal comes in two types. There is hardwood charcoal and softwood charcoal. High quality charcoals are made from Beech, Maple, Birch, Oak and Hickory woods. Briquettes made from hardwood trees are the best because the high density of the wood itself greatly reduces the amount of resins that could accumulate on the meat. The briquettes with a low resin content also burn more evenly, with no sputter, and produce a more uniform heat level for efficient cooking.

Always store your unused charcoal in a waterproof container and in a dry area because the briquettes tend to absorb moisture. Remember that charcoal is just wood and if it is damp it just won't burn!

Since commercial charcoal has little flavor, it is often desirable to add flavoring to anything being grilled. One way to do this is to brush the meat during cooking with a bit of liquid smoke, which can be purchased in most major grocery stores. Another way is to use wood shavings from hickory or other hardwood. These are usually sold in bags at cookout supply stores and are simply sprinkled atop the briquettes just before you are finished, where they produce smoke that flavors whatever you are cooking. Mesquite is sometimes used. Mesquite (pronounced MESS-keet) is a woody bush which grows in the southwestern deserts of the United States and is cherished by many for the unique flavor it produces on grilled meat.

If you happen to be using a kettle type grill, when the wood or mesquite is added, place the cover on, close all the vents, and let it sit for a few minutes or until the food has cooked to your satisfaction. The advantage of the kettle grill is that it traps the smoke and wafts it in a circular motion up, over and around the food, which heavily applies the flavor you desire. Kettle grills are also convenient for cooking large items such as whole poultry (turkeys included) or roasts.



A Kettle Charcoal BBQ
www.Barbecue.com

Gas Grills

Gas grills, like wood or charcoal grills cook over a direct heat source. This is not barbecuing!

First of all, the gas grill derives its heat from gas [propane, butane, natural gas, etc] and lights quickly. Second, since gas grills do not use wood or wood substances for heat, they do not give the food the flavor naturally contained in the wood smoke that comes from true grilling.

Once again as the heat during this process comes from a direct heat source it is not technically barbecuing.

Gas grills are excellent for broiling burgers and weenies and even steaks if they produce enough heat. If you have separately controllable right and left burners and enough volume under the lid, they can be used to roast. With the lid closed, it works just like your gas oven. With the lid open, it works just like the broiler in a gas stove. You can barbecue in a gas grill to the same degree that you can barbecue foods on your indoor kitchen stove.

A gas burner heats the permanent 'briquettes' in the bottom (also called the 'tub' or the 'firebox') of the grill. Food cooks from the heat evenly radiated from these hot briquettes and it drips fats, oils and liquids on the hot 'coals' creating smoke, and some flaming, from time to time. This enhances the foods with the special smoky flavor associated with outdoor cooking.

There are two types of gas grills. One type uses natural gas and one uses 'LP' (Liquid Propane) gas. The construction of the grills is the same, but the orifice, which controls the gas, is much larger for natural gas due to the differences of heat emission between the two gases. Therefore, to be safe, you always know and use the correct type for your grill.

Something else you should know is that liquid propane, when exposed to the air, will expand 27 times its volume! This is why that little bottle you hook to your burner can give you so many hours of cooking. If not treated properly, however, it can also become a small, highly destructive bomb! Remember: roughly speaking, 1 gallon of LP in the bottle, is like 27 gallons in an explosion!

Gas grills are great for the convenience of use. Turn the knob, push the starter button, set the temperature and start cooking. However, the maintenance and cleanup is a bit more involved than with an old charcoal cooker.

Part 3. The Authentic Barbecue

The concept of BBQ is enormously popular, but while many people know how to grill or add liquid smoke to meat, only a few individuals actually know how to create an authentic barbecue.

In the United States the barbecue is considered a Southern cultural icon. Bound to the long tradition of Southern history, the art of barbecue has become more than throwing a couple of burgers on the gas grill and pressing a few buttons.

In essence you are not barbecuing if you are using:

- 1) a grill
- 2) briquettes
- 3) anything less than the entire animal over the flame

In North America, true or authentic barbecue is thought to be part of the history and culture of the Southern United States.

An authentic barbecue involves many cultural elements including the barbecue means recipes that have been passed down through generations, the craftsmanship and skill of the "pit men" who prepare the meat and the tradition of using the barbecue as an occasion for celebration.

Although recipes and methods of cooking vary from state to state, true authentic barbecue as it was passed from the French Haitians to the American South is thought to only consist of pork. The word barbecue meant pig roasting not cow roasting. In the 1500s as the tradition spread through the southern states. The sweet tomato sauce of Memphis supplanted the simple vinegar sauces of the East Coast and the fiery red Texas sauces. In western Kentucky, mutton was substituted for pork, and the cattle ranchers of Texas used barbecue techniques for slow-cooking beef.

This means that the cooking of beef, as it is done in Texas and Kentucky, does not constitute a true barbecue.

There are several main regions of barbecue saucery in the South. Each region has its own secret sauces, with much intra-regional variation. This "barbecue belt" shares the same tradition of slow-cooking the meat, but diverges widely in sauces and side dishes.

In eastern North Carolina, the meat is served chopped or sliced in a sauce is made of pepper and vinegar. Traditional side dishes include coleslaw and hush puppies, which are cornmeal patties that are slapped on the BBQ along with the meat.

The area of North the Carolina serves the meat in a similar fashion but drenches it in a sauce rich with vinegar and tomatoes.

Further south, in South Carolina and Georgia, the pig is still chopped or sliced, but it is smothered in a yellow sauce based on mustard.

In much of South Carolina, barbecue is served alongside light bread, coleslaw, and "hash" with rice. Hash is made of stewed organ meat from the whole hog roasting over the coals. In this region, the skin of the pig is often removed and fried separately and served as pork rinds.

Pulled Pork

In the central southern United States, pork is still the barbecue meat of choice but it is served "pulled" from the bones rather than chopped. This is where the identification "pulled pork" or "pulled barbecue pork" comes from.

Pulled pork is slow-cooked, shredded by hand into succulent threads of meat, then drenched in a sauce. The pulled pig region, centered around Memphis, Tennessee, usually serves a sweet tomato sauce flavored with peppers and molasses.

The popularity of the "pulled" serving method has resulted in the appearance of "pulled chicken" on several chain barbecue restaurant menus in the Memphis areas. Memphis barbecue is a term that encompasses both pulled pork and slow-cooked pork ribs. These ribs are either basted with sauce or rubbed with a mixture of tangy spices before pit cooking.

In Alabama, most barbecue sauces are also red, but a bit spicier than those served in Tennessee. Pulled and chopped pork is offered, as well as slabs of ribs.

Building Your Own Hog Cooker

Every authentic barbecue starts by building a pit. You can build an open pit by either digging below ground level or make a pit with three tiers of concrete blocks. The Pit should be 1 - 1 1/2 feet deep and 3 - 3 1/2 feet wide. A wire mesh or metal cooking grid may be placed over the pit. Another row of concrete blocks laid around the pit or on top of the other blocks will be very helpful in protecting the meat from wind and blowing ash.

Traditionally the pig is wrapped in chicken wire before it is cooked on a cooking grid. The spit-trussed pig may be cooked on the grid or suspended over the pit on as pit. Both methods allow for periodic turning during cooking.

As you will be smoking and cooking for over twelve hours remember to start the fire early. Begin by placing charcoal around the edges of the pit.

Cooking times vary depending on the wind, outdoor temperature and the heat of the fire. An open pit will require longer cooking times than an enclosed cooker. To roughly approximate cooking time, estimate on the largest cut on the carcass (the ham). A ham on a 100 lb carcass would weigh 11-12 lbs. Allowing 30-40 minutes per pound, the cooking time would be 6-8 hours.

Preparing the Hog

Order the hog from a reliable butcher or producer. Smaller animals will have a greater percentage of bone and skin so will yield fewer servings of meat. For a dressed weight hog between 60 and 120 lbs. allow 1 1/2 to 2 pounds per serving.

If the hog is frozen, allow three days for thawing in a cool place. The hog should be kept chilled at all times.

Wash the hog thoroughly in cold running water. Dry completely inside and out.

Season the cavity of the pig with salt and pepper. If desired, add onion, apples, garlic, thyme, or your favorite seasonings to the cavity. Sew closed with heavy string.

Tie the front legs securely in a forward position near the mouth. Tie the hind legs so the hind feet nearly touch the forelegs. Prop the mouth open with a block of wood. Lower the eyelids and sew closed. Cure the tail and cover the tail and ears with foil.

Depending on the size of the hog, it may be trussed on a heavy steel rod or enclosed in chicken wire. Both allow for periodic turning during the cooking period. If you use chicken wire, the hog will have to be placed on a metal cooking grid. The spit-trussed hog may be placed on a grid or suspended over the pit and turned occasionally.

How to Barbecue a Suckling Pig

For a smaller group, a suckling pig is the ideal choice. The suckling is usually about 15 - 25 lbs. and because of its smaller size, is much easier to handle. Prepare it in the same manner as the whole hog.

Sucklings will cook in about 15-20 minutes per pound depending on weather conditions. As it is smaller, a suckling pig can also be cooked on a home BBQ. A 24" barbecue will hold a 15 lb. pig. A 30" unit will hold a 25 lb. pig.

Make sure you cook the suckling pig over moderate heat to an internal temperature of 160°F.

Suckling pigs are usually garnished for display before serving. Remove the block of wood from the mouth and replace with an apple, orange, or carrot. The neck may be wreathed with greens or cranberries. Garnish the platter with greens and fruit as desired.

A Traditional North Carolina Barbecue

Traditionally, a barbecue was not easy to prepare. It required hours of tending a hot smoky fire, and vigilant monitoring of the roasting meat. The people who attended these hog roasting were often confined to hot smoky shacks built expressly around a barbecue pit so that the meat could be housed in smoke.

This technique assumes you will be using wood for both heat and smoke. Also you will be using no other meat than pork. If it is not pork, then it is not a traditional southern barbecue.

The recommended smoker for making homemade Eastern North Carolina style barbecue is a horizontal wood-fueled smoker with an offset firebox, such as the Brinkmann Smoke 'N Pit Professional, or similar style smokers made by companies such as Oklahoma Joe or BBQ Pits By Klose.

You can achieve some success by using the small, vertical, \$30 dollar "water smokers" that you can buy in hardware stores however it does not produce the rich flavor that real smoking producing,

Hickory is the traditional wood of choice for Eastern North Carolina style barbecue. However, oak is also commonly used, and both are lend a strong smoky taste to the meat. Some traditionalists say that the ideal mixture of barbecuing woods is 40 percent hickory, 40 percent oak, and 20 percent apple wood. The apple wood apparently imparts a distinct, slightly sweet essence that nicely balances the slightly bitter, high harshness of hickory and the deep, mellow baritones of oak.

Pioneers and farmers in North Carolina usually used what wood was available but in general they all agreed that the smoke that the wood produces should be a barely visible blue color or a clean white.

Whatever you do never use green wood as fuel as it produces a bitter resin that gives meat an unpleasant taste!

For best results you should cook the meat over split wood logs that have been given a boost by the charcoal of your choice.



A commercial hickory sauce for pigs!
www.zarda.com

As it is not really reasonable for many of us to cook an entire pig then barbecue experts recommend ordering up what is called a barbecue cut from the butcher. This is the entire shoulder of a pig, also commonly referred to in grocery stores as a pork shoulder that also includes the part of the pig called "the pork butt."

Your first step in the barbecue process is to put the meat on a rack or a spit and then start cooking the meat until it reaches room temperature. Add wood to your smoker and keep cooking the meat for the first hours at a temperature that reaches between 220 and 260 degrees on the surface of the meat.

One of the secrets to smoking pig meat North Carolina style is to also keep entire bulbs of garlic soaking in a tub of water and then throwing them in to burn along with your wood in the smoker.

The meat must slow cook and smoke for a minimum of eight hours and a temperature that hovers between 220 and 260 degrees. Don't rub the meat or try to baste it at this point. The ideal smoking time should be between ten and twelve hours.

After the meat is done smoking, transfer it to a large kettle or Dutch Oven. Add enough of a mixture of water and apple cider vinegar to the bottom of the pan to cover to the depth of about an inch.

Bake the pork in the Dutch Oven or Kettle on top of the smoker for an additional two hours until the internal temperature of the pork reaches at least 160 degrees.

If you are in a hurry you can also take this pork and bake it in your oven at 275 degrees for an hour or so.

The pork is done baking when it appears that it pulls easily away from the bone.

After you remove it from the smoker or oven, let the pork cool until you can handle it without burning your fingers. Pull the pork into thumb sized chunks, discarding as much fat and gristle as you can as you go along.

In a large cast iron skillet, pack about two or three pounds of pulled pork.

Make a finishing sauce of 16 ounces good quality apple cider vinegar and 1-2 tablespoons cayenne pepper flakes Dissolve 2 tablespoons of salt into 2-3 cups hot tap water and pour this over the pulled pork.

Add 8 ounces of finishing sauce to the pork in the skillet, turn the heat to medium, and cook the liquid down on your stove or over the barbecue until it is reduced by about a third. Add another 4 ounces of finishing sauce, and cook the liquid down some more, stirring frequently with a spatula so it thickens. When the liquid is cooked down to the point that it saturates the pork, remove from heat, and serve your homemade Eastern North Carolina style barbecue.

Part 4. Faking It: Smoking and Grilling

Getting That Barbecue Flavor

You would probably have to travel to the American South and order up some pulled pork to really experience that authentic barbecue flavor. However there are a number of ways you can fake it using a backyard barbecue or gas grill.

One way is to use woods in your smoker or right on the charcoal briquettes to impart that BBQ flavor. If you are using a kettle shaped barbecue you can always close the lid of a kettle grill to trap the smoke inside.

If you are using a gas grill that has a lid, you can also burn wood in a commercially purposed steel box called a wood smoker that is placed inside the barbecue. When your food is almost done cooking this wood is lit and the lid of the gas barbecue closed so that the smoke from the specialty wood has a chance to impart flavor to the meat.

You can also cheat by moistening the meat with any one of the brands of commercial liquid smoke that are on the market.

Certainly you can emulate the flavor of traditional barbecue recipes for beef and pork simply by adding certain combinations of spices and vinegars to your meat. For instance, meat that is marinated in a red pepper and vinegar solution before it is thrown on your gas grill will still give your meat that taste of authentic old Southern barbecuing.

Cooking With Charcoal

Charcoal is what is left after wood is burned in an atmosphere that deprives it of sufficient oxygen to blaze. The best charcoal for outdoor cooking is made exclusively from hardwoods bound together by pressure and a starch binder. Some big name brands use anthracite coal and some use clay as a binder. Others use any available wood. Read the ingredients carefully on any bag of charcoal that you buy to make sure that it is wood that is actually cooking your meat and not some kind of vile petroleum based chemical!

By the way, the horse puck design of the charcoal briquette came from Henry Ford. It readily suited the coal tongs which his blacksmiths and machinists used.



Liquid Smoke
www.cajunsupermarket.com

If you are using the usual back yard barbecue set up which usually involves some kind of metal container that supports a rack, then it is important to know how to properly prepare charcoal.

To prepare your fire, first line the metal basin that holds the fire with heavy aluminum foil, shiny side up. This serves two purposes; it helps make cleanup easier and the foil helps reflect the heat upward toward the grill. However, commercial sand or gravels can be used to line the bottom of the cooker before placing the charcoal. Foil is recommended because after the BBQ has cooled down you can just crinkle it up and drop it in the garbage.

To build a charcoal fire, take several sheets of newspaper and ball them up. Six or eight balls (1 per sheet) of newspaper placed in the bottom of the cooker will do nicely. Cover with several small pieces of softwood kindling. Remember to stay away from green wood as it can give meat an unpleasant taste!

Pile on the amount of charcoal you anticipate you will need, stacked in a rough pyramid shape. Add liquid fire starter according to manufacturer's instructions. Light the newspaper with a match or other charcoal igniter.

A Warning! Be prepared to light the charcoal as soon as you finish applying the liquid starter. Do NOT let it stand for a few minutes because vapors can build and create a flash fire explosion when you insert an open flame. Also, do NOT spray starter directly from the can onto a hot fire or surface as it may ignite and the flame can run backwards up the stream and to the source of the liquid and easily catch your clothes on fire!

Once the initial flame dies down, you will notice little white corners and spots on the briquettes. This signifies that the briquettes are starting to burn. Allow them to stand until all the briquettes have turned white or ash gray. Depending on the weather condi-

tions, this can take half-hour or so. Once this point has been reached, spread the now hot charcoal evenly over the bottom of the cooker, set the grill in place, and commence cooking!



A portable charcoal grill
www.Barbecues.com

Cooking With Gas

When cooking out with a gas grill it is seldom necessary to use the highest setting except when cooking with the lid up. Even then, with a good cooker, it is doubtful you will ever need to set it higher than medium.

I find that food cooked over medium heat with the lid down as much as possible during the cooking time is best. Cooking on the highest setting usually produces meat that is too dry.

The only exception to this rule is when cooking steaks. When cooking such as Porterhouse, Rib, or Sirloin I want the lid up and the heat high so that the flames from the gas lick the meat.

The drawback of using a gas grill is that it imparts absolutely no flavor to the meat. To achieve the barbecue taste you might want to try adding a bit of hickory flavoring or "liquid smoke" to half of a cup of cooking oil directly on the meat just before it is ready to serve. The meat will flame and char, giving it that semblance of barbecue taste. I also want flame-up because I like the flavor of a steak kissed by flame.

Liquid Smoke is a product that is made by burning hickory chips and condensing the smoke into a liquid form. The liquid is then scrubbed and filtered to remove all impurities. It is used to flavor meat poultry and seafood. Use sparingly as liquid smoke is very concentrated and a few drops can go a long way. You can buy it in most grocery stores in the Barbecue and steak sauce section.



www.cajunsupermarket.com

Another way to fake real barbecue taste when using a gas grill is to marinate the meat first in a BBQ flavored sauce.

The best way to clean a gas grill is to burn off the residue of the day's cooking by simply closing the lid, turning the heat setting to high, and leave undisturbed for about 5 minutes. After you turn off the heat simply scrape the leavings off with a wire brush.



A gas grill with lid.

www.Barbecues.com

Grilling Techniques

To obtain excellent grilled meat, which is crispy on the outside while remaining moist and tender on the inside, the chef needs to construct a proper fire capable of dispersing the correct amount of heat for the proper amount of meat being grilled.

