

Anatomy of a Barbecue Sauce

<u>Sweet</u>	<u>Sour</u>	<u>Spicy</u>	<u>Salty</u>
Granulated Garlic Light or Dark Brown Sugar Honey Molasses Corn Syrup Maple Syrup Hoisin Sauce Jellies Jams Soda Pop	Distilled Vinegar Cider Vinegar Red or White Wine Vinegar Balsamic Vinegar Rice Wine Vinegar Lemon or Lime Juice Mustard Juice from Pickles or Relish	Hot Sauces Fresh or Dried Chilies Black Pepper Crushed Red Pepper Flakes Horseradish	Kosher or Sea Salt Soy Sauce Fish Sauce Worcestershire Sauce Olives Capers Anchovies

Building a Better Marinade

<u>Acids</u>	<u>Oils</u>	<u>Good Flavors</u>
Vinegar Citric Juices Tomatoes Wine Yogurt	Olive Oil Sesame Oil Canola Oil	Fresh or Dried Herbs Spices Condiments Finely Chopped Vegetables Zest of Citrus Fruits

The Yin & Yang of Rubs

<u>Hot</u>	<u>Earthy</u>	<u>Sharp</u>										
Prepared Chili Powder Pure Chile Powder Black Pepper Cayenne Pepper Crushed Red Chile Pepper	Cumin Paprika Coriander Celery Seed	Granulated Garlic Granulated Onion Dry Mustard Mustard Seed Turmeric										
<u>Sweet</u>	<u>Herbaceous</u> (dried herbs)	<u>Salty</u>										
Granulated Sugar Brown Sugar Cinnamon Allspice Chinese Five-Spice Cloves Nutmeg	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Thyme</td> <td style="width: 50%;">Fennel</td> </tr> <tr> <td>Oregano</td> <td>Bay</td> </tr> <tr> <td>Parsley</td> <td>Sage</td> </tr> <tr> <td>Rosemary</td> <td>Dill</td> </tr> <tr> <td>Marjoram</td> <td>Basil</td> </tr> </table>	Thyme	Fennel	Oregano	Bay	Parsley	Sage	Rosemary	Dill	Marjoram	Basil	Kosher Salt Sea Salt Smoked Sea Salt
Thyme	Fennel											
Oregano	Bay											
Parsley	Sage											
Rosemary	Dill											
Marjoram	Basil											

Sauce Recipes

Garlic & Red Pepper Sauce

- 1 Large Red Bell Pepper
- 1/3 cup Sour Cream
- 1/4 cup Mayonnaise
- 1 TBSP Finely Chopped Fresh Basil
- 2 tsp Minced Garlic
- 2 tsp Balsamic Vinegar
- 1/4 tsp Kosher Salt

Grill the bell pepper over *Direct Medium* Heat until the skin is blackened & blistered all over, 12 to 15 minutes, turning occasionally.

Place the pepper in a small bowl & cover with plastic wrap to trap the steam. Set aside for at least 10 minutes, then remove the pepper from the bowl & peel away the charred skin. Cut off the top, remove the seeds, & roughly chop the pepper.

Place in a food processor along with the remaining ingredients. Process until smooth. Cover with plastic wrap & refrigerate until about 20 minutes before you are ready to serve.

Makes about 1/3 cup

Romesco Sauce

- 2 Medium Red Bell Peppers
- 1/4 cup Whole Almonds
- 1 Medium Garlic Clove
- 1/2 cup Loosely Packed Fresh Italian Parsley Leaves & Tender Stems
- 2 tsp Sherry Wine Vinegar
- 1/2 tsp Kosher Salt
- 1/8 tsp Ground Cayenne Pepper
- 1/4 cup Extra Virgin Olive Oil

Grill the bell pepper over Direct Medium Heat until the skin is blackened & blistered all over, 12 to 15 minutes, turning occasionally.

Place the pepper in a small bowl & cover with plastic wrap to trap the steam. Set aside for at least 10 minutes, then remove the pepper from the bowl & peel away the charred skin. Cut off the top, remove the seeds, & roughly chop the pepper.

In a small skillet over medium heat, toast the almonds until their aroma is apparent, 3 to 5 minutes, stirring occasionally.

In a food processor, finely chop the garlic. Add the almonds & process until finely chopped. Add the peppers, parsley, vinegar, salt & cayenne. Process to create a coarse paste. With the motor running, slowly add the oil & process until you have a fairly smooth sauce.

Makes about 3/4 cup

Chimichurri Sauce

- 4 Large Garlic Cloves
- 1 cup Loosely Packed Fresh Italian Parsley Leaves
- 1 cup Loosely Packed Fresh Cilantro Leaves
- 1/2 cup Loosely Packed Fresh Basil Leaves
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Rice Vinegar
- 1 tsp Kosher Salt
- 1/2 tsp Freshly Ground Black Pepper
- 1/2 tap Tabasco Sauce

In a food processor with the motor running, mince the garlic.

Add the parsley, cilantro, & basil. Pulse to finely chop the herbs.

With the food processor running, slowly add the oil in a thin stream, & then add the remaining ingredients.

