

***BBQ Sauces, Rubs  
& Marinades***  
FOR  
**DUMMIES®**

**Traci Cumbay with Tom Schneider**



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**Tom Schneider:** Tom's passion for authentic barbecue arose during his high school days in Oklahoma and burgeoned over 20 years of uncovering traditional barbecue joints while traveling the United States. Tom is primarily a self-taught cook who, for the past decade, has leveraged his commitment to barbecue into award-winning barbecue recipes while competing in sanctioned barbecue competitions and formal barbecue judging. Tom is owner and pit master for Poppi-Q Bar-B-Que, a specialty catering business in the Indianapolis market.





## *Dedication*

For Richard T. Brink, possibly the worst backyard cook ever to hoist a beer near burning charcoal, and dearly missed.

## *Authors' Acknowledgments*

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# Contents at a Glance



<b><i>Introduction.....</i></b>	<b><i>1</i></b>
---------------------------------	-----------------

<b><i>Part I: Centuries of Barbecue Smarts in Four Chapters .....</i></b>	<b><i>7</i></b>
---	-----------------

Chapter 1: Faces of Barbecue: A Pit, a Plateful, a Party .....	9
Chapter 2: Gathering Must-Have Equipment .....	23
Chapter 3: Collecting Ingredients and Using Them Wisely .....	39
Chapter 4: Barbecue Methods, Art, and Science .....	53

<b><i>Part II: Preparation Prevails: Using Rubs and Marinades .....</i></b>	<b><i>67</i></b>
---	------------------

Chapter 5: Mixing and Matching in Rubs and Marinades .....	69
Chapter 6: Crafting Dry Rubs for Any Meat or Taste .....	79
Chapter 7: Mixing Tried-and-True Marinades .....	93

<b><i>Part III: The All-Important Sauce Story.....</i></b>	<b><i>107</i></b>
--	-------------------

Chapter 8: Sorting through the Sauce Story .....	109
Chapter 9: Crafting Barbecue Sauces Traditional and Unusual .....	117
Chapter 10: Getting Saucy while You Cook: Mop Sauces .....	133
Chapter 11: Sauces and Relishes for Dipping and Dashing .....	141

<b><i>Part IV: Entrees and Sides and Then Some.....</i></b>	<b><i>155</i></b>
---	-------------------

Chapter 12: Something(s) to Serve with Your Barbecue .....	157
Chapter 13: A Melange of Main Dishes .....	179
Chapter 14: Great Dishes for Leftover Barbecue .....	193

<b><i>Part V: The Part of Tens.....</i></b>	<b><i>201</i></b>
---	-------------------

Chapter 15: Ten Ways Rookies Ruin Good Meat .....	203
Chapter 16: Ten Truer Words Were Never Spoken .....	209
Chapter 17: Ten (Or So) Places to Turn for Tips .....	215
Chapter 18: Ten World-Famous Barbecue Events .....	221

<b><i>Appendix: Metric Conversion Guide.....</i></b>	<b><i>227</i></b>
--	-------------------

<b><i>Index.....</i></b>	<b><i>231</i></b>
--------------------------	-------------------



# Recipes at a Glance

---

## ***Appetizers***

Blue Blazers .....	174
Chili Dip .....	177
Parmesan-Stuffed Dates Wrapped with Bacon .....	173
Pizza Bread with Roasted Cherry Tomatoes and Crispy Prosciutto .....	162
Stuffed Peppers .....	169
Swinetology Smoked Stuffed Jalapeño Peppers .....	167

## ***Barbecue Sauces***

Alabama White Sauce .....	120
Apple Barbecue Sauce .....	131
Beale Street Memphis Sauce .....	118
Big R's BBQ Sauce .....	127
Boothel BBQ Sauce .....	127
Carolina "East" Raleigh Sauce .....	122
Carolina "West" Piedmont Sauce .....	122
Chipotle-Maple Barbeque Sauce .....	124
Harvest Apricot Sauce .....	132
Honey-Orange BBQ Sauce .....	130
Kansas City BBQ Sauce .....	121
Kentucky Bourbon BBQ Sauce .....	126
Maple Syrup Barbeque Sauce .....	129
Original BBQ Sauce .....	123
Paradise BBQ Sauce .....	128
Pork Sauce .....	126
Rib Runner Sauce .....	125
Spiced Mustard Sauce .....	130
Texas Steer Ranch Sauce .....	119

