



Great foods from the Grill & Smoker
with Grilling Ideas and Recipes

eBook

Doneness	Serving Temperature	Cooking & Serving Recommendations
Beef, Lamb, Venison Steaks, Chops, Roasts		USDA Minimum 145°F (63°C)
Bleu, Blue, Pittsburgh	110-120°F (43-49°C)	Place digital thermometer midway inside the meat away from the bone
Rare	120-130°F (49-54°C)	Carryover Cooking can raise the internal temperature by 5-10°F
CHEF TEMP Medium Rare	130-135°F (54-57°C)	Thicker cuts of meat are more strongly impacted by Carryover Cooking
Medium	135-145°F (57-63°C)	Cooking at higher temperatures will also increase Carryover Cooking time
Medium Well	145-155°F (63-68°C)	Your meat will Carryover Cook for 10-20 minutes after removing from the heat
Well Done	155°F (68°C) plus	Stop cooking at an internal temperature below your desired final temperature
Pork & Veal Steaks, Chops, Roasts, Fresh Hams		USDA Minimum 145°F (63°C)
Rare	120-130°F (49-54°C)	Avoid freezing if possible to eliminate moisture loss during thawing
Medium Rare	130-135°F (54-57°C)	Cutting meat across the grain produces shorter fibers & more tender meat
CHEF TEMP Medium	135-145°F (57-63°C)	Cubes: Great for making kabobs, stew & chili
Medium Well	145-155°F (63-68°C)	Ground: Use to make patties or mix in with a casserole
Well Done	155°F (68°C) plus	Cutlets: Perfect for making sandwiches
Fish		USDA Minimum 145°F (63°C)
CHEF TEMP Medium	130-145°F (54-63°C)	Fish is slightly translucent and flakes easily
Chicken & Turkey, Whole or Ground Including Stuffing		USDA Minimum 165°F (74°C)
CHEF TEMP	165°F (74°C)	Check temperature inside thigh, wing, and thickest part of the breast
Ground Meats, Burgers, Meat Loaf, Sausages, Except Chicken & Turkey		USDA Minimum 160°F (71°C)
We recommend using 80% lean meat and always cooking to USDA Minimum Temperature		
Pre-Cooked Hams, Hot Dogs, Sausages		USDA Minimum 140°F (60°C)
CHEF TEMP	140°F (60°C) or more	Cook Ham low and slow at around 300°F then turn up the heat at the end to caramelize the glaze
Pork Ribs, Pork Shoulders, Beef Briskets		USDA Minimum 145°F (63°C)
CHEF TEMP	190-205°F (88-96°C)	Cook low & slow then shred with Meat Claws
Casseroles & Leftovers		USDA Minimum 165°F (74°C)

WHAT CAN YOU SMOKE?



Meat



Cheese



Sausages



Salt



Fish



Nuts

TYPES OF WOOD FOR PELLETS



Oak



Apple



Cherry



Pecan



Hickory



Mesquite



OAK WOOD

Use oak on any protein – it is many grillers' go-to wood. Oak can smoke for a long time, just like hickory, but will impart a more neutral flavor.

APPLE WOOD

These pellets are mild enough for fish but will also stand up to poultry and pork. Think chicken, salmon, and ham. Seen in stores all over, apple wood smoked bacon is really just a marketed buzzword - apple wood is really a superb choice for milder cuts of protein as well. .

CHERRY WOOD

Another mild wood that's great on poultry. Cherry adds a fruity flavor and a slight tartness to meats. Poultry and gamier meats (think duck, game hen, venison) work great with this fruity wood. Think about how often fruit sides and sauces are served with gamey meats - cherry wood will give the same sweet contrast to the depth of game. .

PECAN WOOD

Nuttier and less aggressive than hickory wood. Use it for chicken, duck and turkey. Any dish in which proteins are paired with nuts – use the pecan wood pellets to fire it.

HICKORY WOOD

A robust, smoky wood that's a bit stronger than oak. It's compatible with practically any protein and has been used for just about everything, but it especially lends itself to pork and larger cuts of meat. A classic for ribs, hickory is also great for burgers, beef, chicken, pork, and some seafood. Hickory is dependable and perfect a wood to use for longer smoking times.

MESQUITE WOOD

Mesquite lends a super strong, definitive taste to your grill item. It should primarily be used with beef, but can also work for chicken, pork, and lamb, depending on the intensity desired. It's the wood of choice for Texas brisket barbecue – tough cuts like brisket can totally stand up to the intensity of mesquite. Mesquite can quickly overwhelm the meat's natural flavor, so the piece on the grill will need close watch. Think bold beef and pork dishes - and definitely chicken wings. .



A rustic still life featuring a large loaf of bread, a small bowl of mixed peppercorns, and a large smoked sausage on a wooden surface. The bread is golden-brown with a dusting of flour. The peppercorns are in a small white bowl, and the sausage is large and curved, with a rich, reddish-brown color. The background is a dark, textured wooden surface.

10 DELICIOUS SMOKING RECIPES

CARPATHEN

INGREDIENTS

2 tsp. garlic powder
2 tsp. onion powder
1½ tsp. cayenne pepper
2 tsp. red pepper
2 tsp. ground black pepper
1 tsp. salt
1 cup water
1 cup soy sauce
2 cups Worcestershire sauce
Something sweet (sugar, honey,
brown sugar)

INSTRUCTIONS

After you combine all the ingredients in a large tupperware or a resealable plastic bag, thoroughly coat each cut of meat and let sit in the refrigerator overnight. The next morning, take each jerky steak out of the marinade and dry them as much as you possibly can. Paper towels work well for this. Removing any excess moisture is the key step to making amazing jerky, so take your time and pat dry each steak.





