



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

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Leader Training Guide

SOUTHERN BARBEQUE

Objectives: To explore the different types of southern-style barbeque.

Lesson Overview/Introduction: Members will learn about types of barbeque, cooking methods and sauces used in each region. Recipes from each area are included.

Lesson: Ask what the word “barbeque” means, in any other part of the country and you will get “anything cooked outside on a grill”. But ask a southerner and they will give you a totally different perspective. Barbeque itself can be quite diversified. Four regions of the South set the standard for authentic barbeque – Texas, Kansas City, Missouri, Memphis, Tennessee and the Carolinas. True barbeque fans would refuse to pick one as being superior over the others. It can be argued that “there ain’t no such thing as bad barbeque – only good barbeque and better barbeque!” It’s up to individual taste to decide what’s just adequate and what is legendary.

Texas barbeque may include pork, but the most popular meat there is beef – brisket to be exact, cooked on a pit, with the wood of choice - usually mesquite. Sauce is added after cooking and contains ingredients such as chili powder, cumin and cayenne - flavors associated with the southwest.

Kansas City barbeque means ribs with lots of sweet sticky sauce. The ribs will usually begin with a rub and are finished with the sauce. Kansas City is known as the barbeque capitol of the world with over 100 barbeque restaurants in the city.

Memphis barbeque is mostly wood-smoked pulled pork. It is cooked on a pit and hand pulled, then finished with a sauce of choice. Memphis also has over 100 different barbeque restaurants where you can not only eat barbeque but also listen to the Blues at the same time! Memphis is the place that invented barbeque spaghetti,

Barbeque in the Carolinas means the whole hog is cooked with fruit woods for flavor. In eastern North Carolina, the meat is cooked plain, then chopped up by hand to a fine mince. Sauce is added at the table and it will always be vinegar-based with pepper and spices. Western areas of North Carolina typically serve a more tomato-based sauce. South Carolina has both pulled and chopped pork. Sauce varies by region. In the Foothills, you’ll find a light tomato base. Western counties favor a heavy tomato sauce. The coastal areas like vinegar and pepper and the central part of the state leans toward a mustard-based sauce. But with barbeque and barbeque fans, nothing is written in stone. Most people will probably favor the sauce they grew up eating, but any barbeque lover will try all of the different sauces at least once.

You do not have to have expensive commercial smokers or high-end competition equipment to produce delicious barbeque. You can cook in homemade pits, store-bought smokers or even a regular kettle-type charcoal grill. You can use wood, charcoal or even gas with water soaked wood chips added to produce the smoke flavor. You can use any type of wood, but fruit woods (apple, peach, pear, apricot, cherry or grapevine) are highly favored for their mild flavor and high sap quality. Many people do prefer hickory or oak, but these woods can sometimes overpower the flavor of the meat and need to be used judiciously.

WHAT ABOUT RUBS, SAUCES AND MARINADES?

RUBS – season the meat, seal in moisture and make that yummy “bark”

SAUCES – are best put on the meat after it is cooked to add more flavor, sweetness and spice

MARINADES – tenderize the meat and when injected, help keep the meat moist when cooking

Don't forget the sides that go with barbeque - slaw (definitely), hushpuppies or cornbread, baked beans, collards, hash and rice. Every region has favorites. They are meant to complement the barbeque and should be simple with uncomplicated ingredients. The barbeque is the star of the show after all!

Texas Smoked Brisket

8-10 lb beef brisket
Dry Rub to cover

Dry Rub
2 parts kosher salt
1 part black pepper
1 part cayenne pepper
1 part chili powder

Dry the brisket and cover with dry rub, applying evenly. Over direct heat on the grill, place brisket fat side down and sear 5-10 minutes, until caramelized. Repeat on other side. Move to a 250°F to 300°F smoker, cooking in indirect heat. Cook meat side up or until the internal temperature at the thickest part is 165°F for 10 to 16 hours. Slice and serve with a favorite barbeque sauce.

Kansas City Style Ribs

¾ cup smoked paprika
1 cup packed brown sugar
2 ½ tbs. black pepper
2 ½ tbs kosher salt
1 ½ tbs each chili powder, onion powder, granulated garlic
1 tsp cayenne pepper
3 slabs St. Louis cut pork spareribs about 3 lbs each

Combine first eight ingredients. Apply about 1/3 of mixture to ribs, reserving remainder. Place ribs in a plastic bag and refrigerate overnight. Take ribs out, sprinkle lightly with spice mixture, reserving remainder. Place ribs in 250-300°F smoker. Cook about 4 hours, sprinkling on rest of spice mixture after 2 hours. In the last 45 minutes of cooking, baste with a sweet tomato-based barbeque sauce. Remove and allow ribs to sit for 10 minutes, slice and serve with more sauce.

Memphis Barbeque Spaghetti

1 box cooked spaghetti pasta

In a large skillet, cook:

1 cup chopped onions

1 cup chopped green peppers

1 pint barbeque sauce

1 cup sugar

½ cup cooking oil

Cook on low heat for about 30 minutes until vegetables are tender. Pour sauce over pasta and stir. Top with chopped barbecued pork.

Carolina Pulled Pork

Pork butt, Boston butt or pork shoulder roast 7-9 pounds

Olive oil

Kosher salt

Pepper

Wood chips, soaked in water for 30 minutes

Do not trim fat from pork. Brush with olive oil and season with salt and pepper. Add the wood chips to the smoker, set at 325 degrees. Place pork, fat side up on the grill and cook for 4-5 hours, until meat registers 190 to 200 degrees. The meat should be tender and falling apart. Remove and let rest for 20 minutes. Remove the meat from skin, bones and fat. Taking 2 forks “pull” the meat into small pieces. While the meat is still warm mix with about 1 cup of warm barbeque sauce to moisten.

Carolina Vinegar Sauce

2 cups apple cider vinegar

½ cup ketchup

½ cup brown sugar

1 tbs kosher salt

1 tbs pepper

1 tbs red pepper flakes

1 tsp cayenne pepper

Mix all ingredients together in a large pot, bring to a boil. Let cool slightly.

Consider a few reminders about food safety as you prepare your barbecue. Wash hands thoroughly with hot, soapy water before preparing foods and after handling raw meat. Keep pork or beef refrigerated until you are ready to cook it. Marinate meats in the refrigerator, not on the counter. Make sure the internal temperatures of whole cuts of pork or beef reach at least 145°F (when measured with thermometer) for safety, followed by a 4-minute rest before eating.

Lesson Summary: Though styles of cooking and types of meat may vary throughout the South, Southern barbeque is unique in its slow-cooked, tender, tasty goodness. Because of its popularity, southern barbeque is now copied and enjoyed all over the world.

Suggested Activities: Share family barbeque recipes, recipes for sides and desserts and other traditions you keep with barbeque.

Suggested Materials: Prepare a favorite sauce or barbeque dish.

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