

# BARBECUE

UNBEATABLE RECIPES, TIPS & TRICKS FROM A BARBECUE CHAMPION

# SECRETS

Ron Shewchuk



# classic north CAROLINA barbecued pulled PORK sandwiches

Serves 18 to 24

The concept here is to cook a pork shoulder butt roast (sometimes called a Boston butt) for many hours in a smokey chamber until it is literally falling apart. One test competitors use for doneness is if the blade bone can actually be pulled out of the roast, the pork is ready to shred and serve. This is real barbecue the way we prepare it for competition, and the way it is eaten in the southeastern states. You can substitute any good rub you have on hand if you don't have time to make some from scratch, but fellow Butt Shredder Kathy Richardier's Butt Rub is the best! This recipe calls for two butts because if you're going to tend the smoker for such a long time you might as well fill it up. Pork butt freezes very well, so if you're not feeding a huge crowd just serve one of the butts, wrap the other in an extra layer of foil and freeze it for later use.

## For Kathy's Butt Rub

1 Tbsp. | 15 mL kosher salt  
2 Tbsp. | 25 mL sugar  
2 Tbsp. | 25 mL brown sugar  
2 Tbsp. | 25 mL cumin  
2 Tbsp. | 25 mL chili powder (like Chimayo blend, New Mexico or Ancho)  
2 Tbsp. | 25 mL ground black pepper  
up to 1 Tbsp. | 15 mL cayenne  
1/4 cup | 50 mL paprika

## For the pulled pork sandwiches

2 pork shoulder butt roasts, about 6 to 9 lbs. | 2.7 to 3 kg each, bone in  
1 cup | 250 mL prepared mustard  
1 Tbsp. | 15 mL granulated garlic  
apple juice/maple syrup/bourbon blend in a spray bottle (see Barbecue Secret on next page)  
2 cups | 500 mL or more of Ron's Rich, Deeply Satisfying Dipping Sauce (page 60)  
1 cup | 250 mL North Carolina-Style Vinegar Sauce (page 66)  
2 dozen fresh, fluffy white buns  
Tidewater Coleslaw (page 100)

Combine the rub ingredients and set aside.

Slather the butts with mustard, sprinkle with granulated garlic and then coat liberally with the rub. Let the rubbed butts sit for 1/2 hour until the meat's juices make the rub look wet and shiny.

Prepare your smoker for barbecuing, bringing the temperature up to 200–220°F/95–100°C. Line the drip pan of your smoker with a double layer of foil and fill it with apple juice. (If you want a

more crispy crust on the butts, just line the drip pan and leave it dry.) Cook the butts for 1½ hours per lb./500 g (about 8 to 10 hours), adding coals and chunks of hardwood as required. We use apple in competition.

About halfway through the cooking time, turn the butts and spray them with the apple juice mixture. Turn over and spray again at the ¾ mark. Two hours before the butts are due to be ready, turn them over again and generously glaze with barbecue sauce and throw a couple of chunks of hardwood on the coals. An hour before they're due to be finished, turn and glaze the butts one more time and wrap them in a double coating of foil. One more hour in the smoker, then take them out. Let them rest for at least half an hour.

Take the butts out of the foil and place them in a large roasting pan or heavy duty roasting tray. Using two forks or your hands sheathed in rubber gloves, pull apart the pork, mixing the exterior crusty bits together with the tender, juicy white meat. Drizzle with the vinegar sauce and mix it into the shredded meat.

To serve, pile the shredded pork on the buns, drizzle with some more vinegar sauce and/or some of your favorite barbecue sauce, and top with the coleslaw for a big, juicy, crunchy, messy barbecue sandwich. Take one bite and you will know what real barbecue tastes like!

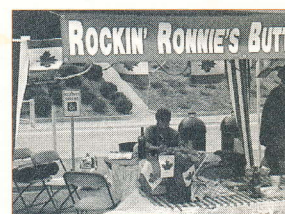
## VARIATION

**Covered grill method:** You can barbecue pork butts on your covered charcoal or gas grill. Follow the recipe above exactly, but use indirect low heat (this is easier on a gas grill because to maintain low heat on a charcoal grill means you have to add coals every hour or two for a whole day). Use soaked wood chips or chunks wrapped in foil and poked with a fork to create a bit of smoke. It won't be as smokey, but it'll still be good! The one advantage of this technique is you can probably get by with a couple hours less cooking time.

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### ~ SECRET ~

Spray your meat periodically to give it a sweet shine. Starting about halfway through the cooking time, spray chicken, ribs, brisket or pork butt with a mixture of 2 parts apple juice, 1 part Jack Daniel's and 1 part maple syrup.