THE SMOKER

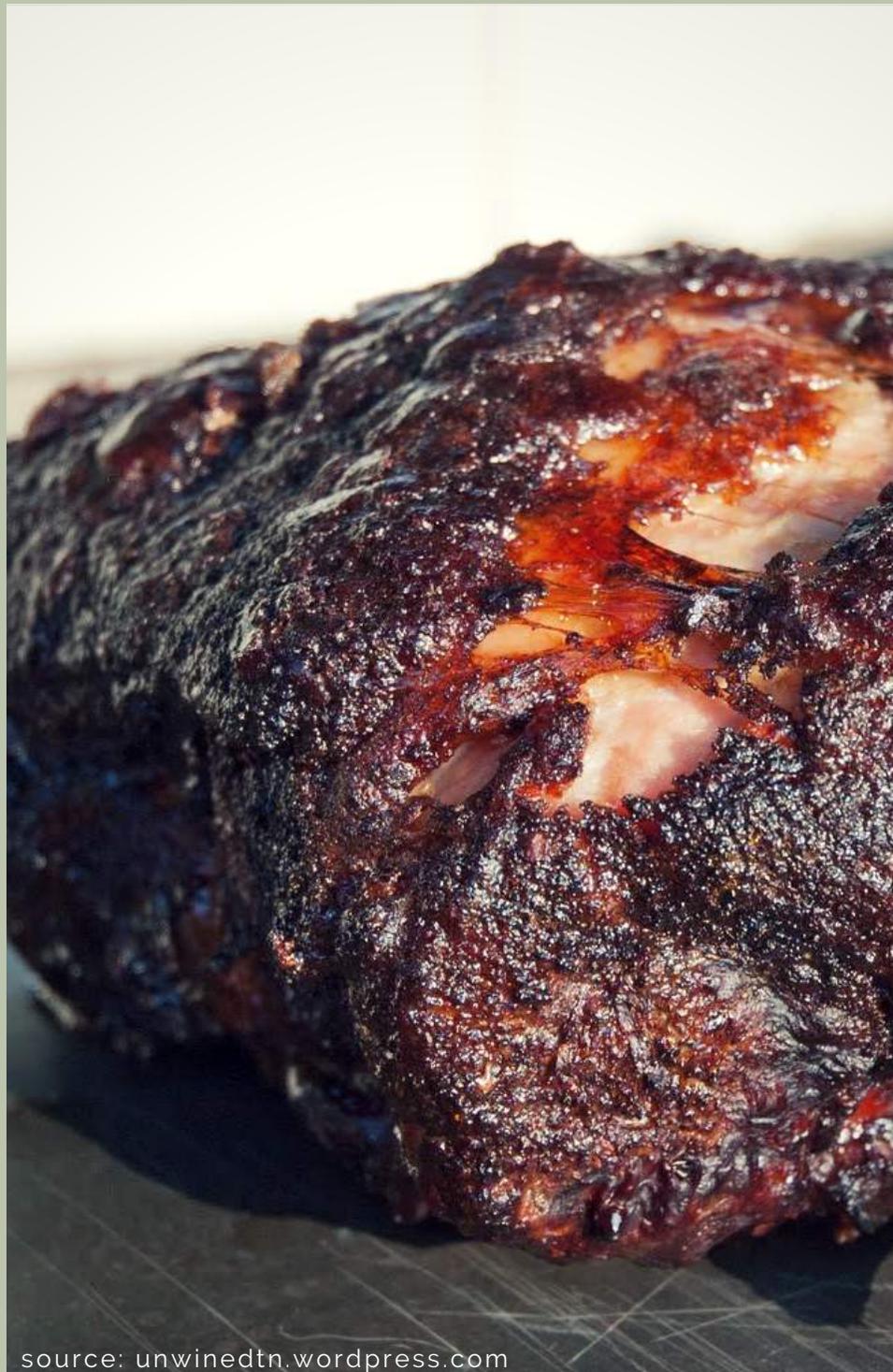
The goal should be to keep the smoker between 150°F and 175°F for 6-8 hours. The easiest way to do this is adding lit coals to a base of briquettes already in the smoker. This allows the lit coals to slowly spread to the base coals, helping to maintain a consistent temperature for a longer period of time.

Fill your Smoker with oak or pecan pellets and ignite it in order to add that distinct smoky flavor.

Throughout the 6-8 hours, you will have to adjust the vents on your smoker to maintain the “goldilocks” temperature range of 150°F to 175°F. Closing the vents will cool down the smoker while opening them will increase air flow, thus increasing the heat.

Don’t overlap the jerky steaks when arranging them on your smoker grates. It is perfectly fine if they are touching, the steaks will shrink as they dry, but overlapping them will prevent them from properly drying.

Store the jerky in a Ziplock in a cool place. If you’ve made too much, homemade smoked jerky will usually last about 3 months in the freezer.



SMOKED PORK BUTT

5-pound (or larger) bone in pork butt or shoulder

$\frac{1}{4}$ cup Barbecue Dry Rub, homemade or store bought

1 cup Carolina mopping sauce or Apple juice

wood pellets (apple, cherry, hickory or pecan)

Smoker

Instructions

- Pre-heat smoker to 210°F to 220°F.
- Trim fat cap on the pork butt/shoulder to ¼ inch thickness.
- Season the pork butt heavily with dry rub (optional) and place inside the smoker.
- Fill the Smoker with pellets and place it into the electric smoker.
- Smoke the meat for 14 to 16 hours refilling the Smoker with pellets every 4 hours, or as needed.
- After the first 4 hours, begin spritzing down the meat with Carolina Moping Sauce or Apple juice every two hours.
- Cook until the pork reaches an internal temperature of 185°F.
- Remove from the slow cooker and allow the meat to rest for 15 minutes.
- Pull pork apart using two forks or otherwise chop as desired.
- Serve plain or with your favorite sauce(s).