## ***Brines***

Charlie's Pork Brine .....	95
Poultry and Pork Brine .....	96

## ***Cold Sides***

Memphis Slaw for Pulled Pork .....	171
Mount Vernon Macaroni Salad .....	172

## ***Dipping Sauces***

Apricot Preserve Dipping Sauce .....	146
Blueberry Balsamic Barbecue Sauce .....	144
Chinese Hoisin Barbecue Sauce .....	148
Guacamole Sauce .....	151
Honey BBQ Wing Sauce .....	146

Indian Tamarind Sauce .....	147
Peanut Dipping Sauce .....	150
Porkrastinators Pepper Medley Hot Sauce.....	142
Wasabi Mayo .....	149

## ***Dry Rubs***

Everything Rub .....	85
Grilled Leg of Lamb Seasoning .....	90
Jamaican Rib Rub .....	88
Lemon Rub a Dub Dub .....	91
Paradise Jerk Rub.....	82
Pirate Potion #4 .....	82
Pork Perfection .....	87
Rib Dust .....	86
Shigs-in-Pit Bootheel Butt Rub.....	84
Smoke Hunters' BBQ Rub .....	81
Smokey Joel's Competition BBQ Rub .....	80
Spicy Rub #1 for Beef .....	83
Super Simple Brisket Rub.....	86
Sweet Persian Rub.....	89
Yard Bird Rub.....	88
Zesty No-Salt Herbal BBQ Rub.....	90

## ***Entrees***

Barbecue Hash.....	196
BBQ Fried Rice.....	199
Beef Tenderloin with Cascabel Chile Aioli Marinade.....	189
Big R's Smoked BBQ Spaghetti .....	198
Championship Chicken.....	182
Competition Pit Beans .....	194
Grilled Calzone .....	186
Italian Espresso Steak .....	190
Jalapeño Shot Shells .....	197
Jon's Baby Back Ribs .....	184
Korean Beef Barbecue .....	191
Pork Satay .....	192
Sea Bass with Nectarine Salsa .....	181
Spudzilla .....	195
Stink-Eye Pulled Pork.....	185
Tuscan-Style Lamb Chops .....	188
Vegetable Brisket Soup .....	180

## ***Hot Sides***

Artisan Macaroni and Cheese.....	176
Cheesy Butternut Squash.....	175
Iron Skillet Potato Bacon Biscuits .....	161
Loophole's Baked Beans.....	158
Mississippi Potatoes .....	164

Santa Fe Pinto Beans .....	160
Shamrock Golden Tubers .....	165
Smoky Joel's Grilled Asparagus with Garlic and Butter .....	166
Smoky Black Beans .....	157
Super Spud Casserole .....	163
Warm Apple Spinach Salad .....	170

## ***Marinades***

Brisket Marinade .....	103
Cajun Marinade for Grilled Beef Tenderloin .....	99
Garlic Basil Chicken Marinade .....	98
Hot Pepper Steak Marinade .....	102
Lemon Marinade for Smoked Turkey .....	104
Rub and Marinade for Eight-Bone Pork Roast .....	97
Sweet and Sour Orange Marinade for Shrimp .....	105
Teriyaki Marinade .....	101
Vietnamese Lemongrass Rub .....	100

## ***Mop Sauces***

Bourbon Que Mop Sauce for Pork Tenderloin .....	135
Butch's Whole Pig Basting Sauce .....	137
Mopping Sauce for Pork Ribs .....	136
Smoke Hunters BBQ Mop .....	136
Spicy Mop Sauce .....	138
Up in Smoke Mop Sauce .....	139

