

*More than 100 bold new recipes and savvy tips
for spicing up your backyard barbecue*

BBQ Sauces, Rubs & Marinades

FOR

DUMMIES[®]



Traci Cumbay

Food writer and editor

with Tom Schneider

Award-winning BBQ competitor

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About the Authors

Traci Cumbay: Traci cooks and eats quite a bit and then writes about the experiences for publications in Indianapolis, Indiana, where she lives with her husband and son.

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.

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From Tom: I’d like to thank all the purveyors of great barbecue recipes and proven barbecuing techniques who heeded my plea to share some of their very coveted and trusted knowledge. It is with this generosity that we may continue to incubate future barbecue aficionados for years to come.

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Acquisitions, Editorial, and Media Development

Project Editor: Elizabeth Kuball

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Copy Editor: Elizabeth Kuball

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: Further Reading

Introduction

Big 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.