Home smoked garlic

If you are looking to add some amazing flavor to your home cooking then we suggest you try smoking some garlic.

You will want to make sure the garlic it's been cured, not freshly picked garlic. Cured garlic allows for the smoke to be thoroughly absorbed throughout the bulb, which is exactly what you are trying to achieve.

Place the garlic using a tin foil on the grill.

Fill the Smoker with pellets and ignite it. Place it next to the garlic and cover.

Smoke for 1 hour. Use your smoked garlic to make bread, add it to soups, throw in a clove or two when making pasta salad, or oven roast a head in olive oil to make a perfect smoked garlic dip for bread.

SMOKE CHEESE

at home

When you are smoking cheeses, you are doing what is called a cold smoke. You do not want the cheese to get overly warm and melt.

Cut your cheese into 8-ounce blocks. Place tin foil over the grill and lay down the cheese.

Fill your Smoker with pellets, preferably hickory, apple, cherry or mesquite. Light your Smoker and apply light smoke for about 4 hours. Remove the cheese from the grate and place it in a resealable plastic bag. Store the smoked cheese in the refrigerator for 2 weeks before indulging to allow the smoke flavor to permeate the cheese and even mature slightly.



WHAT KIND OF CHEESE CAN YOU SMOKE?

Mozzarella
Cheddar



Gruyere
Swiss



Gouda
Brie



**PEOPLE WHO LOVE
TO EAT ARE ALWAYS
THE BEST PEOPLE.**

Julia Child

INGREDIENTS

- 4 turkey legs
- 1/2 gallon water
- 1/2 cup salt
- 1/4 cup sugar
- 1 tbsp onion powder
- 1 tbsp chili powder
- 2 tsp garlic powder
- 2 tsp paprika
- 2 tsp pepper
- 2 tbsp butter, softened
- 1 tbsp vegetable oil
- 2 tbsp dry rub
- Salt and pepper

Smoked Turkey Legs





INSTRUCTIONS

About 5 – 6 hours before you plan to smoke the turkey, make the brine. Combine the water, salt, sugar, onion powder, chili powder, garlic powder, paprika, and pepper in a large pot and bring to a boil. Remove from the heat and allow to cool to room temperature. When cool, add the turkey legs. Refrigerate for 4 – 6 hours.

When the turkey is fully brined, remove from the liquid and rinse under cool water. Pat dry with paper towels. Using your fingers, loosen the skin from the meat, taking care not to tear the skin. Rub the turkey with the butter both under the skin and on the outside, followed by the vegetable oil. Season with salt and pepper, then with the dry rub, under the skin and on the outside.

Set up the grill for indirect heat and ignite the Smoker using apple and hickory pellets.

Place the turkey legs into the grill. Smoke the turkey for 4 – 6 hours, or until a meat thermometer inserted into the thickest part of the leg registers 165 F. Allow to rest for 20 minutes before serving.



SMOKED SEA SALT

Spread the salt in a thin layer in an aluminum foil pie pan and place it on the grill grate.

Fill your Smoker with pellets and ignite it according instructions.

Place it next to the salt, cover the grill and smoke for 1 hour.

Cool the salt to room temperature, then move it to a jar and cover.

100%
EASY &
INNEXPENSIVE



SMOKED
LOBSTER TAILS

source: addapinch.com

INGREDIENTS

- 4-6 lobster tails
- ¼ cup butter
- 4 cloves garlic

INSTRUCTIONS

- Preheat smoker to 400 F and prepare your Smoker
- Open lobster tails with poultry or heavy duty kitchen scissors. Release lobster meat from inside of shell by running your finger on the inside of the shell between the meat and shell.
- Melt butter with garlic cloves over medium-low heat. Drizzle over lobster meat on the inside of opened shell, between lobster meat and shell.
- Place onto grill and smoke until internal temperature registers 130-145 F.
- Remove from heat and allow to rest for a few minutes. Then, using a fork, slide the fork underneath the lobster meat and lift it out and onto the top of the lobster tail shell.
- Serve with additional garlic butter.





SMOKED SALMON

Salmon fillet, boneless (skin on)

Salt

Pepper

Seasoning of choice

Cherry & Apple Pellets

Instructions

1. Rinse salmon fillet under water, pat dry with a paper towel.
2. Make sure it is free from bones. Use sterilized pluckers to pick the bones out, if there are any.
3. Cut the fish into even pieces - for faster curing & smoking, cut thicker part of the fillet into smaller pieces (about 3-4 inches in width for fillet closer to the head, and 5-6 inches width closer to the tail).
4. Sprinkle salt, pepper and any other fish seasoning you like on both sides of the fish (fillet & skin side). Salt the fish as you would for roasting.
5. Refrigerate for 24-48 hours, wrapped or in a closed container.
6. Unwrap fish and rinse off the cure with cold water. Pat salmon with paper towels then place in a cool, dry place (not the refrigerator) until the surface of the fish is dry and matte-like, 1 to 3 hours depending on humidity. A fan may be used to speed the process.
7. Place the salmon on the grill next to ignited Smoker and smoke it keeping the temperature inside the grill between 150 - 160 degrees F until the thickest part of the fish registers 150 degrees.
8. Serve immediately or cool to room temperature, wrap tightly and refrigerate for up to 3 days.