## SAUCES

Texas red sauce. Eastern North Carolina mustard sauce. North Alabama white sauce. Louisiana Creole-style sauce. The list of regional American barbecue sauces goes on and on, and rivalries between states, regions and restaurants continue unabated. And never mind which sauce to use. There's a big debate about whether real barbecue should have any sauce at all, and some of the oldest barbecue restaurants in America don't even offer sauce to customers. On the other hand, most definitions of barbecue include a reference to sauce, and just about every barbecue cook has his or her own unique take on it. In my opinion, sauce is one of the things that defines barbecue. Its sweetness and acidity contrast with, and therefore help to intensify, the savory flavor of the meat. Think of these recipes as starting points for you to devise your own signature sauce.

# ron's rich, DEEPLY SATISFYING dipping SAUCE

(WITH ACKNOWLEDGMENTS TO THE BARON OF BARBECUE, PAUL KIRK)

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Use sauce sparingly when grilling or barbecuing meat. In competition we use it only as a finishing glaze. If you baste meat with a sugary sauce more than an hour before you take it out of the smoker or more than a few minutes before removing it from the grill, it will turn black when the sugar caramelizes from the heat. Also use sauce sparingly when you serve, offering it to guests on the side. Too much sauce and you lose the barbecue flavor you've worked so hard to achieve!

Makes about 6 cups | 1.5 L

Any student of barbecue has to bow in the direction of Kansas City once in a while, and Paul Kirk is one of the world's greatest barbecue cooks and also perhaps its best-known ambassador. Paul has taught thousands of cooks the essentials of barbecue, and this rich, sweet, tangy sauce is based on his Kansas City classic.

2 Tbsp. | 25 mL powdered ancho, poblano or New Mexico chiles

1 Tbsp. | 15 mL ground black pepper

1 Tbsp. | 15 mL dry mustard

1 tsp. | 5 mL ground coriander

1 tsp. | 5 mL ground allspice

1/4 tsp. | 1 mL ground cloves

1/2 tsp. | 2 mL grated nutmeg

up to 1 tsp. | 5 mL cayenne, according to your taste

1/4 cup | 50 mL neutral-flavored oil, such as canola

1 onion, finely chopped

6 cloves garlic, finely chopped

1 shallot, minced

1/2 cup | 125 mL tightly packed dark brown sugar

1 cup | 250 mL white vinegar

1/2 cup | 125 mL clover honey

1/4 cup | 50 mL Worcestershire sauce or soy sauce  
or a combination

1 tsp. | 5 mL liquid smoke or hickory smoked salt (optional)

1 32-oz. | 1-L keg of ketchup

Mix all the spices together and set aside. Heat the oil in a big pot over medium heat and gently sauté the onion, garlic and shallot until tender. Add the spices and mix thoroughly, cooking for 2 or 3 minutes to bring out their flavors. Add the remaining ingredients and simmer the mixture for 30 minutes, stirring often (be careful, it spatters). Don't cook it too long or it will start to caramelize and you'll have spicy fudge. If you want a very smooth sauce, blend with a hand blender or food processor. Preserve as you would a jam or jelly in mason jars. Use as a glaze or a dip for barbecued meats, or as a flavoring sauce in fajitas.

Excellent  
- watch cayenne  
- can use ground dried  
chilis  
- add to the  
end

# north carolina-style VINEGAR sauce

Makes a little over 1 cup | 250 mL

This is old-school barbecue sauce at its finest. Drizzle some of this into pulled pork just before serving to give it some classic heat and tang, or use it to baste pork butt.

1 cup | 250 mL white vinegar

1 cup | 250 mL cider vinegar

2 Tbsp. | 15 mL brown sugar

1 Tbsp. | 15 mL crushed dried chiles

1 tsp. | 5 mL Louisiana-style hot pepper sauce

salt and pepper to taste

Combine all ingredients and stir until the sugar is dissolved. Stores indefinitely in the fridge.



# tidewater COLESLAW

Serves 8 to 10

My dear friend and fellow Butt Shredder Kathy Richardier discovered this slaw many years ago and I have substituted my favorite toasted cumin seeds for the celery seeds in the original recipe. This pungent, high-sugar slaw is best as a condiment, piled high on top of a pulled pork sandwich or burger, or on the side of a few slices of barbecued brisket.

**1½ cups | 375 mL mayonnaise**

**½ cup | 125 mL white vinegar**

**⅓ cup | 75 mL white sugar**

**1 Tbsp. | 15 mL toasted cumin seeds**

**1 small head cabbage, finely shredded**

**2 carrots, peeled and finely grated**

Whisk the mayonnaise, vinegar, sugar and cumin together in a bowl. Toss with the cabbage and carrots and refrigerate. You can make this slaw a few hours ahead of time. Toss it just before serving to redistribute the dressing.