If you are using gas, you obviously have no real control over your technique. However if you are burning charcoal you should allow the charcoal to burn a minimum

of 30 to 40 minutes to allow the petroleum products to burn-off before beginning to cook. If your grill will allow, you may stack larger pieces of the wood of choice on top of the charcoals and allow them to become your base of coals, or your heat source.

If the grill is smaller, you may, along with the charcoal, utilize wood chips. In either event, the heat source should be 300 degrees F to 400 degrees F. This heat is higher than that used in smoking because grilling needs to occur over less time than smoking. The primary purpose in grilling is to quickly 'sear' the outside of the meat thus insuring a moister center.

Grilling Temperatures

Meat that is cooked on a grill is more prone to burning or charring than traditional barbecuing. Grilling requires higher cooking temperatures than smoking or barbecuing, because grilling needs to cook the meat quicker to prevent it from being dried out.

Recall that when you are grilling that the meat is located directly on top of the heat sources and as such, has the direct effect of offering large quantities of dry, hot heat to the entree. Therefore, the possibility of burning is much greater than when "smoking" or using traditional roasting or barbecuing methods.

To grill safely and properly, the temperature of the heat sources should be about 350 to 400 degrees F.

One way to test whether or not your grill is hot enough is to hold your hand about one inch over the grill for about four or five seconds. When you can feel a steady and even source of heat, you may then begin grilling.

Make sure that you remove the meat immediately from the grill after it is done. Grilled meat tends to cook inside and dry out for a few minutes even after being removed from the grill's heat source.

Baste and turn the meat frequently using a marinade prevents the meat from drying out during the grilling process.



A wood smoker
www.Barbecues.com

Characteristics of Smoking Woods

Barbecue enthusiasts revere the characteristics of smoking woods as much as wine lovers go on about the robustness or finishes of wine.

Alder: This West Coast tree generally produces a light, delicate to sweet-mild taste. It is the traditional wood used for smoking salmon, particularly in the Pacific Northwest of the United States. Alder works on most any type of fish and is also pleasant to use with poultry.

Apple: Apple wood produces a mild and fruity type of taste. Others say it makes meat taste slightly sweet and fruity. It is mild enough for chicken and turkey. It may also be used for flavoring a ham or fish filets.

Cherry: Cherry wood produces a very mild and fruity flavor. You will probably find the meat tasting somewhat sweet as well. It is best suited for chicken, turkey and fish (especially salmon)

Hickory: This traditional wood produces a sweet to strong, hearty taste. Hickory is perfect for ribs and pork shoulders. It also enhances any red meat or poultry.

Maple: Abundant everywhere, maple wood mates well with poultry, ham and vegetables. When used, it will produce a sweet and light taste that suits any kind of pork particularly well.

Mesquite: This wood is often used to flavor Mexican style meats. It is a very strong scented wood and suits chicken, beef and fish. As it is so strong it is recommended for use on larger, rather than smaller cuts of meat,

Pecan: This is the choice of many professional chefs in the southwest probably because that area is rife with pecan trees. Aficionados say that this wood gives the meat a medium fruity taste. It is also likened to a smoother version of hickory. It may be used for longer lengths of time for smoking larger pieces of meat, such as briskets and pork roasts.

Oak: This is an excellent wood for smoking large pieces of meat for great lengths of time. Oak is probably the most versatile of all hardwoods. The smoke flavoring goes exceptionally with a brisket but it also suits briskets, roasts, chops and steaks.

Other exotic kinds of wood that have been used for smoking in barbecues are Guava, Almond, Walnut, Peach, Cherry and Apricot woods.

Never ever use pine, spruce, cedar or other evergreen wood. They are unacceptable for grilling or smoking due to harmful effects from the creosote tar and resins. Only use hardwoods for smoking and grilling.



A smoking box placed inside a gas grill.

www.Barbecues.com

Barbecuing Tips

Tender cuts of meat are best for grilling. Less tender cuts can be grilled but should be first tenderized by pounding or marinating.

Steaks or chops should be at least an inch thick for best results.

Meat cooks best and with more flavor if allowed to reach room temperature before grilling.

Meat and fish should not be salted until after cooking. Salt tends to draw out the moisture, which may give a drier and tougher result.

To make lots of smoke, use chunks of hardwood that have been soaked in a liquid such as water or cider for about an hour. The wood will smolder, produce lots of smoke and give your meat an incredible flavor. (For extra special flavor, soak your pieces of wood in beer.)

Oil or butter based sauces may be applied during the duration of cooking, but tomato and/or sugar based sauces (barbecue sauces, for example) should be applied only during the last 5 minutes of cooking, else they will burn.

Prepared frozen fish may be placed on the grill directly from the freezer.

Always keep wind direction in mind. Cooking times may vary according to how windy the day is and whether the cooking surface is sheltered from it.

When cooking poultry always check internal temperatures by inserting a meat thermometer in the thickest part of the inside thigh (without touching the bone) where it joins the body. The temperature at this point should read 185 degrees F. when safe to eat. If possible, insert the thermometer before cooking.

Meats thawed in microwaves lose a lot of their natural juices. However, sausages may be precooked in a microwave, then finished on the grill to ensure complete doneness without over-charring the surface of the sausage.

Keep a box of baking soda handy to put out large grease fires. Water is not recommended, as it tends to spread the fire rather than kill it.

Do not thaw frozen hamburgers but put directly on the grill.

Fish is cooked when it becomes opaque and flakes easily with a fork.

When cooking whole fish, cook 10 minutes for each inch of thickness measured at the thickest point of the fish's body. Turn the fish halfway through the cooking time.

Shrimp, crabs, crayfish, and lobsters turn red when done. Mollusks in the shell such as clams, mussels, and oysters open up when cooked.

BBQ Don'ts

DON'T:

Defrost your meat in a microwave. You'll inadvertently cook part of it and it won't live up to its full potential. Defrost it slowly in the refrigerator, even if it takes a couple of days.

Pre-boil pork ribs. Many people do this to help make their ribs more tender, and it does. However, it also boils away much of the flavor. Cook your pork ribs low and slow, be patient with them and they will reward you in kind.

Use softwood or softwood charcoal. Soft woods such as pine will give your meat a taste of resin. Hardwoods such as oak, hickory, mesquite, pecan, or fruit are superior. Big Green Egg Lump Hardwood, Royal Oak or other charcoals marked as "hardwood charcoal" will burn better and cleaner than other charcoals.

Use Match Lite charcoal. Match Lite, E-Z Lite or other charcoals that contain petroleum products will give your meat the taste of fuel.

Start your fire with petroleum fuel starters. A charcoal chimney is an easy efficient way to start your fire without any petroleum products. You will not have any trace of fuel flavor to your meat.

Pour fuel onto a fire when you already have meat on the grill. If you feel you must practice this ill-advise procedure than you might as well pour fuel directly onto your meat.

Rare, Medium or Well Done?

To test the doneness of small portions of meat such as steaks, chops, or burgers, use the following guideline:

RARE: the meat gives easily when touched. No juices appear on the surface of the meat.

MEDIUM: the meat feels firmer but slightly springy and juices begin to appear on the surface.

WELL DONE: the meat may be covered with clear juices. It is very firm to the touch and does not yield to pressure.

Part 5. Rubbing the Right Way

Rubbing your meat with spices is one way to not only tenderize the meat before you throw it on the barbecue but it also gives it a delicious BBQ taste!

Rubbing meat with salt and spices is an ancient way (older than anything that could have taken place in Memphis) of preserving the meat for a few days until it was ready to be cooked.

Of course if you know a bit about cooking you don't have to follow a recipe. You can always create your own rub from spices that you have hanging around in your kitchen including paprika, cumin, garlic powder, onion powder, black pepper, cayenne pepper, chili powder, oregano, rosemary, dill or sage.

There are two main concepts to keep in mind when formulating your rub. The proportion of salt should be great enough to trigger osmosis and begin to draw the moisture from the surface of the meat.

You should also watch the proportion of sugar because if you use too much in the rub it will caramelize and burn. However, since sugar contributes to osmosis, it is an important component and shouldn't be eliminated from the rub entirely.

If you are making a dry rub, all you have to do is combine the ingredients in a bowl. Many enthusiasts suggest putting the rub in a shaker.

There is also such a thing as a "wet rub." This involves adding yogurt, soy sauce, olive oil or some other liquid to help the meat absorb the spices.

Rubs are applied to the exterior surface of the meat just before grilling; they need no standing time. However for convenience rubs may be applied several hours in advance.

For the best rub, let the meat absorb the rub for up to three days. If you are using a dry rub, shake the rub over the entire surface of the meat to be smoked. Use a generous amount at first and then, as it starts to get moist and adhere, add more.

If you are using a wet rub then it will probably be necessary for you to rub it like a lotion right into the meat.

After you are done applying the rub, wrap the meat loosely in butcher paper and leave it in the fridge until a couple of hours before cooking or smoking. The coated meat should be refrigerated until grilling time. Flavors become more pronounced the longer the rub is on the meat.

As a rule of thumb, rubs generally work better than marinades for large pieces of meat such as briskets and pork butts. The dry surface of the meat and the rub itself combine to produce a flavorful and attractive crust on the finished product.

Here is a collection of traditional and contemporary recipes for BBQ rubs. These rubs can be placed on the meat minutes or hours before cooking depending on your plans.

Adobo Rub

For chicken, turkey or pork.

1	lb.	Dried Guajillo chiles seeded and deveined
1	lb.	Dried Pasilla chiles seeded and deveined
1	lb	Dried Ancho chiles seeded and deveined
2	tbl.	Mexican oregano
1/2	cup	White vinegar
1/2	cup	Chopped garlic
2	lb	Mexican chorizo diced
2	x	White onions chopped
1/2	cup	Chopped carrot
1/2	cup	Chopped celery
2 1/2	cup	Crumbled cornbread
1/2	cup	Chicken stock
1	tbl.	Chopped garlic
1/2	cup	Chopped cilantro
		Salt and pepper to taste

Combine ingredients in a food processor or mash into a paste. Apply generously to meat and refrigerate.

Afghanistan Spice Rub

For lamb, beef, pork or chicken

3	tbl.	Black peppercorns
3	tbl.	Cumin seed
2	tbl.	Turmeric
1	tbl.	Ground cardamom
1	tbl.	Ground coriander

Grind spices in mortar and pestle or mix in a bowl and use to powder the meat.

African “Tiger’s Breath” Curry Rub

This is a traditional dry rub for lamb, beef, pork or chicken.

6	oz	Cumin
3	oz	Black pepper
1	oz	Turmeric
1	oz	Cloves
1	oz	Cinnamon

Mix spices in a bowl and use it to powder the meat

All Purpose “Southern Hospitality” Rub

This is a classic dry rub for lamb, beef, fish, pork, chicken, ham and seafood.

2	tbl.	Salt
2	tbl.	Sugar
2	tbl.	Brown sugar
2	tbl.	Ground cumin
2	tbl.	Chili powder
2	tbl.	Black pepper -- freshly cracked
1	tbl.	Cayenne pepper
4 t	tbl.	Paprika

Throw the ground spices together in a bowl and rub into the meat.

Ancho Chicken Rub

This is a wet rub for chicken.

6	x	Ancho (or Mulato) peppers, rehydrated
6	x	Cloves garlic
1/4	tsp.	Oregano
1/2	tsp.	Sugar
1/2	tsp.	Salt
1/2	cup	Fine corn meal
1/2	cup	Coarse corn meal
1/2	cup	Flour
1	tbl.	Black pepper
1	tbl.	Chile powder



Mix ingredients in a blender or food processor and rub the paste on the chicken

Asian Rub aka “Jackie Chan Rub”

(‘cause it’s fun and well choreographed, but in the end, it’ll still kick your butt.)

For chicken, pork, beef and shellfish

2	tbl.	sesame seeds toasted
2	tsp.	ground turmeric
1	tsp.	ground coriander
1/2	tsp.	salt
1/2	tsp.	onion powder
1/4	tsp.	ground cumin
1/8	tsp.	ground cinnamon

Mix spices and liberally powder meat with mixture.

Baby Back Rib “Wonder Rub”

This is a dry rub for baby back beef or pork ribs.

8	tbl.	Brown sugar, tightly packed
3	tbl.	Kosher salt
1	tbl.	Ancho chile powder
1/2	tsp.	Ground cumin
1/2	tsp.	Dried oregano
1/2	tsp.	Garlic powder
1/2	tsp.	Ground black pepper
1/2	tsp.	Cayenne pepper
1/2	tsp.	jalapeno seasoning
1/2 t	tsp.	Old Bay Seasoning
1/2	tsp.	thyme, rubbed between the fingers
1/2	tsp.	onion powder

In a bowl, combine all dry ingredients and mix well. Place each slab of baby back ribs on a piece of heavy-duty aluminum foil, shiny side down, or plastic wrap. Sprinkle each side generously with the dry rub. Pat the dry rub into the meat. Refrigerate the ribs for a minimum of 1 hour (overnight is much better).

Basic Baby Rib Dry Rub

For pork or beef ribs.

1	cup	Brown sugar
1/2	cup	Coarse salt
4	tbl.	Cracked black pepper
2	tbl.	Onion powder
2	tsp.	Garlic powder
1	tbl.	Cayenne powder

Mix ingredients and apply to meat.

Basic Pork Rub

1/4	cup	Black Pepper
1/4	cup	Paprika
3	tbl.	Sugar
2	tbl.	Salt
2	tsp.	Dry mustard
2	tsp.	Cayenne

Mix ingredients thoroughly and rub into meat.

Bayou Rub

For steak, chicken and shellfish.

2 1/2	tbl.	Paprika
2	tbl.	Salt
2	tbl.	Garlic powder
1	tbl.	Black pepper
1	tbl.	Onion powder
1	tbl.	Cayenne powder
1	tbl.	Oregano, dried
1	tbl.	Thyme, dried

Mix ingredients thoroughly and rub into meat.

Black and Blue Rub

For beef or pork.

1	tbl.	Black Mustard Seed
1	tbl.	Black Pepper, cracked
1	tbl.	Ree Pepper, ground
1 1/2	tsp.	Dry mustard
1	tbl.	Salt
1 1/2	tsp.	Ginger, ground
1/2	tsp.	Black pepper, ground
1/2	tsp.	White pepper, ground
1/2	cup	Brown Sugar, Packed
1/4	cup	Sugar, granulated

Mix spices together and rub into meat.

Brazilian “Breath Killer” Rub for Salmon

2	tbl.	Brown sugar
1	tbl.	Chili powder
1	lrg	Garlic clove, minced
2	tbl.	Butter, melted

Mix into a paste and rub into salmon.

Brown Sugar “Beauty Rub” for Fish

1/2 cup Kosher (coarse) salt
1/2 cup Brown sugar
1 1/2 tbl. Garlic powder
1 1/2 tbl. Onion powder
1 tbl. Dill weed
1/2 tbl. Savory

Mix spices together and rub into fish.

Cajun Blackened Chicken Rub

2 tbl. Salt
1 1/2 tsp. Garlic powder
1/2 tsp. Cayenne pepper
1 1/2 tsp. Black pepper
1 tsp. White pepper
1 tsp. Onion powder
1/2 tsp. Sweet paprika
1 tsp. Cumin

Mix spices together and rub into chicken.

Cajun Blackened Fish Rub

1 tbl. Sweet paprika
2 1/2 tsp. Salt
1 tsp. Onion powder
1 tsp. Garlic powder
1 tsp. Cayenne pepper
3/4 tsp. White pepper
3/4 tsp. Black pepper
1/2 tsp. Thyme, dried
1/2 tsp. Oregano, dried

Mix spices together and rub into fish.

Cajun Blackened Pork Chop Rub

- 1 tbl. Salt
- 1 tbl. Plus 2 teaspoons white pepper
- 1 tbl. Plus 3/4 teaspoons black pepper
- 2 1/2 tsp. Dry mustard
- 2 tsp. Garlic powder
- 2 1/2 tsp. Cayenne pepper
- 5 3/4 tsp. Thyme, dried

Mix spices together and rub into pork chops.

Cajun "Take No Prisoners" Spice Rub

Suits chicken, beef, fish and pork.

- 1 cup Sweet paprika
- 1 tsp. Paprika
- 1 tbl. Black pepper
- 1 tbl. White pepper
- 3 tbl. Cayenne
- 1 tbl. Garlic powder
- 1 tbl. Onion powder
- 1 tbl. Salt
- 1 tbl. Rosemary

Blend spices together and rub into meat.

Calgary Stampede Rub

Best for steaks and hamburgers.

- | | | | | | |
|-----|------|----------------------------------|-----|------|---------------------|
| 1 | tbl. | salt | 1/4 | cup | sugar |
| 2 | tbl. | brown sugar | 2 | tbl. | cumin |
| 1 | tbl. | cayenne | 1 | tbl. | ground black pepper |
| 1/4 | cup | paprika | | | |
| 1 | tsp. | ground pepper | | | |
| 1 | tsp. | dried ginger | | | |
| 1 | tsp. | dried sage | | | |
| 2 | tbl. | chili powder, Mexican, or, ancho | | | |
| 1 | tsp. | oregano | | | |
| 1 | tsp. | allspice | | | |
| 1/2 | tsp. | ground cloves | | | |

Mix ingredients and rub liberally into meat.

California Earthquake Rub *(This'll shake 'em up!)*

Rub on steak or chicken.

- 1/4 cup paprika
- 1/4 cup brown sugar
- 2 tbl. freshly ground black pepper
- 2 tbl. kosher salt
- 1/2 tsp. cayenne

Mix ingredients and rub into meat.

Caribbean Cruise Rub

Works best for pork or chicken.

- 1 tbl. Brown sugar
- 2 tsp. Allspice
- 2 tsp. Onion powder
- 1/2 tsp. Thyme
- 1 tsp. Salt
- 1/2 tsp. Nutmeg

Mix ingredients and rub into meat.

Chili "Run For Cover" Rub

Rub into chicken, pork or beef.

- 2 tsp. paprika
- 1 tsp. each chopped fresh oregano and salt
- 1/2 tsp. each garlic powder and chili powder pepper
- 2/3 cup balsamic vinegar
- 1 tbl. each finely minced ginger-root and soy sauce
- 2 tsp. honey
- 2 tbl. Salt
- 1 1/2 tsp. Garlic powder
- 1/2 tsp. Cayenne pepper
- 1 1/2 tsp. Black pepper
- 1 tsp. White pepper
- 1 tsp. Onion powder
- 1/2 tsp. Sweet paprika
- 1 tsp. Cumin

Mix ingredients into a paste and apply to meat.