HARD SMOKED EGGS

- 1 dozen large eggs in a cardboard carton (save the carton)
 - 1 Tbsp. kosher salt
 - 2 Tbsp. finely chopped chives
 - 2 Tbsp. thinly sliced scallions, white and green portions
 - 1 tsp. fresh squeezed lemon juice
 - 1 tsp. celery salt
 - 1/4 to 6 Tbsp. extra virgin olive oil
-

Preheat an indirect barbecue to 225°F and prepare your Smoker.

Place the eggs in a saucepan that will hold them in an even layer. Pour in just enough water to cover and stir in the salt.

Place over high heat and bring to a boil. Cover and remove from the heat. Let sit, covered, for 12 minutes. Remove the lid and put the eggs under cold running water for 5 minutes.

Remove the eggs from the water. Roll each egg on the table to crack the shell. The shell should remain intact, but be cracked. Set the eggs back in the carton.

Place the carton of eggs with the top open in the grill next to the Smoker and smoke for 1 hour.

When cool enough to handle, but still warm, peel the eggs. Cut the eggs in half lengthwise and arrange on a plate. Drizzle with olive oil and sprinkle with the chive mixture.



Sweet'n Spicy Smoked Nuts

Ingredients:

- 1/3 cup brown sugar
- 2/3 cup white sugar
- 1 tbsp kosher salt
- 1 or 2 pinches cayenne pepper, to taste
- 1/2 tsp cinnamon
- 1 tsp smoked paprika
- 1/2 tsp cracked black pepper
- 16 to 18 ounces raw almonds
- 1 egg white
- 1 tbsp water



PREPARATION

Ignite the colas in your grill and fill the Smoker with pellets.

In a bowl, whisk together the sugars, salt, cayenne, smoked paprika, cinnamon, black pepper and cardamom. Make sure you get out all of those pesky lumps.

In a separate bowl, beat the egg white and water until frothy but not stiff. Add the almonds into the egg whites and stir to coat evenly. Sprinkle nuts with sugar mixture, and toss until evenly coated.

Spread sugared nuts in a single layer on a cookie sheet fitted with buttered parchment paper or aluminum foil.

Place the ignited Smoker and the cookie sheet on the grill grate and roast for 30 minutes, stirring halfway through. When completely cool, pour the nuts into a bowl, breaking up any that stick together. Enjoy!

WHAT MAKES A GREAT BBQ OR SMOKED MEAT

Marinades



Dry Rubs

BBQ Sauces





ALL ABOUT MARINADES

Most marinades are thin water-based liquids that meat baths in before cooking. Marinades usually have a number of ingredients such as salt, oil, flavorings, and acidic liquids (SOFA).

MARINADE MYTHS



01

Marinades penetrate deep into meat. Marinades are primarily a surface treatment, especially on thicker cuts. Only the salt penetrates deep. Meat is a protein sponge saturated with liquid. About 75% of meat is water. There's not much room for any more liquid in there. Think of a sponge. Salt penetrates because it is a smaller molecule than water but, most importantly, because it reacts chemically and electrically with the water in the meat. As research by the AmazingRibs.com science advisor Prof. Greg Blonder has shown, it takes salt almost 24 hours to penetrate meat 1" deep

02

Marinades tenderize. Tenderizing is a process of making the proteins softer. This softening is called denaturing. Since marinades do not penetrate very far they cannot denature the protein bonds much beyond the surface, so there is little tenderizing beyond the surface. In fact, some ingredients, especially acids, such as vinegar and fruit juice, can make some surfaces firmer, and some surfaces mushy. In some cases acid can even reduce water holding capacity. This can be good if you are trying to form a dry crust.

MARINADE MYTHS

03

You can use just about anything in a marinade. If marinades contain sugar, they can burn and ruin the food.

04

Longer is better. Actually, longer is worse. The problem is that acids in marinades mess up proteins, faux cooking them. The longer meat sits in an acid, the mushier it becomes.

05

Stabbing with a fork helps marinades penetrate. Stabbing meat with a fork or a jaccard blade pushes bacteria down in. And the holes seal up as the meat collapses in on the trauma and fills with water.



WHAT TO DO?

- Marinades are best on thin cuts of meat
- Injecting is much more effective in driving flavor down towards the center of the meat.
- Gashing helps marinades work. Since marinades don't penetrate very far into most foods, give them a hand. Gash your food. Cut slices into the surface, rough it up, give the marinade cuts, cracks, and pits to enter.
- Think of marinades as a spice mix. When it dries out during cooking, it leaves behind the flavors.
- They work best on thick cuts of meat like roasts where the food bakes for a long time on the indirect side in a 2-zone system and the marinade can dry out, leave its flavor on the surface, and then brown.
- Fresh pineapple, papaya, and ginger have enzymes that tenderize meat. Papain, the enzyme in papaya, is an enzyme in papaya. These enzymes work fast. Within 30 to 60 minutes the meat is ready for the grill.
- Some recipes call for marinating in barbecue sauce. Don't do it. It's just a waste of expensive sauce because it is too thick to penetrate very far and most barbecue sauces are sweet. They can burn.
- Never reuse marinades.



A still life photograph of a pear on a plate surrounded by various ingredients like nuts, leaves, and a small bowl, with the text 'marinade recipes' overlaid in a white script font.

*marinade
recipes*



CLASSIC STEAK MARINADE

INGREDIENTS

1/4 cup/60 mL olive oil

1/4 cup/60 mL red wine
vinegar

1 tablespoon sea salt

3 tablespoons/45 mL
Worcestershire sauce

1 teaspoon black pepper

2 teaspoon fresh oregano

1 teaspoon fresh thyme

1-2 cloves garlic, minced

A high-quality steak doesn't need any help. A not so great steak can definitely benefit from a good marinade.