Makes about 1 1/2 cups

Barbecue Sauces

Cola Barbecue Sauce

- 1 TBSP Extra Virgin Olive Oil
- 1/2 tsp Granulated Garlic
- 1/2 tsp Pure Chile Powder
- 1/2 tsp Ground Cumin
- 2/3 cup Ketchup
- 1/3 cup Cola
- 2 TBSP Soy Sauce
- 2 TBSP Cider Vinegar
- 1/4 tsp Freshly Ground Black Pepper
- 1/8 tsp Mesquite Liquid Smoke

In a medium saucepan over medium heat, warm the oil.

Add the garlic, chile powder, & cumin. Cook for 30 seconds, stirring occasionally.

Add the remaining ingredients, whisk them, & allow the sauce to simmer for about 5 minutes.

Makes about 1 cup

Sassy Barbecue Sauce

- 1/2 cup Ketchup
- 2 TBSP Molasses
- 1 TBSP White Wine Vinegar
- 1 TBSP Dijon Mustard
- 1 TBSP Light Brown Sugar
- 2 tsp Worcestershire Sauce
- 1/2 tsp Kosher Salt
- 1/4 tsp Tabasco Sauce
- 1/4 tsp Granulated Garlic
- 1/4 tsp Freshly Ground Black Pepper

In a small, heavy saucepan, whisk the ingredients with 1/2 cup water.

Bring to a boil over medium heat, then reduce the heat & simmer for 10 minutes, stirring occasionally.

Makes about 1 cup

Red Chile Barbecue Sauce

- 4 Dried Pasilla Chile Peppers
(about 1/4 oz total)
- 2 TBSP Canola Oil
- 1/2 cup Ketchup
- 3 TBSP Soy Sauce
- 2 TBSP Balsamic Vinegar
- 3 Medium Garlic Cloves, Crushed
- 1 tsp Ground Cumin
- 1/2 tsp Dried Oregano
- 1/4 tsp Kosher Salt
- 1/4 tsp Freshly Ground Black Pepper

Remove the stems & cut the chiles crosswise into sections about 2 inches long. Remove most of the seeds.

In a medium skillet over high heat, warm the oil. Add the chiles & toast them until they puff up & begin to turn color, 2 to 3 minutes, turning once.

Transfer the chiles & oil to a small bowl. Cover with 1 cup of hot water & soak the chiles for 30 minutes.

Pour the chiles, along with the oil & water, into a blender or food processor. Add the remaining ingredients & process until very smooth.

Makes about 2 cups

Rub Recipes

Classic Barbecue Rub

2 tsp Kosher Salt
1 tsp Freshly Ground Black Pepper
1 tsp Dried Thyme
1 tsp Paprika
1 tsp Pure Chile Powder
1 tsp Granulated Sugar
1 tsp Celery Seed
1/2 tsp Mustard Seed
1/2 tsp Ground Mustard
1/2 tsp Ground Cumin
1/2 tsp Ground Fennel

Makes about 1/4 cup

Beef Rub

4 tsp Kosher Salt
1 TBSP Pure Chile Powder
1 TBSP Granulated Onion
1 1/2 tsp Granulated Garlic
1 tsp Paprika
1 tsp Dried marjoram
1/2 tsp Ground Cumin
1/2 tsp Freshly Ground Black Pepper
1/4 tsp Cinnamon

Makes about 1/4 cup

Southwest Rub

2 tsp Pure Chile Powder
2 tsp Granulated Garlic
2 tsp Paprika
2 tsp Kosher Salt
1 tsp Ground Coriander
1 tsp Ground Cumin
1 tsp Freshly Ground Black Pepper

Makes about 1/4 cup

Marinade Recipes

Bourbon Marinade

1/2 cup Bourbon
1/4 cup Ketchup
2 TBSP Extra Virgin Olive oil
2 TBSP Soy Sauce
1 TBSP White Wine Vinegar
2 tsp Minced Garlic
1/2 tsp Tabasco Sauce
1/2 tsp Freshly Ground Black Pepper

In a medium bowl; whisk ingredients

Makes about 1 cup

Tarragon-Citrus Marinade

1/4 cup Extra Virgin Olive Oil
1/4 cup Roughly Chopped Fresh Tarragon
Zest & Juice of 1 Orange
Zest & Juice of 1 Lemon
2 TBSP Sherry Vinegar
2 tsp Kosher Salt
1 tsp Minced Garlic
1 tsp Grated Ginger
1/2 tsp Prepared Chili Powder
1/2 tsp Freshly Ground Black Pepper

In a medium bowl; whisk ingredients

Makes about 1 1/4 cups

Honey-Mustard Marinade

1/2 cup Dijon Mustard
1/4 cup Honey
2 TBSP Extra Virgin Olive Oil
2 tsp Curry Powder
1 tsp Freshly Grated Lemon Zest
1/2 tsp Granulated Garlic
1/2 tsp Kosher Salt
1/4 tsp Ground Cayenne Pepper
1/4 tsp Freshly Ground Black Pepper

In a medium bowl; whisk ingredients

Makes about 1 cup