Chinese Dragon Spice Rub

Can be used for chicken, beef or fish.

60	x	Peppercorns, black
4	tsp.	Anise seed or
1	x	Star anise
2	tsp.	Fennel seed
12	x	Whole cloves
4	x	1" long stick cinnamon

Pulverize ingredients and rub into meat.

Cinnamon Steak Rub

1 1/2	tsp.	Cumin Seed
2	tsp.	brown sugar
1 1/2	tsp.	Ground Cinnamon
1	tsp.	Paprika
1	tsp.	Oregano Leaves
1/2	tsp.	Garlic Powder
1/2	tsp.	salt
1/4	tsp.	Ground Red Pepper

Mix spices and sugar and rub into steaks.

Classic Northwest Dry Rub

Use for beef or chicken.

10	tbl.	Black pepper
10	tbl.	Paprika
5	tbl.	Chili powder
5	tbl.	Red pepper
5	tbl.	Garlic powder
3	tbl.	Celery salt
1	tbl.	Dry mustard

Mix spices and apply liberally to meat surfaces.

Classic Northern Rib Rub

1/4 cup Brown sugar
4 tsp. Onion powder
1 tsp. Cinnamon
1 tsp. Dry mustard
1 tsp. Salt
1/2 tsp. Thyme, dried

Mix ingredients and dust resulting powder on steaks.

Creole Hot Pepper Party Rub

Best on beef, pork or chicken.

1/4 cup Dried Thyme Leaves
3/4 cup Paprika
1/4 cup Ground Black Pepper
1/4 cup Garlic Powder
1/4 cup Onion Powder
1/4 cup Cayenne (Or Other Chile Powder)
1/4 cup Ground White Pepper
1/4 cup Salt

Mix spices and rub into meat.

Creole Traditional Rub

Best on steak.

1 tbl. Salt
1 1/2 tsp. Garlic Powder
1 1/2 tsp. Onion Powder
1 1/2 tsp. Paprika
1 1/4 tsp. Thyme
1 tsp. Ground Red pepper
3/4 tsp. Black Pepper
3/4 tsp. Oregano
1/2 tsp. Ground Bay Leaf Ground
1/4 tsp. Chili Powder

Mix ingredients and dust on steak.

Cumin Rub for Steak

- 1/4 cup Brown sugar
- 1 tsp. Ground cumin
- 1 tsp. Red chili powder (hot or mild, to your preference)
- 1/2 tsp. Dried leaf oregano
- 1/2 tsp. Dried thyme
- 1/2 tsp. Salt
- Several grinding of black pepper

Mix ingredients and rub liberally into steak.

Curry Rub

May be used for chicken, beef, pork, fish, shellfish or lamb.

- 4 tbl. Cumin, ground
- 4 tbl. Thyme, ground
- 4 tbl. Garlic powder
- 4 tbl. Black pepper, freshly ground
- 2 tbl. Cayenne pepper
- 2 tbl. Salt
- 2 tbl. Curry powder - use a commercial blend or, your own favorite

Mix ingredients together and rub generously into the skin of the mat.

Dixie "Kickin' Chicken" Rub

- 2 tbl. salt
- 1 tbl. Coarsely-ground black pepper
- 1 tbl. Golden brown sugar - (packed)
- 2 tsp. garlic powder
- 1 1/2 tsp. cornstarch
- 1 1/2 tsp. onion powder
- 1 tsp. lemon-pepper seasoning with garlic and Onion
- 1 tsp. chili powder
- 1 tsp. cayenne pepper

Mix ingredients together and rub generously into the skin of the chicken.

Eastern North Carolina Rub

Best for pork but can be used for chicken too.

1	tbl.	Onion powder
1	tbl.	MSG
2	tsp.	Salt
2	tsp.	Brown sugar
2	tsp.	Cumin
2	tsp.	Chile powder
2	tsp.	Black pepper
1	tsp.	Cayenne pepper
1/4	cup	Paprika

Mix spices and sugar and rub into meat.

East West Rub for Salmon

1	tbl.	Sugar
1 1/2	tsp.	five-spice powder
1/2	tsp.	coriander
1 1/2	tsp.	black pepper
1/2	tsp.	salt

Mix ingredients and rub into salmon

Fantastic Fennel Coriander Rub

Works with pork, lamb, chicken and fish.

1	tbl.	Fennel seeds
1	tbl.	Coriander seeds
1	tbl.	Coarse salt
2	tsp.	Freshly ground black pepper

Mix spices and apply to meat.

Florentine Beef Rub

- 2 tbl. Fresh rosemary leaves, chopped
- 2 tbl. Fresh sage leaves, chopped
- 2 tbl. Fresh thyme leaves, chopped
- 4 tbl. Freshly ground black pepper
- 4 tbl. Kosher salt
- 4 tbl. Extra virgin olive oil

Mix ingredients into a paste and rub generously into the meat.

Galveston Rub for Chicken and Pork

- 6 x Garlic cloves, crushed
- 1 tbl. Cayenne pepper
- 2 tbl. Paprika
- 1 tbl. Lemon juice

Make a paste out of the ingredients and rub into meat.

Garlic Rub

Use on beef, chicken, pork, fish or lamb.

- 4 tbl. Fennel seeds
- 2 x good handful fresh thyme, leaves
- 2 clv garlic
- 1 x ripped bay leaf
- Salt, and, freshly ground black pepper

Pulverize ingredients and rub into meat.

Garlic Anchovy Rub aka “Lonely Night” Rub

Use for fish, shellfish, lamb or beef.

- 1 x Garlic clove, crushed
- 1 tsp. Anchovy paste
- 2 tsp. Olive oil
- 1/4 tsp. Freshly ground black pepper

Mix ingredients to form a paste and rub into meat.

Garlic and Chili Rub aka “Firebreathin’ Rub”

Suits beef, chicken, pork, lamb, fish and seafood.

2 tbl. Chili powder
2 lrg Garlic cloves, chopped 1 tsp. Ground cumin
3/4 tsp. Sugar
3 1/2 tbl. Worcestershire sauce

Blend ingredients into a paste and apply to meat surfaces.

Herb Rub For Salmon

1/4 cup parsley - (tightly packed)
1/4 cup cilantro - (tightly packed)
1 1/2 tsp. chili powder
1/2 tsp. salt
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. ground Mediterranean oregano
1/8 tsp. freshly-ground black pepper
3 tbl. Olive oil

Blend ingredients in a processor and apply liberally to salmon.

Hickory-Dickory Chicken Rub

1/4 cup sweet paprika
1/4 cup potato starch or flour
1 tbl. Dried thyme
1 tbl. Garlic powder
1 tbl. Lemon pepper
1 tbl. Dried rosemary
1 tsp. ground nutmeg
1 tsp. ground allspice

Mix spices and flour and apply powder to chicken surfaces.

Honey Curry Rub

Good for lamb, chicken, pork and beef.

1/4	cup	plain nonfat yogurt
2	tsp.	cornstarch
2	tsp.	Dijon mustard
2	tsp.	honey
3/4	tsp.	curry powder

Mix into a paste and apply to meat.

Hot, Hot, Hot Black Rub

Great on steak, chicken, pork or lamb.

1	tbl.	Salt
1	tbl.	White Pepper
1	tbl.	Black Pepper
2 1/2	tsp.	Dry mustard
2 1/2	tsp.	Garlic Powder
1/2	tsp.	Thyme leaves (dried)
1/4	lb	Soft Butter
2 1/2	tsp.	Cayenne Pepper (to taste)

Mix into a paste and apply to meat surfaces.

Hot & Sticky Honey Rub

Suits lamb, pork, beef and chicken.

1/4	cup	prepared horseradish
1	tsp.	chile powder
2	tsp.	soy sauce
2	tsp.	honey

Mix into a paste and rub into meat.

Hot and Sweet Rub for Chicken

- 2 1/2 tsp. chili powder
- 2 tsp. paprika
- 2 tsp. brown sugar
- 3/4 tsp. garlic salt
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 1/4 tsp. freshly-ground white pepper

Mix ingredients and dust chicken with mixture.

Indian Mustard Rub for Fish

- 2 tbl. freshly ground pepper
- 2 tbl. Coriander
- 1 tbl. Cardamom
- 1/2 tbl. Cinnamon
- 1/2 tbl. Cloves
- 1 1/2 cup firmly packed brown sugar
- 1/8 cup salt
- 1/8 cup paprika
- 1 tbl. Mustard seeds
- 1 tbl. Pasilla or ancho chiles, (or ground chile powder)
- 1 tsp. garlic granules
- 1 tsp. ginger
- 1/2 tsp. cumin
- 1/2 tsp. marjoram

Blend ingredients and rub into meat.

Jamaican Jerk Rub aka “What Jamaican Jerk? Rub?”

Suits fish, chicken and pork.

- 1 whl onion, finely chopped
- 1/2 cup Scallions, finely chopped
- 5 whl hot chile peppers, (your favorite), finely ground
- 2 tsp. Fresh thyme leaves
- 2 tsp. Salt
- 1 tsp. Jamaican pimiento, (allspice berries), ground
- 1/4 tsp. Nutmeg, ground
- 1/2 tsp. Cinnamon, ground
- 1 tsp. Black pepper, ground

Mix ingredients and apply to meat.

Jamaican Rum Rub

Suited best to pork or chicken.

- 3/4 cup kosher salt or to taste
- 1/4 cup coarsely-ground black pepper
- 1/4 cup vegetable oil
- 1/4 cup rum
- 1/4 cup Worcestershire sauce
- 3 tbl. Sugar
- 2 tbl. Red pepper flakes
- 1 tbl. Ground allspice
- 2 tsp. minced fresh garlic
- 1 tsp. powdered ginger

Mix ingredients into a wet paste and apply to meat.

“Junkyard” Jerk Chicken and Fish Rub

- 6 tbl. Minced garlic
- 6 tbl. Minced onion
- 6 tbl. Dried minced onion
- 2 tbl. Allspice
- 1 tbl. Dried ground chipotle
- 2 tbl. Hungarian paprika
- 2 tbl. Brown sugar
- 4 1/2 tsp. Minced fresh thyme
- 4 1/2 tsp. Cinnamon
- 1 1/2 tsp. Nutmeg
- 1/2 tsp. Ground habanero
- Juice of 2 lemons

Mix ingredients into dry paste and rub into meat.

Kansas City “Kryptonite” Rub

Suits beef or chicken.

- 1/2 C. sugar
- 1/4 C. paprika
- 2t. Chili powder
- 1/2 t. cayenne
- 1/2 C. salt
- 2 t. pepper
- 2 t. garlic powder

Combine all ingredients and rub on meat.



The original Kansas City Stuff
www.Zarda.com

Latin Spicy Rub aka “J.Lo” Rub (It’ll make you wanna sing & dance!)

Works well with chicken, beef and fish.

1/4	cup	cumin seeds
1/4	cup	chili powder
2	tbl.	Coriander seeds crushed
1	tbl.	Ground cinnamon
1	tbl.	Brown sugar
2	tbl.	Salt
1	tbl.	Red pepper flakes

Mix ingredients and apply to meat.

Lone Star “Liquid Plasma” Rub

Works on both beef and chicken.

2	tbl.	Chili powder
1	tbl.	Garlic salt
1	tbl.	Sweet Hungarian paprika
1	tbl.	Freshly-ground black pepper
1	tsp.	Cayenne pepper

Mix ingredients and dust meat liberally with mixture.

Louisiana Decadence - Dry Spice Rub For Steak

4	tbl.	Sugar
4	tbl.	Salt
1	tbl.	Paprika
2	tbl.	Dry mustard
1	tsp.	chili powder
1/2	tsp.	lemon pepper
1	pch	dried oregano
1	pch	dried thyme

Mix ingredients and apply liberally to meat.

“Mahvelous” Masala Rub

Best for chicken or beef

16	tbl.	Coriander seeds
4 1/2	tbl.	White cumin seed
2	tbl.	Fennel seeds
2	tbl.	Fenugreek seeds
2	piece	cassia bark
2	tbl.	Cloves
3	x	Bay leaves
2	tbl.	Turmeric
1	tbl.	Ginger

Grind spices to a powder and apply to meat.

Major League Mediterranean Rub

Suits lamb, chicken or fish.

2	tbl.	Ground cumin
1	tbl.	Ground paprika
1 1/2	tsp.	ground ginger
1 1/2	tsp.	ground coriander
1	tsp.	ground black pepper
1/4	tsp.	cayenne pepper
2	tbl.	Olive oil

Mix into a paste and rub into meat.

Mesquite “Skeeter” Rub

Suits beef or chicken best.

1/2	cup	Black Peppercorns, cracked
1/2	cup	Cumin Seed, crushed
1/2	cup	Mesquite Barbecue Seasoning
1/4	cup	Dehydrated Minced Garlic

Grind into a powder and apply liberally to meat surfaces.

Mexican Bonfire Dry Rub

Works with beef or chicken.

- 1 tsp. onion powder
- 3/4 tsp. seasoned salt
- 1 1/2 tsp. dried oregano leaves crushed
- 3/4 tsp. crushed red pepper flakes
- 1/2 tsp. garlic-pepper seasoning
- 1/2 tsp. chili powder
- 1/4 tsp. cumin

Mix spices together and rub into meat.

Molasses Show-Stopping Steak Rub

- 1 cup packed brown sugar
- 2 tbl. Molasses
- 2 tsp. paprika
- 2 tsp. dried thyme leaves
- 1 1/2 tsp. kosher salt
- 1 1/2 tsp. freshly ground black pepper
- 1 tsp. garlic powder

Mix ingredients into a paste and apply generously to meat surfaces.

Moroccan aka “Rockin’” Lamb Chop Rub

- 1 tbl. Ground cumin
- 2 tsp. ground turmeric
- 1 tsp. sweet paprika
- 1 tsp. coriander seeds
- 1 tsp. garlic salt
- 1/2 tsp. hot red pepper flakes

Mix spices and apply liberally to lamb chops.

Moroccan Spice Rub For Salmon

- 1/4 cup olive oil
- 1 tbl. Whole cumin seeds
- 2 tsp. whole coriander seeds
- 1 x cinnamon stick - (3" long)
- 3/4 tsp. salt
- 1/2 tsp. cayenne pepper

Pulverize ingredients to make a paste. Apply paste mixture to meat.

Mustard Herb Rub For Beef

2 tbl. Country Dijon-style mustard
2 lag garlic cloves pressed
1/2 tsp. crumbled dried rosemary leaves
1/2 tsp. dried thyme leaves
1/2 tsp. dried oregano
1/2 tsp. freshly-ground black pepper

Blend ingredients into a paste and rub into beef.

New Orleans “High Performance” Pepper Rub

Suits fish, shellfish, chicken and beef.

1/2 tsp. Ground red pepper
1/2 tsp. Ground white pepper
1/4 tsp. Black pepper
1/2 tsp. Onion powder
1/4 tsp. Salt

Mix spices and rub into meat.

Pecan Dream Rub

Great on fish, chicken or steak!

1/2 cup pecans broken
3 x garlic cloves cut up
1/2 cup fresh oregano
1/2 cup fresh thyme
1/2 tsp. finely-shredded lemon peel
1/2 tsp. freshly-ground black pepper
1/4 tsp. salt
1/4 cup cooking oil

Pulverize ingredients, mix into a paste and apply to meat.

Pepper Lime Shrimps

- 2 tbl. Lime, juice
- 1 tbl. Lime, zest
- 1 tsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 3 tbl. Olive oil
- Salt
- Pepper

Blend ingredients to make a paste. Rub shrimps with mixture before grilling.

Pepper “Poppykosh” Rub for Pork Chops

- 1 tsp. Ground cumin
- 1 tsp. Salt
- 3/4 tsp. Coarsely crushed black pepper
- 3/4 tsp. Coarsely crushed white pepper
- 1 lrg Pinch cayenne
- 2 tsp. Ground coriander seeds
- 4 x Cloves garlic, finely chopped
- 2 tbl. Olive oil

Blend ingredients together to make a paste and apply to pork chops.

Pepper’s Ghost Rub for Steaks

- 1 tbl. Olive oil
- 1 tbl. Garlic powder
- 1 tbl. Paprika
- 2 tsp. Dried thyme, ground
- 2 tsp. Dried oregano, ground
- 1 1/2 tsp. Pepper
- 1 tsp. Salt
- 1 tsp. Lemon pepper
- 1 tsp. Ground red pepper

Mix ingredients into a paste and rub into steak.

Puerto Rican Pork Rub

2	tbl.	Cumin, ground
2	tbl.	Garlic, minced
2	tbl.	Cilantro, fresh, rough chopped
2	tbl.	Black pepper, freshly cracked
2	tbl.	Salt
2	tbl.	White vinegar
2	tbl.	Yellow mustard
2	tbl.	Jalapeno pepper, minced
2	tbl.	Olive oil

Blend ingredients into a paste and rub mixture into pork.

Rebel Ranch Steak Rub

2	tbl.	Corn Starch or flour
2	tsp.	Salt
2	tbl.	Coarse Ground Pepper
1/2	tsp.	Oregano
1/2	tsp.	Lemon Pepper
4	tsp.	Garlic Powder
4	tsp.	Onion powder
1	tsp.	Paprika
1	tsp.	Beef Stock Base

Mix into a paste and rub on steaks.

Red Devil Rub

Best suited to chicken or beef.

1/4	cup	Dijon mustard with seeds
2	tsp.	Olive oil
1/4	cup	Finely slivered fresh basil
1/2	tsp.	Freshly ground pepper
1/4	tsp.	Cayenne pepper

Blend ingredients into a paste and rub into meat.

Rojo Chile Rub

Great on chicken or beef.

1/4	cup	paprika
2	tbl.	Kosher salt (or other coarse salt)
2	tbl.	Ground shippable Chile
2	tbl.	Ground dried mild to med-hot chile,
2	tsp.	ground cumin
1 1/2	tsp.	sugar

Mix ingredients and dust liberally on meat.

Rosemary Garlic Rub aka Scarborough Fair (“...Rosemary & Thyme”)

Works best on lamb or chicken.

1 1/2	tsp.	Grated lemon peel
1	tsp.	Dried rosemary leaves, crushed
1/2	tsp.	Salt
1/2	tsp.	Dried thyme leaves
1/2	tsp.	Coarsely ground black pepper
2	x	Garlic cloves, minced

Combine ingredients and rub mixture into meat.