1. Combine all ingredients in a glass or plastic bowl.

2. Place steak in a resealable plastic bag and

pour the marinade over top, making sure all surfaces are coated well. Seal bag and place in the refrigerator for 2-8 hours.

Once you have it marinated it is time to grill it!

LEMON AND ROSEMARY MARINADE

INGREDIENTS

3 large lemons

1/4 cup (60 mL) fresh
rosemary (2 tablespoons
dried rosemary)

1/4 cup (60 ml) olive oil

1 to 2 cloves garlic,
minced

2 teaspoons salt

1/2 teaspoon white pepper

This marinade works really well on chicken and pork.

The refreshing combination of lemon and rosemary really brightens the overall flavor of the dish.

Cut lemons in half and squeeze out the juice into a medium plastic or glass bowl. Add remaining ingredients and mix well.

Marinate chicken or pork for 1 to 2 hours in the mixture. The mixture can be made ahead of time and stored in an airtight container in the refrigerator for 1 week and in the freezer for up to 3 months.





OVERNIGHT BRISKET MARINADE

INGREDIENTS

1 1/2 cups red wine

1/2 cup olive oil

1 1/2 tbs mustard

1 1/2 tbs lemon juice

1 tbs wine vinegar

1 tbs horseradish

1 1/2 teaspoon salt

1 teaspoon cayenne
pepper

1 teaspoon onion powder

1 teaspoon garlic powder

Whether you are smoking or grilling a brisket, this marinade will add a lot of flavor and help keep the meat tender.

Mix all ingredients together. Pour over brisket and let marinate overnight in the refrigerator, turning occasionally.

FRUITY MARINADE

INGREDIENTS

1 cup crushed pineapple

1/3 cup/80 mL soy sauce

1/3 cup/80 mL honey

1/4 cup/60 mL cider
vinegar

1-2 cloves garlic, minced

1 teaspoon ginger powder

1/2 teaspoon powdered
cloves

This sweet, fruity marinade has the power of pineapple and cider vinegar to work its way into meat.

Add to this a collection of flavors that turn any cut of pork or chicken into something truly great..

Mix all ingredients together in a non-corrosive (non-metal) bowl. Let mixture sit for 15 minutes before using.

Marinate pork in mixture for 2-8 hours. For chicken, marinate for 2-4 hours. Mixture can also be used on vegetables, tofu, fish and seafood with a 15-30 minute marinating time.



JAMAICAN JERK MARINADE

INGREDIENTS

1 medium onion, finely chopped

2 teaspoons sugar

1/2 cup scallions, finely chopped

1 teaspoon salt (kosher or sea salt is preferable)

1 hot pepper, finely chopped

1 teaspoon/5 mL Jamaican Pimento

3 tablespoons/45 mL soy sauce

1 teaspoon black pepper, ground

1 tablespoon/15 mL oil

1/2 teaspoon nutmeg, ground

1 tablespoon/15 mL cider or white vinegar

1/2 teaspoon cinnamon, ground

2 teaspoons fresh thyme leaves

dash hot sauce (optional)

Combine all ingredients in a blender and blend until smooth.

For chicken, marinate 2-4 hours. For pork marinate for 2-8 hours. Marinate vegetable and meat substitutes for 30-40 minutes. If using on Fish and seafood, marinate no more than 30 minutes.





BEEF RIB MARINADE

INGREDIENTS

1/4 cup/60 mL lemon juice

1/4 cup/60 mL white vinegar

1/4 cup/60 mL olive oil

3 tablespoons honey

4 cloves garlic crushed

1 tablespoon sea salt

1 teaspoon cayenne

1 teaspoon ground black pepper

This marinade adds a lot of flavor to your beef ribs. The acid from the lemon juice and vinegar will keep beef ribs nice and tender as they grill or smoke. While perfect for ribs, this mixture can also be used on flat steaks like, skirt, flat-iron, hanger, and flank steak.

Mix together all ingredients in a small bowl. Place ribs in a container large enough to lay one rack flat. Pour marinade over ribs, coating completely. Make sure to turn the rack of ribs a couple of times. Cover pan with plastic wrap and let sit in refrigerator for 12-24 hours.





ALL ABOUT DRY RUBS

Dry rubs are a mix of spices and dried herbs and they are rubbed into the meat before cooking. They come in a wide range of flavors. There are barbecue rubs, chili powder (yes chili powder is a spice blend), curries, jerk seasoning, sate, Old Bay, and many more.

A GOOD RUB HAS FOUR MAIN CHARACTERISTICS



01

Sugar. Sweetness is a common addition because it is a flavor enhancer, it helps browning, and with crust formation.

02

Savory. There is an herb named savory, and in common language we speak of savory as being a pleasant smell or taste, but in the culinary arts, savory flavors come from amino acids called glutamates, green herbs, some spices, garlic, and other flavorings.

03

Spices and herbs. Not all of them work on all foods, but the spice rack is full of great flavors. Paprika is often included, not so much for flavor as for color.

04

Spicy. Hot pepper sensations, often called spicy flavors, are often in rubs because they add excitement. Black pepper is common, so are ground hot peppers such as cayenne or chipotle. Ginger, horseradish, and mustard powder also fit in this category.

WHAT TO DO?