## ***Relishes***

Bourbon Onion Chutney .....	145
Chilean Fruit Salsa .....	154
Ginger Cucumber Relish .....	153
Ginger Tomato Relish .....	152

## ***Vegetables***

Cheesy Butternut Squash .....	175
Memphis Slaw for Pulled Pork .....	171
Mississippi Potatoes .....	164
Shamrock Golden Tubers .....	165
Smoky Joel's Grilled Asparagus with Garlic and Butter .....	166
Stuffed Peppers .....	169
Super Spud Casserole .....	163
Swinetology Smoked Stuffed Jalapeño Peppers .....	167
Warm Apple Spinach Salad .....	170





# Table of Contents



<b><i>Introduction.....</i></b>	<b><i>1</i></b>
About This Book .....	1
Conventions Used in This Book .....	2
What You're Not to Read.....	2
Foolish Assumptions .....	2
How This Book Is Organized.....	3
Part I: Centuries of Barbecue Smarts in Four Chapters ...	3
Part II: Preparation Prevails: Using Rubs and Marinades.....	3
Part III: The All-Important Sauce Story .....	4
Part IV: Entrees and Sides and Then Some .....	4
Part V: The Part of Tens .....	4
Icons Used in This Book.....	4
Where to Go from Here .....	5

<b><i>Part 1: Centuries of Barbecue Smarts in Four Chapters .....</i></b>	<b><i>7</i></b>
---	-----------------

<b>Chapter 1: Faces of Barbecue: A Pit, a Plateful, a Party .....</b>	<b>9</b>
First, There Was Fire .....	10
Facts and fibs about barbecue.....	11
From pit to pellet smoker .....	11
Touring the Four All-American Barbecue Regions .....	12
Carolinas .....	12
Memphis .....	13
Texas .....	13
Kansas City .....	13
Smoke 'Em If You Got Time .....	14
True barbecue is slow .....	14
True barbecue is smoked .....	15
Making the Most of the Meat .....	15
Seasoning with rubs .....	16
Marinating: The power and the glory .....	16
The big finish: Sauces.....	17
How the Big Guns of Barbecue Do What They Do .....	17
Concocting rubs and sauces .....	18
From meat to magic.....	19
Getting Creative As You Cook.....	19
Behind every great recipe: An experiment.....	20
Benefiting from others' trial and error.....	20
Incorporating contemporary and exotic recipes .....	21

**Chapter 2: Gathering Must-Have Equipment . . . . . 23**

Settling on a Smoker .....	24
Rigging a charcoal grill.....	24
Buying a charcoal smoker .....	27
Building a barrel smoker .....	28
Using an electric or gas smoker.....	29
Fire, Starters: Managing Heat .....	29
Eyeing charcoal types .....	30
Using a chimney starter .....	30
Determining how much charcoal you need .....	31
Wood: To Hickory or Not to Hickory .....	31
Using wood to add flavor.....	32
Describing characteristics of woods.....	33
A Mop, Some Tongs, and So On .....	33

**Chapter 3: Collecting Ingredients and Using Them Wisely . . . . . 39**

Finding Meat That Makes the Cut .....	39
More fat means more flavor .....	40
Fresher is better.....	41
Running Down the Options, Cut by Cut .....	41
Pork .....	41
Beef.....	42
Poultry .....	45
Handling Meat without Hazard .....	46
Stocking Dry Ingredients.....	47
Must-haves for your spice cabinet .....	47
Storing spices, but not too long.....	48
The Stuff of Sauce .....	49
Smart bases .....	49
Finding balance.....	51
Using seasonings .....	52

**Chapter 4: Barbecue Methods, Art, and Science . . . . 53**

Beginning with an End in Mind .....	53
Planning hours (and hours) ahead.....	54
Selecting style and substance .....	55
Trimming and Prepping Meat without, Er, Butchering It .....	56
Priming pork butt .....	56
Cleaning ribs.....	57
Preparing beef brisket.....	58
Grooming poultry .....	59
Getting Time and Temperature Right.....	60
Determining cook time.....	61
Managing the smoker .....	61