Rosemary Lamb Rub

1/2	cup	Flat-leaf or basil leaves, lightly packed
2	tbl.	Fresh rosemary leaves
1	x	Lemon, zest only
4	x	Cloves garlic
2	tbl.	Black peppercorns, cracked or crushed
2	tbl.	Mustard seeds, lightly crushed
2	tbl.	Olive oil
2	tsp.	Salt

Pulverize mixture into paste and rub on lamb.

Rosemary Pork Rub

- 4 x cloves garlic -- finely chopped
- 1 tbl. Chopped fresh rosemary OR 1 teaspoon dried rosemary
- 1 tsp. grated lemon rind
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 1/4 tsp. dried thyme
- 2 tbl. Fresh lemon juice

Mix ingredients into a paste and rub liberally into pork.

San Antonio Screamin' Rub

Suits steak and chicken.

- 1/4 cup Salt
- 1/4 cup Pepper
- 2 tbl. Garlic Powder
- 1 tbl. Cumin
- 1 tbl. Cayenne

Combine ingredients and rub into meat.

Savory "Poultry In Motion" Rub

- 1 tbl. Garlic powder
- 2 tbl. Tarragon
- 1 tbl. Poultry seasoning
- 2 tbl. Lemon pepper
- 1 tbl. Paprika
- 2 tsp. Salt

Mix ingredients and rub into chicken.

Savory Steak Rub

- 1 tbl. Dried marjoram
- 1 tbl. Dried basil
- 2 tsp. Garlic powder
- 2 tsp. Dried thyme
- 1 tsp. Dried rosemary, crushed
- 3/4 tsp. Dried oregano

Mix ingredients and rub into steak.

Sesame Mustard Rub aka “Open Sesame” Rub

Suits chicken and pork best.

- 1 x Garlic clove, crushed
- 1 tsp. Mustard seeds
- 1/2 tsp. Finely slivered lime peel
- 2 tsp. Lime juice
- 2 tbl. Sesame oil

Combine ingredients into a paste and rub on meat.

Slaughterhouse 5 Rub

A classic rub for steak.

- 1 1/2 pt Sugar
- 2 cup Salt
- 1 1/2 cup Monosodium glutamate
- 1 1/2 cup Chili powder
- 1 cup Paprika
- 1 cup Lemon pepper
- 1 cup Onion powder
- 1 cup Garlic powder
- 1 cup Black pepper
- 1/2 cup Cayenne pepper

Combine ingredients and rub into steaks.

Smokey Chicken Rub

- 2 tsp. Salt
- 2 tsp. Black pepper, I halved this
- 2 tsp. Paprika
- 1 tsp. Dry mustard
- 1 tsp. Sage leaves, or rosemary
- 1 x Garlic cloves, crushed
- 1 tsp. Lemon peel, grated

Mix ingredients and rub resulting powdery mixture into meat.

Smokey Rib Rub

1/3	cup	Dark Brown Sugar, packed
1/4	cup	Paprika
2	tbl.	Garlic Powder
1	tbl.	Cayenne pepper
1	tbl.	Black Pepper
1	tbl.	White Pepper
2	tsp.	Coriander, ground
1	tsp.	Salt

Mix ingredients and rub into steak.

South Texas “Thunder” Rub

Suitable for chicken, pork and beef.

1	x	Garlic clove, crushed
1	tsp.	Seasoned pepper
1	tsp.	Ground dried mild chiles
1/4	tsp.	Cayenne pepper
1	tsp.	Seasoned salt

Combine ingredients and rub into meat.

Southwestern Chicken Rub

1	tbl.	Paprika
1	tbl.	Powdered garlic
1	tbl.	Dried rosemary
1	tbl.	Dried thyme

Combine spices and rub into chicken meat.

Southwest Pork Rub

2	tbl.	Chili powder
2	tsp.	kosher salt
1	tsp.	dried oregano
1	tsp.	cayenne pepper
1	tsp.	brown sugar
1/2	tsp.	freshly-ground black pepper

Combine ingredients and rub into pork.

Spicy Salt Rubbed Chicken

2/3	cup	Extra-virgin olive oil
1/3	cup	Oregano leaves, finely chopped
1/3	cup	Rosemary leaves, finely chopped
1/3	cup	Thyme leaves, finely chopped
1/3	cup	Coarse kosher salt
2 1/2	tbl.	Freshly ground black pepper

Pulverize ingredients into a paste and rub into chicken.

Spicy Seafood Rub

1	tbl.	Onion powder
3/4	tsp.	Black pepper
1/4	tsp.	White pepper
1	tbl.	Salt
1	tbl.	Thyme
1/2	tsp.	Annatto powder, (for color)
2	tsp.	Hungarian paprika
1/4	tsp.	Sage
1/4	tsp.	Rosemary
1	tsp.	Pascilla chile powder

Combine ingredients and rub into seafood.

Star Anise Rub

Works best for fish and chicken.

1	tbl.	Star anise pieces - (scant)
1	tbl.	Sugar
1	tsp.	Mustard seeds
8	x	Black peppercorns
1	tsp.	Kosher salt

Combine ingredients and dust meat liberally with resulting powder.

Sweet Steak Surprise Rub

1/4 cup Ground Allspice
1/4 cup Brown sugar
1/4 cup Onion powder
2 tbl. Salt
2 tsp. Ground Nutmeg
2 tsp. Ground cinnamon
2 tsp. Dried Thyme

Combine ingredients and rub into steak.

Tandoori Rub

Traditionally made with chicken or lamb.

1 1/2 tsp. Garlic powder
1 1/2 tsp. Paprika
1 tsp. Cayenne pepper
1 tsp. Ground coriander
1 tsp. Ground cumin
1 tsp. Ground ginger
1 tsp. Salt
1/4 tsp. Ground cardamom
1/4 tsp. Ground cinnamon

Mix ingredients and dust meat with powder.

Tennessee “Hunka-Hunka Burnin’ Rub”

For Steak

2 tbl. Brown Sugar
2 tbl. Coarsely Ground Black Pepper
2 tbl. Paprika
1 tbl. Chili Powder
1 1/2 tsp. Ground White Pepper
1 1/2 tsp. Crushed Hot Red Pepper
1 1/2 tsp. Salt
1 tsp. Garlic Powder

Tex Mex Dry Rub

Can be used on chicken, beef or pork.

2	tbl.	Paprika
1	tsp.	Black Pepper
2	tsp.	Cayenne
2	tsp.	Dry Mustard
1	tbl.	Brown Sugar
2	tbl.	Chili Powder
1	tsp.	Garlic Powder
1	tsp.	Cumin
1	tsp.	Onion Powder
1	tsp.	Aciote Seeds

Texas “Terminator” Dry Rub

Best suited for steak.

1/2	tsp.	black pepper
1	tbl.	salt
1/2	tsp.	cayenne pepper
1	tsp.	cumin
1	tsp.	coriander, dried
1	tsp.	oregano, dried
1	tsp.	thyme, dried
1	tsp.	marjoram, dried

Combine ingredients and rub mixture into meat.

Texas Honey BBQ Dry Rub

Suits pork or beef ribs or chicken wings.

1/4	cup	Honey
4	x	cloves Garlic -- minced
2	tsp.	Salt
2	tsp.	Black Pepper -- freshly ground
2	tsp.	Mustard Powder
2	tsp.	Chili Powder

Make a paste of the ingredients and rub into meat.

Thai Spice Rub

Suits chicken, fish, pork and shellfish.

2	tbl.	Chopped fresh lemon-grass
1	tbl.	Grated fresh ginger
2	x	clove garlic minced
1/8	tsp.	ground red pepper

Combine ingredients in a blender, whip into a paste and apply to meat.

Three Pepper Rub

Best suited for beef or lamb.

1/4	cup	whole black peppercorns
2	tbl.	Whole white peppercorns
2	tbl.	Whole pink peppercorns
2	tbl.	Kosher salt (or other coarse salt)
1 1/2	tsp.	yellow mustard seeds
1	tbl.	Dried onion flakes (optional)

Combine ingredients and rub into meat.

West Indies Wallflower Chicken Rub

3	tbl.	Curry powder
2	tbl.	Paprika
1	tbl.	Cayenne pepper
2	tbl.	Freshly cracked black pepper
3	tbl.	Ground cumin
2	tbl.	Powdered ginger
2	tbl.	Salt

Combine ingredients and rub into chicken.

Yucatan Lobster Rub

1/2	x	habanero chile seeded, deviened
1	x	garlic clove
1/2	cup	sour orange juice
1/4	cup	lime juice
1	tbl.	Honey
2	tbl.	extra-virgin olive oil
1	tsp.	whole black peppercorns
1	tsp.	cumin seed
1	tsp.	fennel seed
1	tsp.	whole coriander seed
1	tsp.	mustard seed

Combine ingredients to make a paste and rub onto meaty lobster surfaces.

Part 6. Marinades, "Mops" and Brines

A marinade is a seasoned liquid that contains a tenderizing acidic ingredient such as vinegar, wine, soy sauce, or citrus juice. Marinade seasonings can be a combination of herbs, spices, and even vegetables, but they generally reflect the tastes of the region in which they were made. For example, marinades from South Carolina often contain bourbon and peaches, while recipes from North Carolina often feature peppers and vinegar.

Regardless of the ingredient combination, all marinades are used by soaking meat in them to add flavor and to tenderize before cooking. Always follow the directions carefully since some foods, especially fish and shrimp, can become mushy if left in a marinade for too long. Always be sure to marinate in a non-reactive pan or a plastic bag.

Marinades usually don't penetrate more than a half-inch into food. Thinner cuts of meats tend to be more flavorful when you use a marinade. The longer you marinate the meat, the stronger the flavor is (especially on the out side portion of the meat).



An example of a basting mop
www.Barbecues.com

How much marinade?

Chicken pieces: For 2 1/2 to 3 pounds, use 1/2 to 3/4 cup marinade.

Boneless steak: For 1 1/2 to 2 pounds, use 3/4 to 1 cup marinade.

Chops: Use 3/4 to 1 cup marinade for 4 chops.

Meat chunks: For 1 to 1 1/2 pounds, use 3/4 to 1 cup marinade.

Shrimp: For 1 pound large peeled shrimp, use 1/2 to 2/3 cups marinade.

Swordfish or tuna steaks: For 4 steaks, use 1/4 to 1/2 cup marinade.

Fresh vegetables: For 1 1/2 pounds of assorted vegetables, use 1/2 to 3/4 cup marinade.

Safety Tips For Handling Marinades

When using liquid marinades remember to follow these rules of hygiene.

Always marinate in the refrigerator, never at room temperature.

Always use glass or stainless steel if you use a casserole or baking dish for marinating.

If you are going to use leftover marinade, boil it for at least one minute because it contains raw meat juices.

Allow at least five minutes of cooking if you brush the marinade on the meat because the marinade contains raw meat juices and needs to cook.

Don't place the cooked meat in the same dish as the raw meat and marinade.

A marinade can also be used as a "mop" which is simply the nickname for what Southerners call basting.

Achiote Marinade for Beef (pronounced ah-chee-OH-tay)

- 1 cup Red wine vinegar
- 1/4 cup Water
- 2 tsp. Ground cumin
- 3 x Garlic cloves, minced
- 2 tsp. Achiote paste
- 1 tsp. Crushed red pepper
- Salt and black pepper to taste
- 1/4 cup Olive oil

Marinate beef in this mixture overnight or for at least six to eight hours.

All Purpose Marinade (a classic for good reason!)

- 2 tbl. sun-dried tomato paste
- 2 clv garlic peeled chopped
- 4 tbl. Olive oil
- 1 tbl. Sherry vinegar
- 4 dsh soy or Worcestershire sauce

Animal meats should be marinated for four hours; fish and shellfish for only 20 to thirty minutes.

Arkansas Mile-High Marinade

Suitable for chicken, pork and beef.

2	qt	water
1 1/2	cup	brown sugar
1 1/2	cup	Worcestershire sauce
1 1/2	cup	yellow mustard
1	qt	ketchup
1/2	cup	freshly-ground black pepper
1/2	cup	red pepper flakes
3	qt	red wine vinegar
1	qt	white table wine
1 1/2	cup	salt

Combine ingredients in a pot and boil for a half an hour. Marinate meat in mixture overnight or for at least eight hours.

Asian Beef Marinade

2	tbl.	Black bean sauce
1/2	tsp.	Dry mustard
2	tbl.	Dry sherry
2	tbl.	Soy sauce
1	tbl.	Sesame oil

Mix ingredients in a bowl and marinate meat in mixture for at least four hours.

Asian Ginger Soy Marinade

Suitable for chicken, beef and shellfish.

1/2	cup	soy sauce
1/2	cup	sweet sherry
2	tbl.	honey
3	tbl.	Shredded fresh ginger (use the large holes of a box grater)
2	x	scallions white and green parts, trimmed and coarsely chopped
2	x	garlic cloves crushed with the flat side of a knife
1/4	tsp.	freshly ground black pepper
1/4	cup	dark Asian sesame oil

Basic Marinade for Barbecue Beef (...ahh, the classics!)

1/4	cup	sherry vinegar or red wine vinegar
1/2	cup	dry red wine
2	tbl.	Soy sauce
1	tbl.	Worcestershire sauce
1	tsp.	sugar
1/2	cup	olive oil
2	x	cloves garlic, sliced
2	tbl.	Parsley, fresh, chopped
2	tbl.	Fresh herb combo: rosemary tarragon, thyme
1	dsh	black pepper to taste

For beef steaks marinate for 6 to 8 hours. For roasts, 10 to 12 hours.

Basic Marinade for BBQ Pork

1/2	cup	Soy sauce
1/4	cup	Sherry
1	tbl.	Sugar

For best results marinate overnight.

Basic Marinade for BBQ Spare Ribs

1	x	Clove garlic
3	slc	Fresh ginger root
1	cup	Soy sauce
1	tbl.	Sugar
1	tbl.	Sherry

For best results marinate meat overnight.

Beef Fajita Delicious aka "B.F.D." Marinade

12	oz	Beer
1/2	cup	Italian Salad Dressing
5	x	Cloves Garlic (minced)
2	tbl.	Lemon or Lime Juice
1	tbl.	Sugar
		Salt and Pepper
3	x	Cloves
		Worcestershire Sauce
2	tbl.	Vinegar

Marinate overnight for best results.

Beer Marinade

Works well with chicken, pork, beef and lamb.

3	x	cloves garlic crushed
1	cup	malty ale stout or porter
3	tbl.	Worcestershire sauce
2	tbl.	Dijon mustard
1/4	cup	soy sauce
1/4	cup	vegetable oil
1/4	cup	orange juice
		Hot sauce to taste
		Salt and pepper to taste

Marinate for at least four hours but preferably overnight.

Beer and Onion Marinade

For chicken

1	can	Beer
1	tbl.	Dark molasses
1	tbl.	Onion juice
2	tbl.	Lemon juice
1/2	cup	Catsup
1	tsp.	Salt

Marinate chicken overnight for best results.

Black Bean “Boogie” Sauce Marinade

2	tbl.	Black bean sauce
1/2	tsp.	Dry mustard
2	tbl.	Dry sherry
2	tbl.	Soy sauce
1	tbl.	Sesame oil

Bloody Mary Marinade

For poultry, pork and fish.

3/4	cup	V-8 juice
1/4	cup	Vodka
1	tsp.	Prepared horseradish
1	tsp.	Lemon juice
1/2	tsp.	Soy sauce
1	dsh	Hot pepper sauce

Bourbon Marinade for T-bone Steaks

1/2	cup	Beer, porter
1/4	cup	Bourbon
1/4	cup	Soy sauce
3	tbl.	Brown sugar
1	tbl.	Dijon mustard
2	tsp.	Cracked black pepper
1/2	tsp.	Worcestershire sauce
1/2	tsp.	Salt
1/4	cup	Green onions, minced

For best results marinate for 24 hours.

Brown Sugar Marinade for Pork Ribs

2	slc	Fresh ginger
3	tbl.	Soy sauce
4	tbl.	Brown sugar
1/2	tsp.	Five Spices
1	tsp.	Sherry

Marinate for one hour.

Cajun Beer Marinade for Beef

2	can	Beer (12 oz or 10 oz cans)
2	tsp.	Salt
1/2	cup	Olive oil
1	tsp.	Ground cayenne pepper
1	tbl.	Wine vinegar
1	tbl.	Prepared horseradish
1	tsp.	Onion powder
2	tbl.	Lemon juice
1	tsp.	Garlic powder

For best results marinate beef overnight.

California “Killer” Marinade

Works best with beef.

1/2	cup	cooking oil
1/4	cup	lemon juice
1	tbl.	Paprika
2	tbl.	Worcestershire sauce
		Dash Tabasco sauce
2	tbl.	Vinegar
2	tsp.	salt
2	tsp.	sugar
2	x	cloves garlic crushed

Marinate meat overnight for best results.

Caribbean Jerk Marinade

For pork and chicken

3	x	Jalapeno chiles, stems and seeds removed
2	tbl.	Chopped green onions
3	tsp.	Allspice
1/2	tsp.	Cinnamon
1/2	tsp.	Nutmeg
1/4	tsp.	Salt
2	tbl.	Water
1	tbl.	Honey
4	tsp.	Fresh lime juice
1	tsp.	Steak sauce

Marinate for fifteen minutes.

Cherry Marinade

For pork or chicken

- 2 cup cherries, pitted
- 2 cup White wine vinegar or rice vinegar

Marinate chicken for at least four hours.

Chicken with Sherry aka “Smooooth” Marinade

- 1 cup Good Sherry
- 1/2 cup Extra Virgin Olive Oil
- 1 x Onion, Medium Minced
- 6 x Garlic Cloves, Minced
- 1 tbl. Worcestershire Sauce
- 1 tbl. Dijon Mustard
- 1 tbl. Mixed Herbs
- 1/2 tsp. Pepper, coarse ground
- 1 tsp. Soy Sauce
- 1 tbl. Dry Vermouth

For best results marinate meat in this mixture overnight.

Cider Soak

For chicken or pork

- 1/2 cup Apple cider
- 3/4 cup Cider vinegar
- 1/2 med. onion, minced
- 3 tbl. Oil, preferably canola
- 1 1/2 tbl. Worcestershire sauce
- 1 tsp. Ground Cinnamon
- 1 tsp. Dried Thyme

Marinate meat at least four hours.