- No salt in rubs! - Applying the salt separately and in advance is a very important technique called dry brining. Dry brining is simply salting thick cuts the day before cooking and thin cuts an hour or two before. Adding salt in advance is good for the meat because it melts on the wet surface of meat and it penetrates deep. Salt, rub, and sauce are three separate applications.
- You can put a rub right on bare meat, or you can help it stick by moistening the meat with a little water, oil, or a slather of mustard or ketchup.
- Bloom your spices - Toasting many spices amplifies their flavors by releasing their oils and changing chemical constructions through the maillard effect. So here's a trick to take your rubs to the next level. Warm a frying pan over medium heat and pour in your spices. Stir or shake them often. Don't let them sit still for more than 10 seconds or they can burn. It only takes about two minutes to bloom them. You'll know when the fragrance jumps out at you.
- After salting, the best arrangement is on a wire rack over a pan, no wrap. There is nothing about plastic wrap that forces salt or rub molecules into the meat. It is not some sort of vacuum or pressure system.



dry rubs recipes



MEMPHIS RUB RECIPE

INGREDIENTS

1/2 cup paprika

1 tablespoon brown sugar

1/4 cup garlic powder

1 tablespoon dried oregano

1/4 cup mild chili powder

1 tablespoon dried thyme

3 tablespoons black pepper

1 tablespoon cumin

2 tablespoons onion powder

2 teaspoons dry mustard

2 tablespoons celery seeds

2 teaspoons ground coriander

2 teaspoons ground allspice

Mix together all ingredients until well combined. Store in an airtight container. May be stored for up to 6 months if kept in a cool, dry place.

To use, apply rub evenly over ribs. The general rule is what sticks is the perfect amount.





CAROLINA BBQ RUB

INGREDIENTS

1/4 cup paprika

2 tablespoons white
sugar

2 tablespoons brown
sugar

2 tablespoons ground
cumin (cumin powder)

2 tablespoons freshly
ground black pepper

This is a fantastic, classic-style Carolina barbecue rub recipe. Try this rub next time you're in the mood to make traditional Carolina Pulled Pork.

In a small bowl, combine paprika, salt, brown sugar, white sugar, ground cumin, chili powder, black pepper, and cayenne pepper; use as a dry rub on pork, chicken, beef, lamb, and vegetables. Make sure that rub has a fine consistency and that the brown sugar leaves no clumps.

To apply rub, gently pat onto all surfaces of meat and cook as directed.

If making ahead of time, store in an air tight container in a cool place for up to six months after preparation.

MAGIC DUST

SEASONING RECIPE

INGREDIENTS

1/2 cup paprika

1/4 cup sugar

2 tablespoons mustard powder

1/4 cup chili powder

1/4 cup ground cumin

2 tablespoons ground black pepper

1/4 cup granulated garlic

2 tablespoons cayenne

To make it a little more hot and spicy, increase the mustard powder and black pepper to 1/4 cup each.

Mix all ingredients together and store in a tightly covered container. You'll want to keep some in a shaker next to

the grill or stove for easy use. Store in a covered jar or air tight plastic container for up to 1 year after preparation. This rub can be used on beef, chicken, pork, fish, seafood, and vegetables.



BRISKET RUB

INGREDIENTS

1/2 cup paprika

1/3 cup brown sugar

3 tablespoons garlic powder

3 tablespoons onion powder

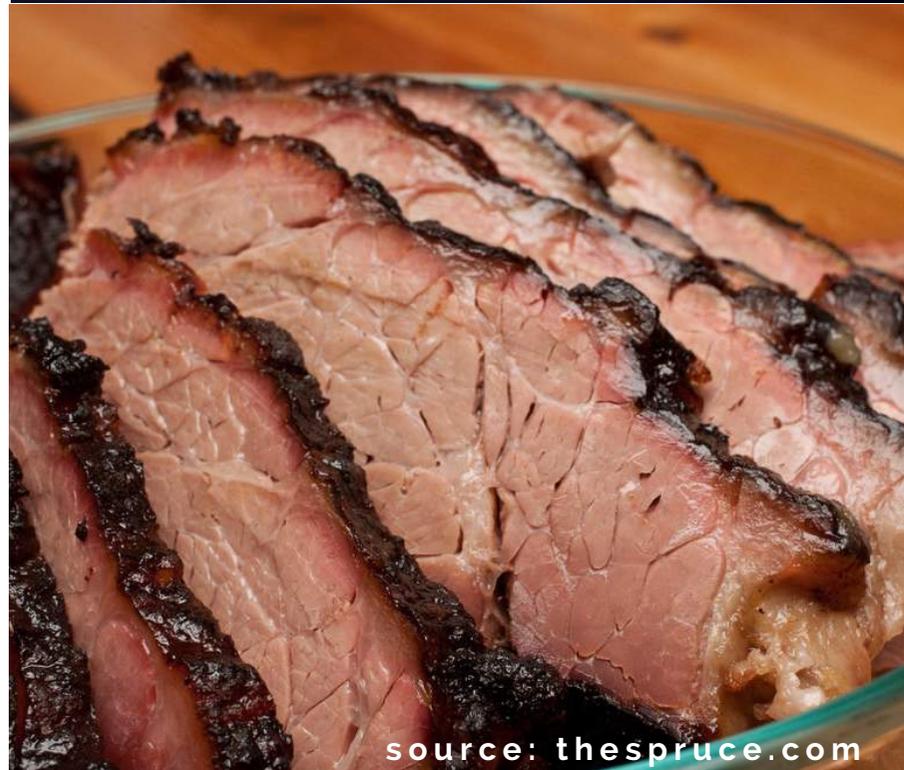
2 tablespoons oregano

This traditional brisket rub is most commonly used Texas. Though simple to make, this rub contains what you need to make a delicious smoked

barbecue brisket.

Combine all ingredients and mix well. Work into the surface of the brisket, especially over the exposed meat. This rub may be stored in an airtight container in a cool, dark place for several months.

This rub can also be used on steaks and other cuts of meat.