The Big Finish .....	63
Using final-stage sauces .....	63
Resting the meat .....	64
Pulling, slicing, presenting.....	65

## ***Part II: Preparation Prevails: Using Rubs and Marinades* ..... 67**

### **Chapter 5: Mixing and Matching in Rubs and Marinades ..... 69**

Building a Dry Rub from the Binder Up .....	69
Seasonings That Play Well Together .....	72
Mixing Marinades.....	74
Acid.....	74
Oil .....	75
Seasonings .....	75
Matching Marinade to Meat.....	76
Starters for seafood.....	76
Adding oomph to chicken .....	76
Good ideas for pork.....	77
Sure bets for beef.....	77
Timing Meat's Marinade Soak .....	78

### **Chapter 6: Crafting Dry Rubs for Any Meat or Taste . . . 79**

Combining Flavors for Classic Dry Rubs .....	80
Bucking Tradition with Rubs Exotic and Inventive .....	89

### **Chapter 7: Mixing Tried-and-True Marinades . . . . . 93**

Priming Pork or Poultry .....	94
Plumping a bird or chop with brine .....	94
Finding formulas for marinades.....	97
Prepping Beef and Lamb with Flavors That Blare or Whisper .....	99
Mixing Citrus Marinades for Poultry or Shrimp .....	104

## ***Part III: The All-Important Sauce Story* ..... 107**

### **Chapter 8: Sorting through the Sauce Story. . . . . 109**

Choosing a Base .....	110
Striking a Balance.....	111
Sweet ideas .....	111
Sour notions .....	112
Seasonings .....	112
Hot touches .....	113
Finding Exotic Inspirations for Terrific Sauces .....	114

**Chapter 9: Crafting Barbecue Sauces**  
**Traditional and Unusual . . . . . 117**

Touring American Barbecue Regions .....	117
Cooking Up More Classic Barbecue Sauces .....	123
Bringing Fruit Flavor to Sauces with Juices and Jams .....	130

**Chapter 10: Getting Saucy while You Cook:**  
**Mop Sauces. . . . . 133**

Making Mops Especially for Pork.....	135
Concocting Multipurpose Mops.....	138

**Chapter 11: Sauces and Relishes for Dipping**  
**and Dashing. . . . . 141**

Fanning the Flames with a Hotter-Than-Hot Sauce .....	141
Sweetening the Pot: Sauces with a Softer Side.....	143
Taking an Exotic Turn with Sauces That Cull Asian Flavors .....	147
Cool Summery Takes on Sauces, Salsas, and Relishes.....	150

***Part IV: Entrees and Sides and Then Some . . . . . 155***

**Chapter 12: Something(s) to Serve with**  
**Your Barbecue . . . . . 157**

Beans, Beans: The Most Magical Food.....	157
Baking Unique Sides in the Smoker or on the Grill.....	161
Preparing Potatoes with a Plethora of Approaches .....	163
Making Yer Mama Proud: Recipes for Veggies .....	166
Mixing Salads, Making Memphis-Style Slaw .....	170
To Macaroni and Cheese and Beyond.....	172

**Chapter 13: A Melange of Main Dishes . . . . . 179**

Brisket: Out of the Smoker and into the Soup Pot.....	179
A Little Something Fabulous for Cooking Fish .....	181
Smoking Traditional Barbecue Cuts Like a Champ .....	182
Have Pizza Stone, Will Smoke Calzone.....	186
Stylish Recipes for Lamb and Beef .....	187

**Chapter 14: Great Dishes for Leftover Barbecue. . . . 193**

Crafting Dishes That Stick to Tradition.....	193
Culture Combos: Using Barbecue Leftovers in Unexpected Ways.....	198