Citrus Ginger Marinade

For shrimp, pork or chicken

2/3	cup	Frozen pineapple-orange juice concentrate, thawed
2	tbl.	Hoisin sauce
1	tbl.	Dark brown sugar
1	tbl.	Grated ginger root
1/4	tsp.	Crushed red pepper flakes

Don't marinate for more than fifteen minutes!

Dr. Pepper "Power" Marinade

For chicken, pork or beef.

2	cup	Dr pepper
1/4	cup	Soy sauce
1	tsp.	Louisiana hot sauce
1/2	cup	Lime juice

Marinate for at least one hour.

Flank Steak Marinade

2	tbl.	mustard, dry
1/2	tsp.	salt
1/4	tsp.	pepper
1/4	cup	brown sugar, packed
2	tbl.	Soy sauce
2	tbl.	Olive oil
1	x	garlic clove, chopped
1/3	cup	lemon juice

For best results marinate the meat overnight in this mixture.

Garlic and Cilantro Marinade

Best for fish or chicken

1/4	cup	Fresh squeezed lemon juice
3	lrg	Limes, juice of
1	tsp.	Red wine vinegar
1	tbl.	Soy sauce
1/2	cup	Chopped cilantro
2	x	Cloves garlic, chopped
1/4	tsp.	Salt
		Pepper to taste

Marinate meat in this mixture for at least one hour before throwing it on the grill.

Garlic Marinade for Lamb

1 1/4	cup	Olive oil
1/4	cup	Worcestershire Sauce
2	x	Garlic clove, diced
3/4	cup	Soy sauce, light
2	tbl.	Dry mustard
1/4	cup	Red wine vinegar
1 1/2	tbl.	Parsley, chopped
1/3	cup	Lemon juice

Garlic & Onion aka “Vampire Repellant” for BBQ Pork

2	x	Cloves garlic
1/8	cup	Onion
4	slc	Fresh ginger root
1/2	cup	Soy sauce
3	tbl.	Sugar
3	dsh	Sesame oil, more or less

Marinate for one hour or more.

Ginger Orange Marinade For Steak

1	x	12 oz. can frozen orange juice concentrate, thawed
1/2	cup	Soy sauce
1/2	cup	Light molasses or honey
2	tsp.	Ground ginger

Marinate for at least fifteen minutes

Holland Marinade

For beef or pork.

- 4 tsp. cumin
- 2 tsp. chili powder
- 1/8 tsp. cinnamon
- 1/4 cup olive oil
- 1/4 cup fresh lime juice
- 1/4 cup balsamic vinegar
- 2 tbl. Molasses
- 2 tbl. Chopped fresh oregano (or 1 tsp. dried)
- 1 tbl. Minced garlic

Pour marinade over meat in shallow dish, turning to coat. Cover and refrigerate 4 hours or overnight.

Honey Dijon Marinade

For chicken or pork

- 1 cup dries white wine
- 1/8 cup white Worcestershire sauce
- 1 lag garlic clove crushed
- 1 x bay leaf
- 1 pH freshly-ground white pepper
- 1/8 cup honey
- 1/4 cup Dijon mustard
- 1 tsp. dried oregano
- 1/2 tsp. dried basil

Marinate meat for fifteen minutes.

Jack Daniels Marinade

For shrimp, scallops, beef, pork and chicken.

- 1/4 cup Jack Daniel's Tennessee Whiskey
- 1/4 cup soy sauce
- 1/4 cup Dijon-style mustard
- 1/4 cup minced green onions and tops
- 1/4 cup light brown sugar - (firmly packed)
- 1 tsp. salt
- 1 dsh Worcestershire sauce
- Freshly-ground black pepper to taste

Marinate animal meats for at least four hours, seafood for no more than one hour.

Lemon and Caper Marinade

Traditional for chicken, pork or scallops

- 1 1/2 tsp. finely-minced fresh lemon zest
- 1 tbl. Finely-minced fresh basil
- 1 tsp. finely-minced fresh thyme
- 1 tbl. Thinly-sliced fresh chives
- 2 tbl. Capers finely chopped
- 1 tbl. Fresh lemon juice
- 1/4 cup extra-virgin olive oil

Marinate for eight hours for meat; no more than 45 minutes for seafood.

Marinade For Halibut

- 1/2 cup Soy sauce, low salt
- 1 tsp. Ginger, (grated)
- 1/4 cup Brown sugar
- 1 cup Garlic
- 1 tsp. Dry mustard

Marinate halibut for four hours.

Mediterranean Marinade for Steak

- 1/3 cup Olive oil
- 1/3 cup Lemon juice
- 2 x Cloves garlic, crushed
- 1/4 tsp. Salt
- 1/4 tsp. Pepper

Marinate at least 15 minutes.



Martini aka “Dean Martin” Marinade

For steaks and seafood.

1 1/2 cup Vodka
1/2 cup Dry Vermouth
3 tbl. Oil, preferably canola
3 tbl. Minced onion
Juice of one large lemon

Mexican Margarita Fish Marinade

1 1/2 lb Fish fillets (your choice)
1/3 cup Tequila, white or gold
1/2 cup Triple sec
3/4 cup Lime juice
1 tsp. Salt
2 1/2 x Garlic cloves, crushed
1 tbl. Vegetable oil
3 x Tomatoes, medium, diced
1 x Onion, finely chopped
1 tbl. Jalapenos, minced
2 tbl. Cilantro, fresh, chopped
1 pch Sugar
1 x Pepper

Marinate fish in mixture for 30 minutes before cooking

Moroccan Marinade for Chicken

1/2 cup fresh cilantro leaves finely chopped
2 x garlic cloves finely chopped
2 tbl. Paprika hot Hungarian
2 tsp. ground cumin
2 tbl. Fresh lemon juice
1/2 cup low-fat chicken broth

Cover and refrigerate at least 2 hours, preferably overnight.

Super Soy Fish Marinade

1/4	cup	soy sauce
1/4	cup	lime juice
1/4	cup	vinegar
1/4	cup	oil
1/2	tsp.	pepper
1/2	tsp.	salt
1/4	tsp.	garlic powder
1/4	tsp.	seasoned salt
1	tbl.	Sesame seeds
1	tsp.	minced garlic

Whisk together ingredients in small bowl and marinate fish for one hour in mixture before cooking.

Korean Delight Marinade

For chicken, pork or beef

3	tbl.	Sugar
2	tbl.	Sesame oil
6	tbl.	Soy sauce
1	x	Green onion, chopped
1	x	Clove garlic, minced
1	dsh	Pepper
2	tbl.	Toasted sesame seeds
1	tbl.	Flour

Parisian Serenade Marinade

For Steak

1/3	cup	Dry white wine
1/2	cup	Dijon-style mustard
2	tbl.	Vegetable oil
2	tbl.	Lemon juice
1	tsp.	Dried basil

Filipino Flip Pork Marinade

1/2 cup soy sauce
1/2 cup lemon juice
3 x garlic cloves, crushed

Pineapple Sherry Marinade For Pork

1 x Clove garlic
1 cup Pineapple juice
2 cup Soy sauce
1/2 cup Sherry
1 1/2 tbl. Brown sugar

Pomegranate Marinade for Lamb

1 qt Pomegranate juice
1 cup Mint leaves
4 lrg Heads garlic 2 separated into cloves 2 halved crosswise
1/4 cup Grenadine

Marinate for at least 12 hours.

Soy and Mustard (aka "Soy & 'stard") Marinade

For chicken or pork

1/2 cup dry white wine
2 tbl. Soy sauce
2 tbl. Dijon mustard
1 tbl. Lemon juice
2 tsp. hot chili oil
2 tsp. dark sesame oil

Marinate meat at least 4 hours.

Raspberry Rumble Marinade

For chicken or pork

1/2	cup	Raspberry or wine vinegar
1/4	cup	Chicken stock
2	tsp.	Olive oil
1	tsp.	Lemon juice
1	tsp.	Grated lemon peel
1	x	Shallot, finely chopped
1/2	tsp.	Dried tarragon leaves
1	x	Black pepper

Marinate for four hours or overnight.

Red Wine Marinade For Chicken or Pork

2	cup	Dry red wine
1/2	cup	Red wine vinegar
1/4	cup	Oil, preferably canola
10	x	Fresh Sage leaves (or 2 teaspoons dried)
2	x	Cloves garlic, minced

Marinate meat for 15 minutes.

Red Wine and Oregano Marinade

For lamb or beef

1/4	cup	Finely chopped onion
1/4	cup	Finely chopped fresh oregano or 2 tsp. dry
6	x	Cloves garlic, minced
1/4	tsp.	Pepper
1/4	cup	Dry red wine
3	tbl.	Soy sauce
1	tbl.	Extra-virgin olive oil
1	tbl.	Red wine vinegar

In blender container, combine all ingredients; blend well. Let stand at room temperature for 15 minutes to marinate.

Smoky Marinade for Steak

- 4 tsp. liquid smoke
- 2 tsp. salt
- 1 x clove garlic pressed
- 1 dsh ground black pepper
- 2 tsp. vegetable oil
- 1/2 cup water
- 1/4 tsp. onion powder
- 1/4 tsp. minced fresh parsley

Marinate over steaks or meat for at least 4 hours or overnight is best.

Spicy “Scorchin” Southeastern Marinade

For pork, lamb, chicken and beef.

- 1 cup Bloody Mary mix
Juice of 1/2 lemon
- 1 tbl. Prepared horseradish
- 1 tbl. Dijon mustard
- 2 tbl. Mild canned green chiles finely chopped
- 1/2 tsp. Freshly ground pepper

Tabasco “Widowmaker” Marinade

Suitable for beef, pork and chicken.

- 1/2 cup dry white wine
- 1/4 cup white wine vinegar
- 2 tbl. red or green Tabasco or other hot pepper sauce
- 1 tbl. Vegetable oil
- 1 tbl. Honey
- 1 tsp. dried thyme
- 1/2 tsp. ground cumin
- 1/4 cup chopped green onion
- 2 x clove garlic peeled, ends removed, minced

Whisk ingredients together in a bowl and marinate meat for one to two hours
Marinate meat for at least four hours and shellfish for not more than an hour.

Teriyaki Temptation Marinade

Can be used for chicken, pork, shellfish, or beef.

- 1/2 cup soy sauce
- 1/4 cup sherry or sweet white wine
- 2 tbl. Honey
- 1 tbl. Sesame oil
- 1 tbl. Finely-chopped fresh ginger
- 1 tbl. White distilled vinegar
- 1 tbl. Sesame seeds
- 2 x garlic cloves chopped fine

Mix ingredients and marinate meat for 45 minutes in the refrigerator.

Thai Juan Basil Marinade

Works best with pork spare ribs or chicken.

- 1 tbl. Hungarian paprika
- 1/2 tsp. Salt
- 1/2 tsp. Sugar
- 1/2 tsp. Celery salt
- 1/2 tsp. Ground sage
- 1/2 tsp. mustard powder
- 1/2 tsp. Chipotle powder
- 1 tsp. Dried basil

Marinate meat in mixture overnight

Thai Me Coconut Down Sport Marinade

For shrimps, scallops, pork or chicken

- 1 can coconut milk - (13 1/2 oz)
- 1 tsp. crushed red chile flakes
- 3 tbl. Sugar
- 2 tbl. Finely-minced fresh lemon grass
- 2 tbl. Finely-minced fresh ginger
- 2 tsp. minced garlic
- 1 1/2 tbl. Soy sauce
- 2 tbl. Fish sauce
- 1/2 cup fresh lime juice
- 1 tbl. Sesame oil
- 2 tbl. Chopped cilantro

Marinate for four hours for best results.

Thai Coriander Marinade

Works best with pork spare ribs.

- 4 x Garlic cloves, finely chopped
- 1 tbl. Coriander root, finely chopped
- 1 tbl. Oyster sauce
- 1 tbl. Light soy sauce
- 1 tbl. Fish sauce
- 1 tsp. Sugar
- 1 tsp. Ground white pepper

Marinate meat in this mixture overnight for best results.

“THX” Tomato BBQ Marinade

Suited to beef or chicken.

- 1 cup tomato, paste
- 1 tbl. honey
- 4 tbl. extra virgin olive oil
- 4 tbl. red wine vinegar
- 1 x dried ground ancho chili or 1 tsp Tabasco sauce

Marinate meat overnight for best results.

Worcestershire Marinade For Steak

- 1 cup Beef broth
- 2 tbl. Red wine vinegar
- 1 tbl. Worcestershire sauce
- 1 tbl. Vegetable oil
- 1 tsp. Dried vegetable seasoning

Marinate for at least 15 minutes

Yucatan Marinade

For pork, lamb or beef

- 1 tbl. Chopped fresh oregano (or 1 tsp. dried oregano)
- 2 tsp. ground cumin
- 1/2 tsp. ground allspice
- 2 tsp. chili powder
- 1/2 tsp. hot pepper sauce
- 2 tsp. minced garlic
- 1/4 cup fresh orange juice
- 1/4 cup unsweetened pineapple juice fresh or canned
- 3 tbl. Fresh lime juice
- 2 tbl. Olive oil
- 2 tsp. salt
- 1 tsp. freshly-ground black pepper

Marinate meat in mixture for at least four hours.



Part 7. Feeling Saucy

When it comes to barbecue sauces you probably have about a million choices.

This is because there are so many different opinions about the function of good barbecue sauce, whether the barbecue sauce should also be used for a marinade, whether it should be used as a mop for basting, be added before cooking, after cooking or used as a dip.

The answer is a yes to all of the above. You can use a barbecue sauce for just about anything and that includes a marinade or basting.

As discussed so much in previous pages, there are regional differences and preferences regarding types of sauces and sauce bases. North Carolina sauces (also known as barbecue sauce ground zero) are typically vinegar and pepper-based, while South Carolinians prefer mustard. In the Midwest and Texas as well as farther west, the sauces are most often tomato-based and spicy. In the North West, fresh herbs and citrus fruits are used, mostly because the sauce is for fish like wild salmon.

Then of course there are Asian barbecue sauces, which are usually based on soy, fish sauce, hoisin sauce and ingredients such as ginger and coriander.

Many sauces are based on fruits such as guava or pineapple. Fruit based barbecue sauces are also very common in the Latin Americas and the Caribbean.

Then there is the male barbarian approach, which involves boozing up the sauce with Jim Beam bourbon or beer. California cuisines often use Zinfandel wine for flavoring a sauce.

However in the end it does seem that the tomato based pepper-vinegar sauces seem to outsell all the rest.

One thing almost all these sauces have in common is a sweetener, which can be sugar (white or brown,) honey, molasses, or even maple syrup. Because sugars tend to burn easily, sauces that contain a lot of honey, sugar, molasses or fruit should only be used during the last hour of cooking. This is especially true with tomato-based sauces, which will blacken long before the meat is done.

Here is a compilation of some of my favorite standard base recipes for barbecue sauce.

1948 Barbecue Sauce

1	med	Onion, chopped
2	x	Cloves garlic, minced
2	tbl.	Butter or margarine, melted
1	can	(14 1/2-ounce) whole tomatoes
1	can	(8-ounce) tomato sauce
1/2	cup	Chopped celery
1/3	cup	White vinegar
1/4	cup	Chopped green pepper
2	x	Fresh celery leaves, chopped
1	x	Bay leaf
3	tbl.	Molasses
1 1/2	tsp.	Salt
2	tsp.	Dry mustard
2	tsp.	Hot sauce
1/2	tsp.	Ground cloves
1/2	tsp.	Ground allspice
2	x	Lemon slices

Sauté onion and garlic in butter in a saucepan until tender. Stir in tomatoes and remaining ingredients; bring to a boil. Reduce heat, and simmer, uncovered, 30 minutes; stir occasionally. Remove and discard bay leaf and lemon slices. Process mixture through a food mill or in a food processor, if desired. Use sauce for basting, or serve with chicken.

Makes about three cups.

Alabama White Barbecue Sauce

1	cup	mayonnaise
10	tbl.	White vinegar
1 1/2	tbl.	Prepared horseradish -- optional
2	tsp.	ground white pepper
1	tsp.	salt

Combine all ingredients in mixing bowl and whisk until smooth. Serve with barbecued chicken or as a dip for grilled vegetables.

All American Barbecue Sauce

10	LB	firm ripe tomatoes cored, peeled, and chopped
2	lrg	onions finely chopped
3	x	garlic cloves minced
1	tbl.	Crushed red pepper
1	tbl.	Celery seed
1 1/2	cup	brown sugar
1	tbl.	Dry mustard
2	tsp.	salt
1 1/2	tsp.	mace
1	tsp.	ginger
1	tsp.	cinnamon
1	cup	vinegar, 5% acidity
1/3	cup	lemon

Combine tomatoes, onions, garlic, red pepper and celery seed in a large sauce-pot. Simmer, covered, until vegetables are soft, about 30 minutes. Press tomato mixture through a fine sieve or food mill; discard seeds.

Return tomato mixture to the sauce-pot and add the remaining ingredients. Cook over low heat until mixture thickens, about 30 minutes. As mixture thickens, stir frequently to prevent sticking.

Carefully ladle hot sauce into hot jars, leaving 1/4-inch head-space. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met - fingertip tight.

This makes about three pints of barbecue sauce.

Amazing All Purpose Barbecue Sauce

1	cup	Catsup
1	tbl.	Worcestershire sauce
2	dsh	Bottled hot pepper sauce
1	cup	Water
1/4	cup	Vinegar
1	tbl.	Brown sugar
1	tsp.	Salt
1	tsp.	Celery seed
1	tbl.	Minced onions

Combine ingredients in slow-cooking pot. cover and cook on low 2 to 3 hours.

Makes 2 to 2 1/4 cups sauce. Good on spareribs, chicken, pork chops, sliced roast beef.

Ancho Chile BBQ Sauce

1	tbl.	olive oil
1	cup	chopped onion
2	x	garlic cloves minced
1 1/2	cup	chili sauce
1	cup	apple juice
1/3	cup	Worcestershire sauce
1/4	cup	cider vinegar
1	cans	tomato sauce
2	x	dried ancho chilies seeded, chopped
1	tsp.	cumin
1	tsp.	dries mustard
1/4	tsp.	salt

Heat oil in medium saucepan over medium-high heat until hot. Add onions and garlic; cook and stir 3 to 4 minutes or until crisp-tender. Add all remaining ingredients; mix well. Bring to a boil. Reduce heat to low; simmer one hour or until sauce is of desired consistency, stirring occasionally.