PULLED PORK RUB

INGREDIENTS

1/4 cup brown sugar

1/4 cup paprika

3 tablespoons salt

2 tablespoons black
pepper

1 tablespoon cayenne

2 teaspoons dry mustard

This is a basic but traditional pulled pork rub that will give you the best odds for making a great batch of barbecue pulled pork.

Mix all ingredients. Work mixture into meat about an hour before it goes on the smoker. Save some of the rub to sprinkle on during the smoking process to replace rub lost during turning.

This rub can be stored in an airtight container in a cool, dark place for several months.

SWEET RUB

INGREDIENTS

1/4 cup dark brown sugar

2 teaspoons cracked
black pepper

2 teaspoons smoked
paprika

2 teaspoons garlic
powder

2 teaspoons onion powder

1 teaspoon ground mustard

1/2 teaspoon cayenne
pepper

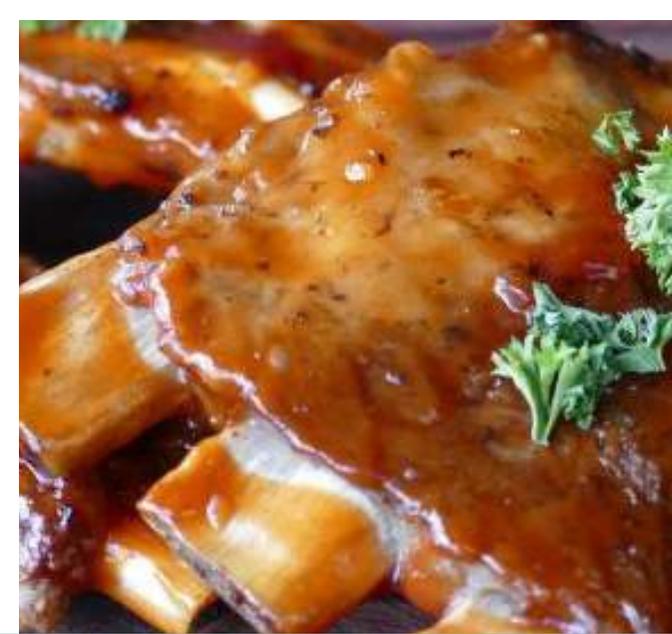
A simple sweet based rub with pantry ingredients that will elevate any grilled or smoked meat!

In a small bowl combine all of the ingredients for the rub. Stir well to combine and store in an airtight container. The spice mix will last in your cupboard for up to a month.



**a recipe has no
soul, you as the
cook must bring
soul to the recipe**

thomas keller



ALL ABOUT BBQ SAUCES

A good, rich barbecue sauce adds flavor to smoked meat whether it is sliced or chopped, but the most important benefit is the moisture it adds. Smoked meat can dry out quickly, either while smoking or more likely once it is cut up for serving. To prevent the meat from getting too dry, you want to add a little sauce.

CLASSIC BBQ SAUCES

6 SAUCES, 6 REGIONS



01

Kentucky Bourbon: The addition of Kentucky's oak-aged bourbon adds a smooth, smoky complexity to ketchup, cider vinegar, molasses, spicy brown mustard, liquid smoke and steak sauce. Some recipes also include bacon fat.

02

Sweet Carolina Mustard: Traditional yellow mustard is typically the base for this bright sauce, with an ingredient list that typically includes apple juice, brown sugar, honey, molasses, garlic, onion, black pepper and sweet cocoa powder.

03

North Carolina Vinegar: Distilled white vinegar, ketchup, Worcestershire sauce, kosher salt and cayenne pepper define this famed and slightly sour sauce. In the Eastern part of the state, they punch up the heat even more.

04

Kansas City: The signature here is sweet and smoky, thanks to light corn syrup, light brown sugar and molasses added to tomato paste, ketchup, cider vinegar, chile powder, Worcestershire sauce, celery salt and kosher salt.

05

Louisiana Sweet: To a tangy tomato-vinegar based sauce, Louisianans have been known to add molasses, sweet sherry and packed brown sugar.

06

Alabama White: This creamy, ranch-style barbecue sauce is a point of state pride and looks nothing like its red-hued siblings – except that folks love dunking whole barbecued chickens in huge vats of it. The basic combination is mayo, white wine vinegar, black pepper, granulated sugar and salt. Some grill masters make it spicier by using whole black peppercorns.

WHAT TO DO?

- One important reason to DIY? The sauce on the shelf can be loaded with sugar, and that can cover up and overwhelm the smoky meat flavor you worked so hard to create
- If you brush sauce onto the meat as it's smoking, do so only during the last half-hour. Sweet bbq sauces can burn rather easily.
- Mopping sauce is not so much a barbecue sauce as it is a basting liquid. It's a lot thinner in consistency and has very little sugar...you mop it on throughout the smoking session. Using brisket mopping sauce will keep your smoking brisket nice and moist, while adding flavor.
- The right barbecue sauce can also add depth and texture to proteins, especially poultry. If you cook the chicken on low heat and apply sauce in coats (every five minutes), it creates perfect caramelization, golden brown skin and intense flavor.
- A common mistake: using barbecue sauce as marinade. "The acid and vinegar in sauces can break down meat fibers.



TEXAS STYLE BARBECUE SAUCE RECIPE

INGREDIENTS

4 cups ketchup

2 tablespoons
Worcestershire sauce

1 bottle Shiner Bock

1 tablespoon soy sauce

1/2 cup (1 stick) butter

1 tablespoon black
pepper

1/2 cup cider vinegar

2 teaspoons salt

1/2 cup vegetable oil

2 teaspoons onion powder

1/2 cup blackstrap
molasses

1 teaspoon garlic powder

1/2 cup honey

1 teaspoon (or to taste)
cayenne pepper

Combine everything in a big ol' pot and stir it up until blended together. Simmer for about 45 minutes, or until desired thickness is achieved.