## ***Part V: The Part of Tens.....201***

### **Chapter 15: Ten Ways Rookies Ruin Good Meat . . . . 203**

Being in an All-Fired Hurry .....	203
Sprinting Past Your Experience Level .....	204
Using Wood Before Its Time .....	204
Taking Meat from Fridge to Fire .....	204
Lighting Charcoal with Lighter Fluid .....	205
Overcorrecting, Overzealously .....	205
Getting Sauced Early .....	206
Relying on Eyes, Not Numbers .....	206
Poking Holes into the Meat .....	206
Forgetting Rest Time .....	207

### **Chapter 16: Ten Truer Words Were Never Spoken . . . 209**

The Truth Is in the Cook, Not the Equipment .....	209
Cook Low and Slow .....	210
If You're Lookin', You're Not Cookin' .....	210
There Is Such a Thing as Oversmoking .....	211
Sauce on the Side, Nothing to Hide .....	211
Hot Dogs and Hamburgers Are Not Barbecue .....	211
Time Is on Your Side .....	212
Meat That Falls Off the Bone Has Been Cooked Too Long .....	212
Cleanliness Is Next to Tastiness .....	213
Fat Is Flavor .....	213

### **Chapter 17: Ten (Or So) Places to Turn for Tips . . . . . 215**

Kansas City Barbeque Society .....	215
National Barbecue Association .....	216
The North Carolina Barbecue Society .....	216
The Virtual Weber Bullet .....	216
The Smoke Ring .....	217
The Barbeque Forum .....	217
Barbecue'n on the Internet .....	218
Further Regional Barbecue Associations .....	218

### **Chapter 18: Ten World-Famous Barbecue Events . . . 221**

Jack Daniel's World Championship Invitational Barbecue .....	221
Memphis in May World Championship .....	222
National BBQ Festival .....	222
American Royal Barbecue .....	223
Big Pig Jig .....	223
Big Apple Barbecue Block Party .....	223

Lakeland Pig Festival .....	224
Best in the West Nugget Rib Cook-Off .....	224
LPQue BBQ Championship .....	224
Blue Ridge BBQ Festival .....	225
<b><i>Appendix: Metric Conversion Guide</i></b> .....	<b>227</b>
<b><i>Index</i></b> .....	<b>231</b>

# Introduction

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**B**ig talk surrounds barbecue, talk that would have you believe the topic is impenetrable, that you should be content to pick up a rack of ribs at the local rib shack and call it a day.

Nonsense.

Barbecue is like anything: Dig in and get your apron dirty, and you start finding out what you need to know to keep getting better.

For many people, the pursuit of barbecue perfection becomes all-consuming, edging out sleep and sex for brain space. For others, pulling out the smoker to cook chickens on a sunny Saturday is plenty. Both of these camps start out at the same place: square one. This book picks up at exactly that spot. It tells you what you need to know about barbecue cooking and then gives you the recipes to put theory into practice.

Enjoy the ride — and the results.

## *About This Book*

I wrote this book to be an easy-to-use reference. You're welcome to read it from cover to cover, but you don't have to.

As you dig in, you find

- ✓ All the dirt on the equipment and techniques you need to cook real-deal barbecue
- ✓ Tips from championship barbecue cooks and legendary restaurateurs
- ✓ Inspirations for creating your own signature sauces and rubs
- ✓ Recipes for every stage of barbecue, and even for reimagining leftovers

## Conventions Used in This Book

As you work with the recipes in this book, remember the following conventions:

- ✓ Spices are dried unless otherwise specified.
- ✓ Flour is all-purpose unless otherwise specified.
- ✓ Sugar is granulated unless otherwise noted.
- ✓ All temperatures are Fahrenheit. (Refer to the appendix for information about converting temperatures to Celsius.)

You also run into the following conventions throughout the text:

- ✓ *Italic* is used for emphasis and to highlight new words or terms that I define.
- ✓ Monofont is used for Web and e-mail addresses.
- ✓ Sidebars, which are shaded boxes of text, consist of information that's interesting but not necessarily critical to your understanding of the topic. I use them to share stories from the barbecue circuit, hints about finding and using ingredients, and whatever else jumped to mind as I wrote.