Serve sauce over pork ribs or chicken.

A-ha! Apple BBQ Sauce

1	cup	Catsup
1/4	cup	Apple juice/cider
1/4	cup	Apple cider vinegar
1/4	cup	Soy sauce
3/4	tsp.	Garlic powder
3/4	tsp.	White pepper
1/3	cup	Grated, peeled apple
1/4	cup	Grated onion
2	tsp.	Grated green pepper

Bring to a boil. Reduce heat and simmer 15 minutes. Rub meat with 1 T pepper, 1 T paprika, 2 t chili powder, 1/2 t celery salt, 1/2 t ground red pepper and 1/4 t dry mustard before cooking. Baste with 1/2 c apple juice while cooking. Add sauce last 15 minutes.

Apricot “A-Bomb” Barbecue Sauce

1/2 cup Olive Oil
1/2 cup Wine Vinegar
1 cup Apricot Nectar
1/4 cup Brown Sugar
2 tbl. Dijon Mustard
1 tsp. Salt
1/2 tsp. Chili Powder

Combine all ingredients in a saucepan and heat until boiling over medium heat. Boil for 1 minute, then cool at room temperature, and refrigerate until ready to use. This is a great one to use on pork or chicken.

Argentinean BBQ Sauce

6 x garlic cloves - (to 7) chopped very fine
1/2 cup chopped fresh parsley
1/2 cup oregano
1/4 cup red dried pepper (the Italian type)
1 cup boiling water
1/2 cup white vinegar
1/2 cup olive oil
Salt to taste
Freshly-ground black pepper to taste:

Mix the ingredients in the above order and then (when it cools) put in a closed jar (an empty mayonnaise jar is perfect for that) and store in the refrigerator for at least 12 hours.

It's perfect if you prepare the recipe one or two days before the BBQ!! It can be stored in the refrigerator for 10 or 15 days. You can put it on the meat or on the chicken before cooking for a stronger flavor or you can put the sauce on the meat after cooking for a milder flavor.

Asian Peanut BBQ Sauce

1/4	cup	creamy peanut butter
6	tbl.	Rice vinegar
1/4	cup	soy sauce
2	tbl.	Hoisin sauce
2	tbl.	Brown sugar
1	tbl.	Asian sesame oil
1	tbl.	Chile paste
1	tbl.	Grated fresh ginger
1	x	serrano chile minced
1	tsp.	Chile oil

Spoon the peanut butter into a blender or food processor. Add the rice vinegar, soy sauce, hoisin sauce, the brown sugar, sesame oil, chile paste, ginger, minced chile and the chile oil. Process the sauce until smooth.

This recipe yields about 1 1/2 cups.

Brown Sugar and Mustard BBQ Sauce

1	qt	Catsup
1	lb	Brown sugar
5	tbl.	Worcestershire sauce
6	tbl.	Prepared mustard
6	tbl.	Vinegar
1 1/2	tsp.	Salt
4	tsp.	Liquid Smoke

Heat all ingredients together slowly in a heavy saucepan until it bubbles.

Store in a jar and refrigerate. Good on hot dogs, hamburgers. Excellent to use with cooked hamburger meat as barbecue on buns. Use on roast, whole or chopped. Brown chicken, brush with sauce; bake in oven.

Cajun “High Octane” Barbecue Sauce

3	cup	Onions, chopped
1	tbl.	Garlic, chopped
1	cup	Sweet pepper, chopped
1/2	cup	Parsley, dried
1	cup	Dry white wine
3	tbl.	Vinegar
2	cup	Ketchup
1/4	cup	Honey
2	tbl.	Lemon juice
1	tbl.	Salt
3	tbl.	Lea & Perrins
1/2	tsp.	Mint, dried
1	tbl.	Liquid smoke
1/2	tbl.	Louisiana hot sauce

Place all ingredients in a pot that is big enough to hold them. Bring to a boil. Cook, covered, on low heat for several hours.

Chipotle Maple BBQ Sauce

2	tbl.	Vegetable oil
1	med	onion (4 ounces), diced
4	clv	garlic, peeled, minced
1	cup	ancho chili puree
1	cup	New Mexican chili puree
5	cup	tomato puree
6	tbl.	Pure maple syrup
2	tbl.	Chipotle chili puree
3	tbl.	Minced cilantro
1	tsp.	Mexican oregano
1	tsp.	salt or to taste

In skillet, heat oil; sauté onion and garlic 5 minutes. Add ancho and New Mexican chile purees; cook 5-minutes more. Add tomato puree, maple syrup and chipotle puree; simmer for 20 minutes. Add cilantro, oregano and salt to taste. Use as dip or salsa, or as marinade or basting sauce for chicken or pork.

Makes about 1 quart.

Easy-Breezy Ketchup BBQ Sauce

4	cup	Ketchup
4	cup	Vinegar
4	cup	Water
6	tbl.	Chili powder
6	tbl.	Salt
6	tbl.	Sugar
6	tbl.	Black pepper
1	lrg	Onion, finely chopped

Put ingredients in a large pot and simmer until thick, about 6 to 8 hours Yield: 3 quarts.

French Barbecue Sauce

1/3	cup	Corn syrup
1/3	cup	White wine
1/4	cup	Corn oil
1/4	cup	Dijon mustard
2	tbl.	Parsley
1	x	Clove garlic
1	tsp.	Salt
1/8	tsp.	Pepper
1/3	cup	Onion or shallots, diced

Sauté Onions or shallots in a little corn oil until cooked but not browned.
Add remaining ingredients. Simmer for 10 minutes. Cool and serve or serve hot.

“Great Balls Of Fire” Barbecue Sauce

4	cup	Ketchup
4	cup	Vinegar
4	cup	Water
6	tbl.	Chili powder
6	tbl.	Salt
6	tbl.	Sugar
6	tbl.	Black pepper
1	lrg	Onion, finely chopped

Put ingredients in a large pot and simmer until thick, about 6 to 8 hours.
Yield: 3 quarts.

Indonesian Barbecue Sauce

2/3	cup	Corn syrup (dark)
1/4	cup	Creamy peanut butter
1/4	cup	Soy sauce
1/4	cup	Cider vinegar
1/4	cup	Sliced green onions
1	x	Clove garlic
1	tsp.	Ginger
1/2	tsp.	Crushed dried red pepper

Mix thoroughly and allow flavors to blend for at least one hour.

Mustard Mayhem Barbecue Sauce

1/2	cup	sugar
1/4	tsp.	ground oregano
1/2	tsp.	ground thyme
1	tsp.	salt
1/2	tsp.	freshly-ground black pepper
1/8	tsp.	cayenne pepper
1/2	tsp.	cornstarch
1/2	cup	vinegar
1	cup	molasses
1	cup	ketchup
1	cup	prepared mustard
2	tbl.	oil

Combine first seven ingredients in a small saucepan. Stir in enough vinegar to make a paste. Combine molasses, ketchup, mustard, oil and remaining vinegar; add to herb paste. Bring to a boil, stirring constantly.

Reduce heat and simmer 10 minutes. Remove from heat; cool completely. Pour into a glass jar; cover tightly. Store refrigerated for up to 3 months. Baste over chicken, turkey, ham or hot dogs.

Ranch “Rocket Fuel” Barbecue Sauce

1	tbl.	Oil, preferably canola
2	cup	Chopped onions
2	x	Minced fresh Jalapenos
2	x	Minced fresh serranos
8	x	Cloves garlic, minced
1	cup	Ketchup
3/4	cup	Worcestershire sauce
3/4	cup	Strong black coffee
1/3	cup	Unsulphured dark molasses
1/4	cup	Cider vinegar
1/4	cup	Fresh lemon juice
1/4	cup	Chili powder
2	tbl.	Prepared yellow mustard
1 1/2	tsp.	Ground Cumin
1 1/2	tsp.	Salt

In a saucepan, warm the oil over medium heat. Add the onions, chiles, and garlic, and sauté over medium heat until everything is softened. Mix in the remaining ingredients and bring the sauce to a simmer. Cover and cook for 35 to 40 minutes. Allow the sauce to cool briefly. Strain the sauce and puree the solids in a food processor. Return the pureed mixture to the sauce, stirring thoroughly. Refrigerate the sauce overnight to allow the flavors to mingle and mellow. Use the sauce warm or chilled. It keeps for weeks.

“Smoke & Fire” BBQ Sauce

2	x	Chopped onions
2	x	Lemons, juice of
3 1/2	tbl.	Worcestershire sauce
1/2	tsp.	Each: salt, cayenne, black pepper, chili powder
2	tsp.	Dry mustard
3	x	Cloves garlic
3	tbl.	Liquid smoke
1/2	cup	chili sauce, beer, salad oil
2	x	Chopped hot green peppers
6	tbl.	Cider vinegar
10	x	Peppercorns
1	tbl.	Brown sugar

Blend all ingredients in blender. Cook for 20 minutes.

Southern Style BBQ Sauce

2	sm	Onions quartered
2 1/4	cup	Distilled white vinegar
1 1/2	cup	Bottled chili sauce
3/4	cup	Peeled Granny Smith apple coarsely grated
3	tbl.	Dark molasses
1/3	cup	Vegetable oil
1	lrg	Garlic clove chopped
1	x	bottled Sweet pickle gherkin (plus 3 chopped tbsp. juice)
3	tbl.	Dijon-style mustard
1	tsp.	Celery salt
2	tbl.	Worcestershire sauce
1	tbl.	Tabasco
		Cayenne to taste
3/4	tsp.	Turmeric

In a large kettle combine the sparerib racks with enough water to cover in a blender or food processor puree the onions in batches with the other ingredients. In a saucepan simmer the mixture, stirring occasionally, for 40 to 45 minutes, or until it is reduced to about 4 cups, and let the sauce cool. (Note: The sauce may be made 1 week in advance and kept covered and chilled.)



Texas Tornado Barbecue Sauce

1/2	cup	Vinegar
1	tbl.	Worcestershire sauce
1	lrg	onion, diced
2	x	Cloves garlic, pressed or Diced fine
1	x	Juice of one lemon
1	x	Grated peel of one lemon
1/2	cup	Catsup
1/2	tsp.	Bottled hot pepper sauce
1	tbl.	Salt
1/2	tsp.	Chili powder
1	dsh	Sage

Combine ingredients; stir and simmer for 15 minutes. Serve with broiled chicken or ribs.

Tomato Pepper BBQ Sauce

3	lb	Onions
1	lb	Bell peppers
1	stalk	celery
1	x	Stem garlic
1	pt	Cooking oil
1	pt	Water
2	can	Tomato paste
1	can	Tomato sauce
2	tbl.	Prepared mustard
1	bot	(24-oz) catsup
Salt & pepper to taste		

Grind together onions, bell pepper, celery and garlic. Mix all the ingredients together and cook on medium to low heat for 1-1/2 to 2 hours.

Zesty “3 Hanky” Seafood BBQ Sauce

2	cup	Finely minced onions
1	tbl.	Minced garlic
3	tbl.	Olive oil
1	tbl.	Ground cumin
1	tbl.	Ground ginger
1	tbl.	Salt
1	tsp.	Freshly ground black pepper
1	cup	Apple cider vinegar
1	cup	Fresh orange juice
3	x	Bay leaves
4	cup	Catsup
1	cup	Dark molasses
1	tsp.	Tabasco or other hot sauce
1/4	cup	Dark brown sugar
1/4	cup	Hoisin sauce
1/4	lb	Melted butter

In a large saucepan over medium heat, sauté the onions and garlic in the olive oil until soft but not brown. Stir in the cumin, ginger, salt and pepper. Add the vinegar, orange juice, bay leaves, catsup, molasses, Tabasco, brown sugar, hoisin sauce and butter. Bring to a simmer, cover and cook for 1 hour, or until thick. Remove bay leaves and keep sauce warm. Place the oysters in their shells on a hot grill. As soon as they pop open, spoon the warm barbecue sauce over them, and serve immediately. Some will open rather quickly, in a couple of minutes. Discard those that do not open.

Part 8. A Day At the Ball Park

How to Make the Best Possible Hamburger

There are people who flip burgers and then there are Master Grillsmen. Anybody can buy frozen shuffleboard discs in the supermarket, load them onto the grill and magically transform them into rubbery hockey pucks. Most of the time these burgers don't even qualify as burgers. They are more like mustard and ketchup sandwiches with some ground beef in them. A master griller knows how to select and season a thick portion of aged ground beef and present between soft thick cushions of fresh bread.

Ultimately the burger you make is only as good as the meat that you select. The best burgers are not made from prepackaged beef. It must be freshly ground, aged lean beef.

When selecting hamburger keep in mind that the barbecue grill is no place for lean or extra lean ground beef. Both lack too much fat to impart any flavor to the meat and have a tendency to crumble apart on the grill.

The best meat to use is chuck roast that is ground up for you by the butcher. Your second best choices are ground sirloin, rump and round roast. You can also grind your own burgers if you are willing to invest in a meat grinder attachment for your food processor at home.

If you have bought high quality meat, then your burger should need no seasoning. It will get its flavor from the smoke of BBQ. Shape the meat into firm patties. Allow the meat to warm to room temperature.

Gently place the meat on the grill. If the temperature is right, meat will seize to the grill. Do not move or turn the patties until each easily stops "clinging" to grill. As soon as they release, turn them over. When the second side also appears not to cling to the grill remove the burgers and serve. There should be no flame-up but if flames appear, close the lid.

Cooking a burger this way produces a burger that is barely charred on the outside and medium to medium rare on the inside.

Choose a freshly made roll for the bun. If the bun is yellow it is not a hamburger bun it is a cushion made of refined flour and food coloring.

The greenery and condiments you choose should also compliment your burger masterpiece. Dispense with flavorless iceberg lettuce and choose a lettuce with substance such as endive, romaine. Try coin shaped slices of Spanish onion as opposed to the usual yellow. Watercress and onion sprouts also make spicy, yet very tasteful substitutes for onions in a burger.

Grated horseradish, mustard of choice, mayonnaise, sliced tomatoes and sweet onions, with perhaps grated cheese, sliced dill pickles and Greek peppers on the side, ought to do nicely. Get rid of the neon yellow mustard and try a nice Dijon on your burger instead. If you do use cheese choose a fine old cheddar, an aged Swiss or even Brie or Camembert to give your burger a gourmet twist.

Now that's a hamburger! Delicious and more nutritious than the average fare served in fast food restaurants.

How to Make the Best Possible Hot Dog

We have to talk about hot dogs in this book because they are reputed the most grilled item in the world. Around four billion pounds of these dogs are consumed each year.

The main problem with cooking a hot dog on a grill is how to get it to roast instead of charred. 99% of the time you can't. This is because grilling is a broiling and not a roasting process and hot dogs are best if they are roasted! Modern science has yet to come up with a way to produce a hot dog that doesn't sport a little charcoal on its body after it's cooked.

The old hot dog has been taught quite a few tricks in the past few years. In addition to the traditional weenie that is usually constructed of ground up pork and beef parts, you can now buy gourmet sausage dogs, chicken dogs, turkey dogs and tofu dogs.

However if you want to stick with the ball park tradition, then the classic hot dog is one that is broiled, generously slathered with chopped onions, sauerkraut, bright yellow mustard and red ketchup.

If you do decide to stray from the classic dog, the all beef and all turkey variety of dogs seem to thrive best in the toasty environment of your BBQ grill.



Perhaps one way to keep the dog from burning is to keep the temperature of your barbecue a little lower than you normally would. Cooking hot dogs is more suited to a gas BBQ simply because you can control the heat source by turning a knob to low and allow the dog to roast more than broil.

Of course you might want to try experimenting with the hot dog's fattier cousin the sausage. The typical fare is high-fat bratwursts, debrezinis and spicy Italian sausages.

Technically frankfurter, hot dog, wiener or bologna all fall into the category of sausage. It doesn't matter whether the wiener or "tube steak" as it is sometimes called is made of beef, pork, turkey or chicken – the label must specify which. Whatever is listed highest in the ingredients on a hot dog is what it contains the most of.

Smoking and curing these ingredients is what contributes to the flavor, color and shelf life. The most popular of all categories, the skinless varieties have been stripped of their casings after cooking.

Frankfurters, hot dogs, wieners or bologna "with by-products" or "with variety meats" are made according to the specifications for cooked smoked sausages except they consist of not less than 15 percent of one or more kinds of raw skeletal muscle meat with raw meat by-products. The by-products (heart, kidney or liver) must be accompanied by the name of the species from which it was derived and must be individually named in the ingredient statement.

Sausage products made according to the specifications above, but with meat from a single species. Turkey franks or chicken franks contain turkey or chicken skin and fat in natural proportions of that found on a turkey or chicken carcass.

Most hot dogs do contain animal Caracax: parts from which most of the meat has been removed still have usable meat attached. These parts are pushed under high pressure through equipment with openings so fine that a small amount of powdered bone the size of a grain of sand may pass through along with the remaining muscle meat and other soft tissue. This is called "mechanically separated" meat, and if used in a product, the label must state it.

When you leave the grocery store with any kind of sausage, head straight home and refrigerate or freeze it immediately. Once opened, they are safe in the refrigerator for only one week. Never leave hot dogs at room temperature for more than two hours, or in the hot summer months when the temperature rises to 90 °F or above, for more than one hour. Finally, even though hot dogs are fully cooked, if you choose to reheat them, make sure that they are steamy hot throughout.

Sausages are more of a mixed bag than hot dogs. They can be sold ready to eat or ready to be cooked. Uncooked sausages include fresh (bulk, patties or links) and smoked sausages. Ready-to-eat sausages are dry, semi-dry and/or cooked. Dry sau-

sages may be smoked, unsmoked or cooked. Semi-dry sausages are usually heated in the smokehouse to fully cook the product and partially dry it.

As every sausage is different, let the label be your guide to the safe handling and cooking of the product

Fresh sausages are a coarse or finely ground meat food product prepared from one or more kinds of meat, or meat and meat by-products. They may contain water not exceeding 3 percent of the total ingredients/t. They are usually seasoned, frequently cured and may contain binders and extenders.

There are many federal guidelines that regulate the production of sausages in the United States. Here are a few of the identifying guidelines of what is available on the market.

Fresh Pork Sausages – May not contain pork by-products and no more than 50 percent fat by weight.

Fresh Beef Sausages – May not include beef by-products and no more than 30 percent fat by weight.

Breakfast Sausages – May contain meat and meat by-products and no more than 50 percent fat by weight.