Next time you make a smoked meatloaf, put a thick coating of this stuff over the top of the loaf when it's got just 20 more minutes to cook. It is mouthwatering!



SWEET AND SOUR MUSTARD BARBEQUE SAUCE

INGREDIENTS

1/2 cup of prepared
yellow mustard

1/4 cup of cider vinegar

3 tablespoons of brown
sugar

1/2 teaspoon of paprika

1/2 teaspoon of
Worcestershire sauce

1/2 teaspoon white pepper

1/2 teaspoon of cayenne
pepper

1/4 teaspoon of black
pepper

In order to make this delicious South Carolina sauce combine all the ingredients. This barbecue sauce is good to baste with, but like other sauces with sugar, to prevent burning, it should only be used on the meat as it's finishing up on the smoker.

This mustard-based barbecue sauce has a smooth consistency...the tartness of the vinegar is balanced by the brown sugar sweetness.

The flavor of this mustard-based sauce works very well with pork and chicken.





KC STYLE BBQ SAUCE

INGREDIENTS

1-1/2 cups of water

2 tablespoons of white sugar

1/2 cup of your favorite ketchup

1/2 teaspoon of onion powder

1/3 cup white vinegar

1/2 teaspoon black pepper

1/4 cup tomato paste

1/2 teaspoon Worcestershire sauce

1/4 cup molasses

1/8 teaspoon of garlic powder

1 teaspoon of Liquid Smoke flavoring

A thick and rich Kansas City style barbeque sauce is just the ticket for a smoked slab of pork spareribs or a smoked brisket sandwich.

Add all of the ingredients to a saucepan, and over medium-high heat stir until the mixture comes to a boil. Lower the heat to medium. Continue boiling uncovered, stirring often, until the barbecue sauce thickens. This usually takes about a half an hour. You could use the sauce immediately, but the flavor will improve if you chill it in the fridge overnight. Giving the sauce time to rest will allow the flavors to blend and mellow.

BRISKET BARBECUE SAUCE

INGREDIENTS

1/2 cup (120 mL) finely chopped onions

1/3 cup (80 mL) chili sauce

2 cloves garlic, minced

3 tablespoons (45 mL) Worcestershire sauce

2 tablespoons unsalted butter

3 tablespoons (45 mL) maple syrup

1 cup (240 mL) tomato sauce

3 tablespoons (45 mL) lemon juice

1 cup (240 mL) ketchup

1 tablespoon paprika

1 cup (240 mL) vinegar

1 tablespoon dry mustard

3/4 cup brown sugar

2 teaspoons ground black pepper

1/2 cup (120 mL) honey

1 teaspoon garlic powder

Melt butter in a medium saucepan. Add onions and garlic and saute until translucent. Add remaining ingredients and mix well. Bring to a boil over a medium-high heat. As soon as the sauce starts to bubble, reduce the heat to low and simmer for 15 minutes or until the sauce reaches the desired thickness.

Remove from heat and let cool for 10 minutes before using. If making ahead of time, store in an airtight container in the refrigerator for 7 days after preparations.

HICKORY BARBECUE SAUCE

INGREDIENTS

1/3 cup/80 mL beer

1/4 cup/60 mL red wine vinegar

3 tablespoons/45 mL ketchup

2 tablespoons/30 mL vegetable oil

2 tablespoons brown sugar

1 teaspoon onion powder

1 teaspoon garlic powder

1 teaspoon salt

1/2 teaspoon ground red

8-10 minutes. Stir often and watch for burning. Adjust heat accordingly. Remove from heat and let cool for 15-20 minutes before using.

This is a good, thin barbecue sauce that relies more on vinegar and beer than on tomatoes for its base. When smoking the meat use hickory pellets. Use this sauce on beef brisket, chicken and pork. Stir ingredients together in a small saucepan. Bring to a high simmer, reduce heat to medium-low and simmer for an additional



LEXINGTON DIP

INGREDIENTS

1 1/2 cups cider vinegar

1/2 cup water

1/2 cup ketchup

1 tablespoon dark brown sugar

1 teaspoons black pepper

1 teaspoon crushed red pepper

1 teaspoons kosher salt

1/2 teaspoon cayenne pepper

This isn't a sauce you'd baste on grilled chicken, but rather, as the name implies, it's used as a dip or topping.

Tasted alone, it's harsh with a strong bite of vinegar and heat that borders on excessive.

Introduce it to pile of pulled pork though, and it's a match made in heaven.

Combine all ingredients in a medium sauce pan. Bring to a boil over medium-high heat, reduce heat to low and simmer for 15 minutes, stirring occasionally.

Remove from heat, allow to cool to room temperature. Pour into jar and store in refrigerator.



ALABAMA WHITE SAUCE

INGREDIENTS

1 cup mayonnaise

1 cup apple cider vinegar

1 tablespoon lemon juice

1 1/2 tablespoons
cracked black pepper

1/2 teaspoon kosher salt,
finely ground

1/4 teaspoon cayenne

1/2 cup vegetable oil

Combine mayonnaise, apple cider vinegar, lemon juice, black pepper, salt, and cayenne in a bowl and mix thoroughly. Place in an airtight container or bottle and refrigerate until you're ready to use. Keeps up to 4 days.

This white tasty sauce work amazing with a smoked whole chicken or smoked turkey legs.

The Alabama white sauce packs the strength to convert smoked chicken into the truly sublime.