## What You're Not to Read

This book is designed to give you just what you need to get cooking. In some cases, though, I couldn't resist providing a little further information about a topic. Those tidbits show up in one of two ways, either of which is entirely skippable if you find you aren't searingly curious:

- ✓ **Sidebars:** The gray box around blocks of text indicate that you can skip ahead.
- ✓ **Technical Stuff icon:** Any paragraph marked with the Technical Stuff icon may be interesting to you, but it isn't critical to your understanding of barbecue.

## Foolish Assumptions

In order to write this book, I had to keep in mind a few notions about who you might be. I assume that you fit into one or more of the following categories:



- ✓ Someone who's just getting started as an outdoor cook and wants to make the experience as pleasant as possible by following a well-trod path
- ✓ A beginning cook who wants to expand his skills with some time-tested tips and new recipes
- ✓ A barbecue enthusiast looking for some of the back story about the dishes she loves to grub
- ✓ The smart-thinking spouse or friend of a barbecue cook who's giving this book as a gift in hopes of feasting on the fruits of his purchase

## *How This Book Is Organized*

You can easily find what you're looking for in this book, whether it's a rundown of the types of wood you can use in your smoker or a recipe for coleslaw. Here's an outline of this book's organization.

### *Part I: Centuries of Barbecue Smarts in Four Chapters*

A lot of big talk surrounds barbecue cooking, but the bottom line is that anyone can do it. In this part, I give you all the information you need to get started, explaining how the masters of barbecue do what they do and how you, too, can find and use the equipment, techniques, seasonings, and skills that produce fantastic eats.

### *Part II: Preparation Prevails: Using Rubs and Marinades*

An important first step to great-tasting meat, using a rub adds flavor and helps you develop a nice crust on the meat. Similarly, a good soak in a balanced marinade can make a world of difference in your barbecue. This part tells you about how rubs and marinades work, gives you insight into concocting your own rubs and marinades, and provides lots of great recipes.

## ***Part III: The All-Important Sauce Story***

Sauce is the big finish of barbecue and often the first thing that hits the tongues of your guests. This part explains how you use various sauces and shows you how to make a spectrum of sauces from regional barbecue standards to exotic concoctions.

## ***Part IV: Entrees and Sides and Then Some***

Sides, salads, and salsas complement a great plate of barbecue, and this part provides you inspiration for cooking up memorable dishes to serve with your impressive ribs and brisket, some recipes for dishes that break the barbecue mold, and others that make use of barbecue leftovers.

## ***Part V: The Part of Tens***

Full of chapters that give you easily digestible tidbits of information, this part alerts you to common barbecue mistakes and gives you words to cook by. You find ten places to turn when you want more information and ten hot barbecue competitions or festivals where you can taste inspiration.

## ***Icons Used in This Book***

*For Dummies* signature icons are the little round pictures you see in the margins of the book. They're designed to draw your eye to bits of information I really want to drive home. Here's a list of the icons you find in this book and what they mean:



Some points in these pages are so useful that I hope you keep them in mind as you read. I make a big deal out of these ideas with this icon.



The barbecue pros who contributed to this book have ages of wisdom at the ready. When I relay the tidbits that can save you time, money, or sanity, I emphasize them with this icon.



Wherever I point out possible missteps or potentially dangerous practices, I use this icon to highlight the information. May you experience neither burn nor unbalanced sauce.



If you're the kind of person who thrives on detail or an overachiever always on the lookout for extra credit, information marked by this icon is for you. But you're welcome to skip it; doing so won't affect your understanding of barbecue cooking.

## *Where to Go from Here*

*For Dummies* books are set up so that you can flip to the section of the book that meets your present needs, and this book is no exception. When I refer to a concept that I cover in greater detail elsewhere in the book, I tell you which chapter to turn to, and I define terms as they arise to enable you to feel at home no matter where you open the book.

Looking for a great marinade? Turn to Part II. Interested in finding out more about the difference between Memphis barbecue sauce and the versions that come out of Kansas City? Chapter 1 gives you the lowdown (and Part III has recipes for sauces from all over). Dive in and get cooking!