Whole Hog Sausage – Meat from swine in such proportions as are normal to a single animal and no more than 50 percent fat by weight.

Italian Sausage Products – Cured or uncured sausages containing at least 85 percent meat, or a combination of meat and fat, with the total fat content constituting not more than 35 percent of the finished product. They contain salt, pepper, fennel and/or anise and no more than 3 percent water. Optional ingredients permitted in Italian sausages are spices (including paprika) and flavorings, red or green peppers, onions, garlic and parsley, sugar, dextrose and corn syrup.

Cooked or smoked sausages are made of one or more different kinds of chopped or ground meats that have been seasoned cooked or smoked.

Sausages included in the cooked category include:

Salami
Bratwurst
Braunschweiger
Hot Dogs
Blood Sausage
Bologna

Dry sausages may or may not be characterized by a bacterial fermentation. When fermented, the intentional encouragement of a lactic acid bacteria growth that gives the sausage a tangy flavor. The ingredients are mixed with spices and curing materials, stuffed into casings, and put through a carefully controlled, long, continuous air-drying process.

Dry sausages include:

Chorizo (Spanish, smoked, highly spiced)

Frizzes (similar to pepperoni but not smoked)

Pepperoni (not cooked, air-dried)

Lola or Lolita and Lyons sausage (mildly seasoned pork with garlic)

Genoa salami (Italian, usually made from pork but might have a small amount of beef; it is moistened with wine or grape juice and seasoned with garlic.)

Is There Such A Thing As a Healthy Sausage?














Is there such thing as a healthy sausage? Perhaps the newest thing on the market are sausages that are created from a combination of poultry, vegetables, fruits and seasonings. And despite being lower in calories and fat, they're an appetite-whetting alternative to pork or beef sausages packing 10 times the fat.

Gourmet sausages may also include such ingredients as apples, sun-dried tomatoes, artichokes or Portobello mushrooms in the recipe. The produce not only flavors the poultry, but also adds moisture. The combination of chicken, fruits and vegetables results in a 3-ounce serving of a chicken and fruit or vegetable sausage that has about 110-150 calories and from 3.5-10 grams of fat depending on the brand and the blend of ingredients. Compare that with 275 calories and 20-30 grams of fat in a pork sausage.










If you've never explored the leaner side of sausages, it's time for an introduction. The lean products, usually labeled "gourmet" sausages, use either a base of chicken, turkey or a combination of the two. You may not see the words "low-fat" or "lean" because some producers don't want to be known for making "diet" foods. But if the ingredient list is predominantly poultry, you're on the right track.

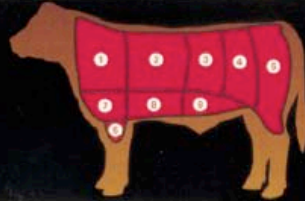
BEEF MADE EASY™









CHUCK 1

- Chuck Arm Pot Roast,  Boneless
- Chuck Shoulder Pot Roast,  Boneless
- Chuck Shoulder Steak,   Boneless
- Chuck Eye Steak,  
- Chuck Top Blade Steak,   Boneless
- Chuck Mock Tender Steak, 
- Chuck Blade Steak,   Boneless
- Chuck 7-Bone Pot Roast, 
- Chuck Short Ribs, 






SHORT LOIN 3

- Top Loin (Strip) Steak,   Boneless
- T-Bone Steak,  
- Porterhouse Steak,  
- Tenderloin Roast,  Premium
- Tenderloin Steaks,  











- RECOMMENDED COOKING METHOD**
-  SKILLET
 -  GRILL/BROIL
 -  MARINATE & GRILL/MARINATE & BROIL
 -  STIR-FRY
 -  ROAST
 -  STEWING
 -  STEAKS FOR BRAISING
 -  POT ROAST








SIRLOIN 4

- Top Sirloin Steak,  
- Tri-Tip Roast,  
- Tri-Tip Steak, 

ROUND 5

- Top Round Steak,  Thin Cut
- Round Tip Steak,   Thin Cut
- Round Tip Roast, 
- Bottom Round Roast, 
- Eye Round Roast, 
- Eye Round Steak,  

RIB 2

- Rib Roast,  Small End, Premium
- Rib Steak,   Small End
- Ribeye Roast,  Premium
- Ribeye Steak,  
- Back Ribs, 

SHANK 6 & BRISKET 7






- Shank Cross Cut, 
- Brisket, Whole, 
- Brisket, Flat Cut,  Boneless

PLATE 8 & FLANK 9

- Skirt Steak, 
- Flank Steak, 

OTHER CUTS







- Ground Beef,  
- Cubed Steak, 
- Beef for Kabobs, 
- Beef for Stew, 
- Beef for Stir-Fry, 



Chart courtesy of Texas Cattlemen Association

Part 9. Where's The Beef?

If you want to know how to barbecue like a pro then your main challenge is to enter the butcher shop and know how to choose a cut of beef.

Getting a good retail cut meat requires a little knowledge of what to look for and experience in where to find it. Beef, is graded according the amount of fat interspersed within the muscle tissue. This interlaced fat is called "marbling." The more marbled a slab of beef is, the higher the grade it is and the juicier it will be on the grill.

"Prime" is has the most fat and therefore is marbled. It is the most tender. It is followed, in order, by "choice" and "good," each having noticeably less marbling. For the optimum barbecuing experience, only concern yourself with prime and choice cuts. Meats that are labeled "good" might fall apart on the grill.

Steaks

When it comes to barbecuing everyone wants to know about steaks. Here are the choice cuts for putting on the grill.

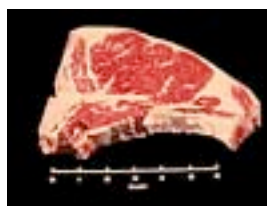
Top Loin Steak

The Beef Loin Top Loin Steak is the first type of steak cut from the beef loin. It is cut from the end of the beef loin, which contains the last or 13th rib. This steak is identified by the large eye muscle, the rib bone, and part of the backbone.



T-Bone Steak

This steak has the characteristic "T" shaped vertebrae and the large eye muscle. The smaller muscle located below the T-bone is the tenderloin.



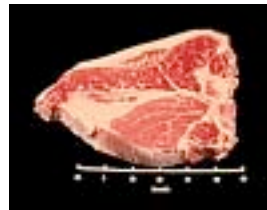
Boneless Top Loin

The boneless large eye muscle from the T-bone steak is called the Beef Loin Top Loin Steak, Boneless.



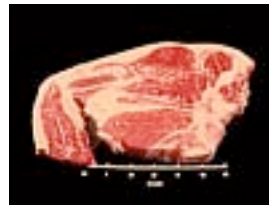
Porterhouse

The Porterhouse Steak is similar to the beef loin T-bone steak. However the tenderloin muscle is much larger and an extra muscle is located in the center of the porterhouse steak on the upper side.



Tenderloin

The most tender retail cut from the entire beef carcass is the Beef Loin Tenderloin Steak. This steak has a fine texture, is circular in shape and is usually about three inches in diameter.



Sirloin, Pin Bone

The Beef Loin Sirloin Steak, Pin Bone is the first cut from the sirloin area of the beef loin. This steak looks much like the beef loin T-bone and porterhouse steaks in that it contains the T-bone, the large eye muscle, and the tenderloin muscle. However, it also contains an oval-shaped bone, which you can see in the upper left corner of the steak. This bone is called the pin bone and is the tip portion of the hip bone.

Sirloin, Flat Bone

The Beef Loin Sirloin Steak, Flat Bone is the least valuable type of sirloin steak if both the flat hip and backbones are left in the steak.



Sirloin, Round Bone

The Sirloin Steak, Round Bone is located further back on the sirloin area of the beef loin. This particular sirloin steak has the greatest amount of lean and the least amount of bone.



Sirloin, Wedge Bone

The sirloin steak nearest the wholesale beef round is called the Beef Loin Sirloin Steak, Wedge Bone. Only one bone is usually seen, a wedge-shaped bone at the bottom of the cut near the center.



Sirloin, Boneless

The Beef Loin Sirloin Steak, Boneless is an excellent steak for broiling and is made by removing all of the bones from any of the other types of sirloin steaks.



Beef Cut Photographs and Descriptions courtesy of www.fairburysteaks.com

Selecting and Preparing Steak

To be fit for broiling on a BBQ steaks are best if they are cut no less than 1" thick. Cut 1 1/2 to 3" thick is even better.

The meat that is best for barbecuing should be a consistent bright, light red color. The white marbling should be generously distributed throughout and the flecks and lines of the marbling should be thinner as opposed to thicker. Steaks with thick marbled lines are usually tougher in texture.

The fat on the meat should be creamy or white in color, without a gray or yellow tint. The meat should be moist, but not wet. Bones should look fresh and soft with a slight reddish tint.

Beef should be brought to room temperature before placing on the grill. So, a couple of hours before you plan to cook, take the steaks out of the 'fridge and trim all the excess fat. Purists prefer not to put seasoning on a good steak before it goes on the grill.

In order to properly broil the steak it is recommended that you get the coals to a higher temperature as the more you roast a steak the tougher it gets. When the grill is right, wipe the steaks dry, and place the steaks carefully and firmly upon the grill. Then leave them alone. Do not touch them, talk to them or worry them in any way.

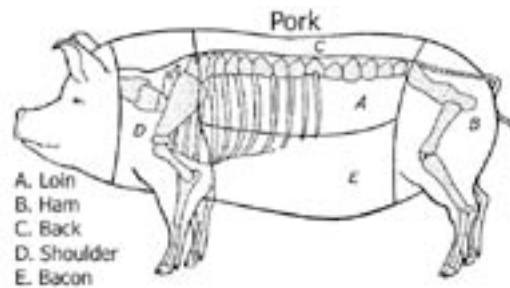
When a steak appears to be clinging to the grill, It is time to turn them over.

You may test for doneness with your finger. Press firmly into the center of a steak. Soft is very rare - 125°, barely discernible resistance is rare - 130°, definite resistance is medium rare -140°, firming up medium -150°. I do not know how to test for well done.

If it was properly trimmed of fat, the steak will not cause flameups. If flames appear, move the steak out of the flames until they subside or close the lid and shut off the incoming air. A properly cooked steak has dark brown stripes where it was in contact with the grill. It won't appear charred or blackened.

Transfer and slice diagonally across the steak and at a slight angle from vertical and serve. Guests may add salt and freshly ground black pepper as desired. A classic broiled steak. A plump baked potato with sour cream and chives, steamed broccoli and carrots, a crisp mixed green salad with vinaigrette and a solid home made bread need only a robust wine to become a perfect accompaniment.

Part 10. Pork on Your Fork



Like beef, pork is divided into primal, or wholesale, cuts that refer to the part of the animal. Pork is subdivided into retail cuts that are the ones you find in the supermarket. For fresh pork, the cut determines the fat content and cooking method. Only one-third of the pork produced each year is sold fresh. The rest is cured, smoked, or processed. Curing was once a method of preserving meat so that it would be available throughout the winter. Today, pork is cured for flavor, particularly in the smoking process of barbecuing.

This section introduces you to the basics of selecting pork cuts. For more information on how to barbecue an entire hog turn to the section on "Preparing the Hog" earlier in the book.

Identifying Pork Cuts

Leg

Fresh hams are from this section of the hog. The whole leg can be sold as a ham that weighs 10 to 14 pounds. For the purposes of barbecuing, it is divided into butt half and shank half (the butt half is much meatier). These cuts are sold with or without the bone. You may also find top leg (inside roast).

Sometimes slices are cut from the leg and sold as leg cutlets. Top leg can be roasted in a pit or broiled on a barbecue.

Loin

The loin has the largest number of fresh cuts and also the leanest, with meat that is tender and flavorful. The loin is divided into three parts: blade loin, nearest the shoulder; the center loin, and sirloin, nearest the leg. You may also find top loin chops. The cuts from either end are not as tender as the center loin, and thus the center loin is most expensive. You'll find both roasts and chops with or without the bone. Thick chops--an inch or more in thickness--can be broiled on the barbecue singly.

Tenderloin

This is sometimes sold on its own as a roast, though more often it is included as part of loin or sirloin chops. It is about a foot long and 2" in diameter at its thickest point. It is well worth searching for; not only is the meat exceptionally tender, but the tenderloin is the leanest cut of fresh pork, with just 26% of its calories coming from fat. Roast the whole tenderloin slice it into medallions to grill it.

loin is also the source of the impressive crown roast, which is two center rib roasts fastened together in a circle to form a hollow that can be stuffed and then roasted. Crown roasts are usually ordered from a butcher, since the backbone must be removed or cracked. They are more commonly roasted in an oven although it is possible to barbecue any part of the pig.

Shoulder

The only fresh cut from this section are the famous spareribs which of course are perfect for barbecuing.

The foreleg and shoulder of the pig contain the Boston (or shoulder) butt and picnic shoulder roasts. A Boston butt roast is flavorful, and a classic choice for pit barbecues. Picnic shoulder can be roasted or braised. You can also cut these roasts into chunks, marinate them, and grill or broil them for kebabs.

Selecting and Preparing Pork

Look for cuts of fresh pork that are well trimmed of fat. The meat should be pinkish-gray to pink in color; the leg and shoulder cuts tend to be darker than the loin cuts. Pork tenderloin is deep red, however. The fat should be creamy white. The bones, if present, should be red and spongy at the ends; the whiter the bone ends, the older the animal was when it was slaughtered and the less tender the meat will be.

Since the fat in pork is less saturated than that of beef, it turns rancid faster. Fresh pork will keep for two to three days in the refrigerator depending on the size of the cut.

Before barbecuing, trim all external fat from pork before cooking. Be sure to wash everything that comes in contact with the raw meat in hot soapy water to guard against contamination.

As there are so many warnings over the years about pork and trichinosis, many cooks think it is necessary to cook pork to the well-done stage to eliminate this risk. To-

day, however, trichinosis has been virtually eliminated; most hogs are not fed food scraps (which can carry the parasite.) According to the Food Safety and Inspection Service, as little as 0.1% of the pork supply nowadays may be infected with *Trichinella spiralis*, the parasite that causes trichinosis. Researchers have also discovered that this parasite is destroyed at 137°F, and so the recommended internal temperature of cooked pork has been lowered from 170°F to 160°F.

After marinating pork cuts or spare ribs and placing them on a grill with a high temperature leave them alone unless they start to flame. If they start to flame (which spareribs often do because they are quite fatty) simply close your grill's lid to put the flame out. As with beef, the meat is ready to turn over when it spreads and starts to cling to the grill.

Barbecuing Spare Ribs

The classic barbecued ribs are the spareribs — the lower section of rib cage remaining after the pork chop has been removed. If the brisket bones are removed from the bottom of the rib rack, then the rib section is called St. Louis style.

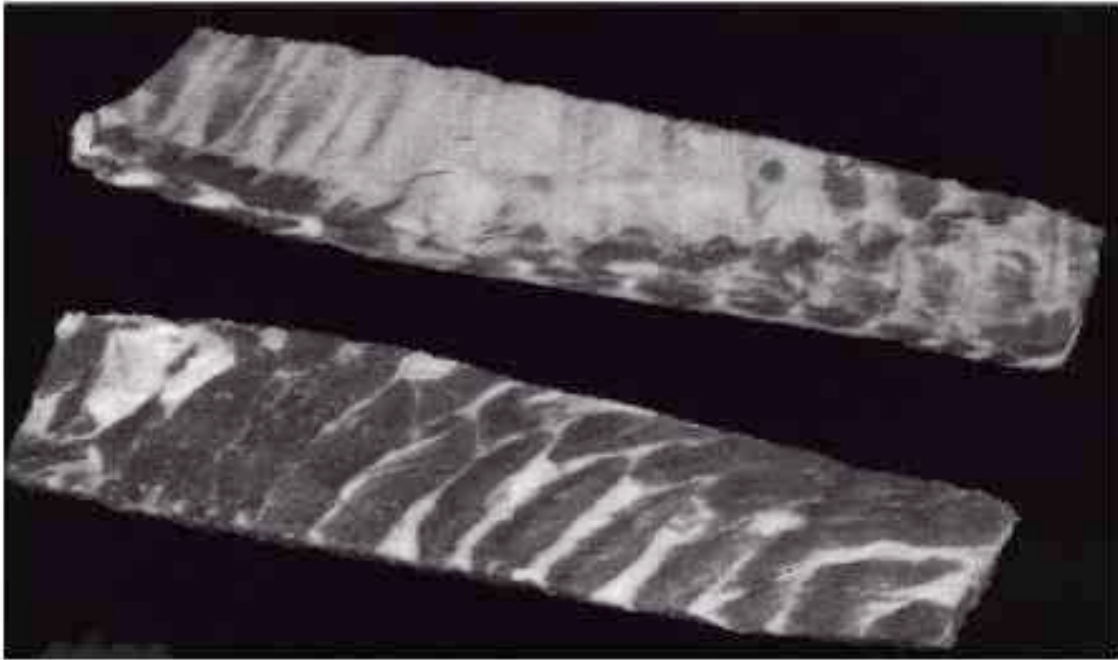
The choicest spareribs weigh in at less than three pounds — called "three and under" by those in the know. Follow the tried and true techniques of barbecuing — cooking them low and slow in the gentle, beneficent heat of wood coals serendipitously soaking up the seasonings, smoke and sauces.

Keep the ribs chilled to around 40 degrees until you are ready to prepare them.

Most skilled barbecuers agree on the necessity of removing the thick inner lining of the rib section. Some even advocate removing the thin membrane covering each rib. I find it unnecessary, but, removing the inner membrane is really very simple. First step is to insert, somewhere toward the center of the rack, a rather blunt ended instrument - a Phillips screw driver, an oyster knife, even a wooden dowel - beneath the membrane and raise it slightly. Next step is, using a paper towel or cloth for friction, grasp the raised membrane and pull. It should come off in one piece.

Trim off any extraneous fat and slivers of meat, then prepare to season. Then marinate, apply a dry rub or use a wet basting sauce. If you use a rub and a basting sauce on the same rack of ribs, make certain that they use the same set of seasonings and do not contradict each other.

Barbecuing spareribs will require 5-8 hours of consistent heat from wood or charcoal coals at around 200-215 degrees. Therefore, a generous bed of coals should be built in the grill.



Electric or gas grill users can approximate the barbecue flavor by putting dampened sawdust or wood chips in a commercially produced container or wrapping in aluminum foil and punching a few holes in it. Place the container close to the flames and allow the smoke to build up before putting the ribs in. The total time for grilling ribs will be about 5-8 hours.

Part 11. Fowl Play

Chicken is the most versatile of meats and one of the most popular meats in the world. Chicken is comparable to beef in quantity and quality with 3 1/2 ounces of roasted chicken breast supplying 49% of the RDA for protein for the average man.

Over 50% of chicken is purchased cut up as parts. You can purchase whole or half breasts with the bone in, or boneless, skinless chicken breast fillets. Drumsticks and wings are also sold separately. Chicken breasts can be roasted (usually referred to as baked), broiled, grilled, or barbecued. Drumsticks and wings are wonderful cooked on the barbecue.

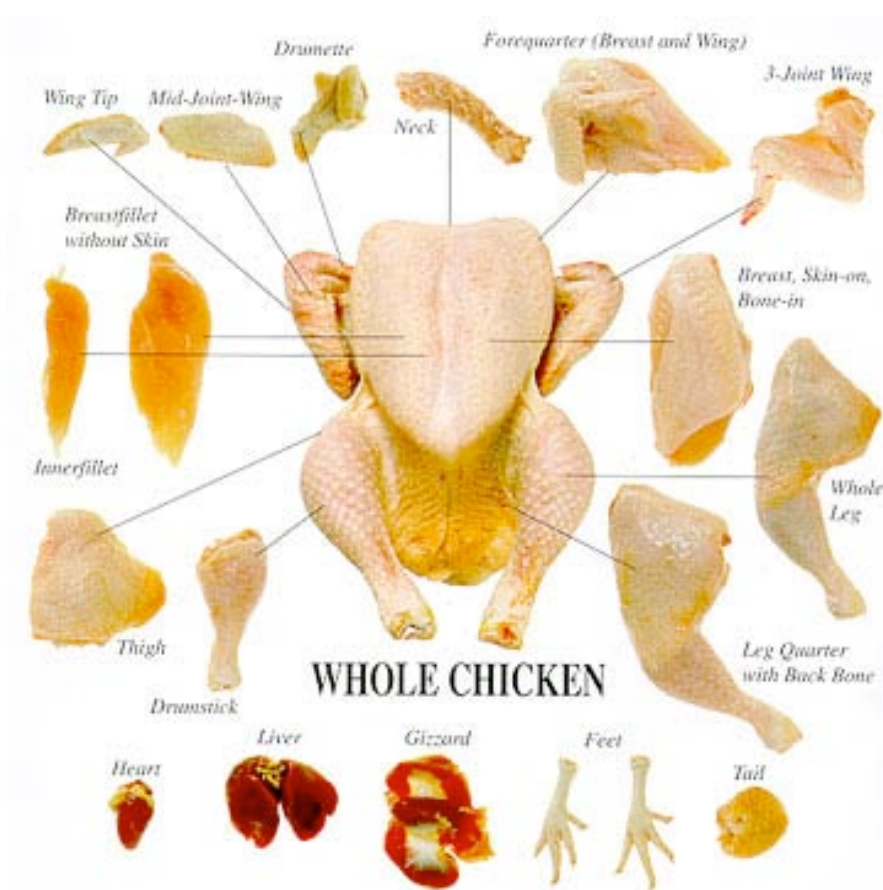
Selecting and Preparing Chicken

As with beef, chicken is graded for quality by the USDA only if the processors request and pay a fee for it. As a result, many processors have developed their own standards, and you often find ungraded chickens on the market. The chickens you do find on the market with a USDA grade are likely to be Grade A; lesser quality Grade B and C chickens are usually sold to food manufacturers for use in processed and packaged products.

The fat content of the chicken is not a primary criterion for a top USDA rating (which is unlike the grading system for beef). Grade A birds are meaty, well shaped, free of feathers, and have a thick layer of fat. The skin is unbroken and free of tears, bruises or blemishes. A chicken with a bruised wing could have the wing cut off and be rated Grade C, but if the rest of the bird were of better quality, it would be cut up and the parts sold as Grade A.

One way to get a really fresh chicken is to check the "sell-by" date on the store's label. Chicken can reach the supermarket as early as the next morning after slaughter. The sell-by date is seven to 10 days from slaughter and it's the last day recommended for sale. However, the bird will remain fresh for up to three days afterward if properly refrigerated.

When shopping for a whole chicken, look for a well-shaped fowl with a plump, rounded breast that features more breast than leg. You can tell the approximate age of a bird by pressing against the breastbone; if it is pliable the chicken is young and will have tender meat.



The color of the raw chicken skin has no bearing on quality or nutritional value. The color of the skin depends on the breed and what the chicken was fed. If the chicken was fed substances containing yellow pigment, such as marigold petals, its skin will be yellow. Avoid buying chicken or chicken pieces that seem to have translucent or viscous skin.

Frozen poultry should be as hard as a bowling bowl. Chicken pieces should not be crusted with ice crystals. Choose packages from below the freezer line in the grocer's case. If there is frozen pink liquid inside the package, it is likely that the chicken has been defrosted and then refrozen. This does not mean that the chicken is spoiled, but the taste will suffer as some of the tasty juices have probably leaked out.

Fresh chicken is highly perishable and should be stored immediately in the coldest part of your refrigerator. To minimize handling, keep the chicken in its original store wrapping. Be sure that the fluids from the package do not leak onto other foods in the refrigerator.

Keep chicken refrigerated until you are ready to cook it. Wash the chicken in cold running water and pat it dry with paper towels.

Never thaw frozen chicken at room temperature; the outside thaws first and becomes susceptible to bacterial growth during the time it takes for the inner flesh to thaw

it. Leave it in the refrigerator to defrost on a plate to catch the drippings. Allow three to four hours of thawing time per pound of chicken. Small chicken parts may thaw more quickly. Use a microwave oven for thawing only if you plan to barbecue the chicken right away; if that is not possible; refrigerate it until cooking time.

Keep raw poultry away from other foods, especially salad greens or any food that will be served raw or cooked only briefly. Be sure to thoroughly wash your hands, the countertop, sink, cutting board, and utensils with hot, soapy water.

Chicken breasts often have a tough white tendon under the fillet. If the breast is boneless, you can easily remove this tendon with a sharp paring knife. To tenderize boneless chicken breasts, pound them lightly between two sheets of plastic wrap. This also flattens the breasts to a uniform thickness for even cooking.

If you are marinating the chicken for barbecuing make sure you marinate chicken pieces in the refrigerator, not at room temperature. Chicken can spoil if it sits out even for three hours on a warm day. Never use the marinade as a sauce unless you bring it to a rolling boil for several minutes before basting.

BBQ Chicken Secrets

A unique way to cook boneless, skinless chicken breasts on the barbecue is to wrap them in foil. The breasts stay moist and tender without the addition of fat when they are baked in cooking parchment or aluminum foil. Place the chicken breast in the center of a square of parchment or foil and top it with thinly sliced vegetables--mushrooms, summer squash, and red peppers--and add seasonings. Tightly wrap and place on your barbecue grill.

Of all the cooking methods, roasting a whole bird at a low temperature melts away the most fat. Cooking times vary by the size of the bird and the cooking method. Whole chicken is cooked when the white meat registers 180°F on a meat thermometer. When the chicken is thoroughly cooked, the juices will run clear, not pink, and the flesh will turn white. Bone-in parts should be cooked to an internal temperature of 170°F and boneless parts to 160°F.

The secret to great barbecued chicken, one with moist, tender meat and sticky, pleasantly smoky skin, is to lower the heat of the fire and leave the sauce off until the last minutes of cooking. The chicken will take 2-1/2 to 3 hours to cook. You'll need to check the fire, adding coals now and then to keep the temperature of the grill between 230° and 250°F Most of the flavor comes from a spice rub that's been on the bird from the get-go and from the smoke of the fire, both of which fully permeate the meat during the long, slow cooking.

Be armed with tongs to remove the chicken at the first sign of charring.

Part 12. Shrimp and Seafood on the Barbie

When it comes to outdoor grilling, nothing is more suited to wood and fire than seafood-succulent shellfish basted with glossy ribbons of melted butter or fresh-caught rainbow trout wrapped in bacon and fried in a beat-up black, cast-iron pan on top of the campfire.

Fish and seafood are also particularly suited to smoking. Salmon for instance tastes great with a branch of alderwood or maple burning beneath it in the coals.

Cooking Crustaceans

When you select shrimp for cooking on the barbecue, you should choose the biggest raw shrimp with the tails or shells still on. The same goes for lobster.

There is a good reason for choosing bigger shrimp. Quite simply, the bigger it is, the less likely it is to fall through the grate of the grill and into the coals.

Leaving the shells on crustaceans also helps the moisture to be trapped inside of the shrimp or lobster meat while it cooks. If you place peeled shrimp on the barbecue it turns into a chew toy for the dog after about a minute.

Although you can marinate shellfish, usually all you need to do is throw it on the barbecue and serve it with a dipping sauce later.

If you are feeling a bit creative and want something more than melted butter or cocktail sauce for your barbecued shrimp, think in terms of other seasonal ingredients that will accent both the flavor and texture of the shrimp.



Wrapping Fish

Most fish can be barbecued but because the texture of fish is so flaky it is always in danger of falling beneath the grill. That is why so many people advise cooking it inside aluminum foil. Perhaps the most common recipe is lemon juice, salt and pepper and fresh dill tucked inside the body of the fish.

However wrapping food in foil may be tasty but it is just not barbecuing. You are more likely to imbue the fish flesh with a smoky taste if you use a natural wrap such as banana leaves

Wrapping fish in natural fiber wrappings is an ancient method that keeps the fish moist, yet allows the steam to naturally escape during cooking. This keeps the fish from steaming like it would if it were wrapped in intact layers of metal foil.

Depending on the type of natural wrapping, it will impart a delicate hint of its own flavor to the fish. Banana leaves are available both fresh and frozen at your local Asian or Mexican grocery store. If you live in a community without an ethnic market, you can order frozen banana leaves online.

Part 13. Questions And Answers

Barbecuing is not an exact science and is derived from rather varied traditions. Sometimes the entire subject evokes some very specific questions that we have decided to cover in this Q & A section.

Can I barbecue brisket?

Yes, but you need about ten hours of spare time, and a big barbecue smoker such as the Brinkman Pro Smoker with a fire box.

Here is a Recipe for Texas Style Beef Brisket.

6-8 pound Brisket

Ingredients:

good Cajun seasoning or dry rub
your favorite BBQ sauce
Salt and pepper

First of all, use the Cajun seasoning, salt and pepper as the dry rub for the brisket. Get the charcoal going in the smoker and add a large chunk of hickory wood, which has soaked in water over night. Put the meat on and keep the temperature between 150 and 250 degrees during the entire smoking cycle. Put a water pan under the meat and add quartered potatoes, celery, onion and carrots to the water.

Cook the meat for about 2 1/2 hours in the middle of the smoker and then turn the meat so the other side would be towards the firebox. Continue cooking for another 2 1/2 hours.

After five hours of total cooking has elapsed wrap the meat in aluminum foil. Add BBQ sauce to both sides of the meat. Now cook the meat another three hours.

Do not let the smoker get to hot! A long cooking duration at low temps (150-250 degrees) is what you want. Cook for 8-10 hours, remove, slice or pull meat off and serve.

What is cold smoking?

Cold smoking is the process of curing meat (hams, sausages bacon, fish) in the smoke of smoldering wood or corn cobs at temperatures below 100°F.

Can I barbecue London Broil?

Yes, here's the recipe.

- 2 lbs. top round or sirloin steak
- 2 cups dry red wine
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 1 teaspoon light soy sauce
- 1/2 cup vegetable

Trim fat from steak; puncture with a fork several times and place in a large bowl. Mix all other ingredients for marinade and pour over steak. Marinate for one hour turning twice. Broil on hot barbecue to start; reduce heat to medium and cook to preference; baste with marinade while cooking. Medium doneness is recommended to have best flavors. Thinly slice across grain to serve.

OR

- 3/4 c. vegetable oil
 - 1/3 c. soy sauce
 - 3 tbsp. honey
 - 3 tbsp. red wine vinegar
 - 2 tsp. ground ginger
 - 1 green onion, chopped
 - 1 lg. garlic cloves, crushed
 - 1 (1 1/2 lb.) flank steak or London broil, trimmed and scored
- Combine first 7 ingredients. Place meat in large marinade dish and pour marinade over. Cover and refrigerate overnight, turning steak twice. Prepare barbecue. Grill meat to desired doneness, 4 to 5 minutes per side for rare (best for London Broil). Slice into thin strips across grain and serve.

Should I build a brick barbecue grill?

There are plenty of plans for building such a monster available on the Internet. Before you build you should consider the following.

A useful brick barbecue grill will cost more than a comparable metal one - even if you live near a construction site with tons of free bricks.

Unless you own ample stock in a charcoal company or a wood yard, the operating cost will be more than your income taxes.

Without ingenious design and superior metal work, brick grills have limited flexibility for the various uses to which a grill is normally put. If it is set up for barbecuing - 210-250°F - the fire grate must be raised or the meat grill lowered for satisfactory broiling (grilling). Likewise, a medium position must be reached for roasting (275-450°F).

They are seriously deficient in the portability aspect. It is normally difficult to replenish the coals and removal of the ashes is the pits. It is not portable and you can't take it to the beach!

How can I use propane BBQ to cook with indirect heat?

Quite simply, you can't. If you want to barbecue, which is what cooking with indirect heat is, then use an old-fashioned charcoal or wood grill instead of a propane grill (which is not really a BBQ).

How do I barbecue in cold, windy weather?

Enclose the grill in an insulating, windbreaker type structure that nevertheless lets plenty of fresh air in at the bottom and lets the smoke with accompanying carbon monoxide readily exit. An ice fishing structure would be ideal.

It also helps to use a bigger grill which allows you to build up a greater mass of coals and residual heat before putting on the meat. You need to be able to replenish the coals on a regular basis to maintain the temp. Therefore, keep a separate bed of coals burning down, and providing ambient heat, while you cook.

How do I create flamed meat?

Some people like their meat 'flamed', that is, they like to have big flames come up from the grill and lick the meat a bit before removing. For safety (and legal) reasons, we cannot and do not recommend this. In fact we recommend that you do not do this. We have heard, however, that some BBQ'ers do this periodically. Just before removing their nice steak or ribs, they pour about 1/2 cup of cooking oil on the coals beneath the meat. And they always remember to jump back!

Is it best to use a low heat or high heat to cook ribs?

If you are cooking ribs at a low heat you are roasting them, not broiling them. Remember that barbecuing is about broiling. Broiling (high heat) cooks the meat to seal in the juices so the ribs are tender and tasty.

Does the type of barbecue determine whether or not you use a dry or a wet rub?

Not really. A wet sauce may gunk up the coals on an electric grill but basically you can use either on any kind of barbecuing device.

Should ribs be cooked with the membrane on?

Most experts recommend that you remove the membrane on ribs before you put them on the grill. This membrane becomes tough and sinewy once cooked and is difficult to remove, let alone eat.

Should I boil ribs before barbecuing them?

This process is called par boiling and it is not recommended as it has a way of sucking the juices from the meat.

Can I roast a chicken on a BBQ?

Technically you can, but if you are roasting you are not barbecuing. They are two completely different cooking methods. However the way to roast a chicken, crisp on the outside and moist in the inside, in a gas grill is easy. Trim all excess fat and bring the bird to room temperature. Rub with salt, pepper, stuff the cavity with 1/2 each chopped onion, apple, celery and 6-8 fresh basil leaves. Prepare the grill for roasting, 350°F. Place the bird on the grill, check the temp. of the grill to assure 350°, take it out when the temp. of the thigh is 165° or the leg bone twists easily.

Is there a special way to smoke fish on the grill?

Heat the grill to 170-180 degrees and add green wood (alder, apple, pear, white oak) to the coals. Place fillets on the grill and maintain temperature for about 8 hours

Prepare the grill for barbecuing, temperature 215°F, using alder and/or oak wood. Baste filets or steaks with butter or olive oil, lemon juice and water in equal portions. Sprinkle lightly with salt, fresh ground black pepper and, optionally, garlic and onion powder. Place on the grill and cover. Baste and turn at 15 minute intervals. When flesh firms and flakes take it up. Do not over cook.

For broiling, bring the grill temp up to 400°F. Sprinkle with paprika and baste with above mixture. Turn at 5 minute intervals. Do not overly brown.

How can I get BBQ flavor through the entire chicken?

You can't really. This is done in commercial restaurants by marinating the entire bird in liquid smoke and spices and then throwing it on the barbecue or roasting. But technically it is not really possible.

Can I cook a turkey in the BBQ?

Yes. Place the turkey on a rack in or over a suitable pan. Roast the turkey 3 1/2 - 4 hours at 325° F. Put a little water in the pan to start. By the time it evaporates, the fat will be in the pan. Close the lid. After about 3 1/2 hours, check the temperature in the thickest part of the thigh (without touching bone.) When it reads 160, turn off the gas and open the lid. Let the turkey sit for 10-15 minutes before carving.

How do I smoke a turkey?

Prepare the grill for smoking Turkey - temperature 170-190 degrees for prolonged periods; sweet smoke of fruit woods (apple, pear) white oak, hickory; hardwood charcoal. Trim excess fat and wash thoroughly under running water. Place directly on the grill. No salt; no seasonings.

Close down the grill. Adjust your air flow to maintain about 170 degrees and cook for 18 hours. It is done when the juices run clear.

Can I cook fish and meat at the same time on a BBQ?

Fish cooks more quickly than other meats and should be cooked on a separate spot on the grill which is then cleaned before cooking other meats so the other meats do not pick up a fishy taste.

Is it safe to cook salmon on cedar?

Usually you are not advised to use evergreens as they deposit resins on meat. However smoking salmon by cooking it on cedar planks is an old Pacific Northwest tradition.

The technique of cooking on a board works best when your heat source is on the salmon side, not the board side. In the beginning, the fish was attached to a board and placed beside the embers so that it caught the radiant heat.

By the way, it is much more traditional to use alderwood to smoke and cook salmon than cedar. It is also less toxic.



An alderwood grilling plank
www.Barbecue.com

What is the best BBQ?

Who has the best barbecue? Fortunately, you get to decide for yourself. Could be Texas, or possibly Memphis. Many would argue that it must be Kansas City. Each area has a distinctive touch and technique. We suggest you try them all and then decide!

-- The End --