

Grilling & BBQ Boot Camp

Welcome!



Culinary Institute
of America

THE CIA AT HYDE PARK • CIAFOODIES.COM • 1-800-888-7850

COURSE INFORMATION

As the warm weather beckons us outside, it is once again time to fire up the grills and barbeques and fill the air with the scent of hardwood and charcoal. In this two-day grill and barbecue extravaganza, you will rediscover the joys of America's favorite backyard entertaining. Not only will you learn to grill the perfect steak, you will also hot smoke and barbecue everything from seafood, meat, and poultry to vegetables, side dishes, and even desserts. From North Carolina pulled pork to Kansas City ribs, you will BBQ your way across the United States. You'll also explore the fundamentals of food and grilling safety, discuss equipment needs (and wants), and learn about brines, rubs, marinades, and sauces. After spending two days in our intensive Grilling and BBQ Boot Camp, you will have a newfound comfort wielding the tools of the grill.

LEARNING OBJECTIVES

During this course you will...

- learn how to work efficiently and ergonomically in the kitchen.
- define the differences between grilling, broiling, barbecuing, and smoking.
- identify grilling and barbecue safety issues, methods, fuels, and tips.
- examine the regional styles of barbecue that exist across the country.
- discuss rubs, marinades, and brines.

DAY ONE

- ☑ Lecture
 - Overview of Course
 - Mise en Place
 - Safety and Sanitation
 - Equipment Identification
 - Grilling vs. Broiling vs. Barbecuing
 - Grilling Method
 - Grilling Tips and Troubleshooting
 - Marinades, Brines, and Rubs
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Grilling Procedure
 - Marking Items
 - Production
 - Grilled Items
 - Prepare Items for Barbecue on Day Two
 - Review and Critique

DAY TWO

- ☑ Lecture
 - Barbecuing Method
 - Regional Styles of Barbecue across the USA
 - Cold Smoking, Hot Smoking, and Smoke Roasting
 - Equipment Identification
 - Fuel Sources
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Mozzarella Cheese
 - Pan Smoking
 - Hot Smoking
 - Production
 - Barbecued Items
 - Review and Critique

DAY ONE PRODUCTION ASSIGNMENTS

TEAM ONE

Grilled Black Jack Chicken Breasts
Grilled Potato Skewers with Grilled Romesco Sauce
Marinated Grilled Vegetables
**Prep for Day Two: Soak Beans, Rub and Smoke Brisket*

TEAM TWO

Grilled Pasta Salad with Pesto Vinaigrette
Bistecca alla Fiorentina
Grilled Ratatouille
**Prep for Day Two: Marinate/Dry Duck, Rub Ribs*

TEAM THREE

Grilled Pico de Gallo
Baja-Style Grilled Fish Tacos
Southwestern Slaw
Grilled Corn on the Cob, Mexico City Style
**Prep for Day Two: Rub Pork*

TEAM FOUR

Jerked Pork Loin Medallions
Grilled Sweet Potatoes with Pecan-Molasses Butter
Marinated Pepper Salad
**Prep for Day Two: Rub Pork, Rub/Dry Trout*

EXTRA RECIPES

Grilled Fennel Salad with Oranges and Olives
Grilled Pineapple Salsa
Grilled Peppered Pineapple with Tequila and Orange Sauce

GRILLED BLACK JACK CHICKEN BREASTS

Yield: 6 portions

Ingredients	Amounts
Apple cider	1 ½ cups
Vinegar, cider	⅓ cup
Shallot, minced	¾ Tbsp.
Garlic, minced	¾ Tbsp.
Salt, kosher (Divided)	1 ½ tsp.
Pepper, black, ground (Divided)	¾ tsp.
Chicken, breast, bone in, skin on	6 ea.
Black Jack Barbecue Sauce, (Divided) (Recipe follows)	4 cups

Method

1. Combine the apple cider, cider vinegar, shallots, garlic, 1 teaspoon of the salt, and ½ teaspoon of the pepper in a zip-close bag. Add the chicken breasts and seal the bag, pressing out the air. Let them marinate in the refrigerator for at least 2 and up to 12 hours.
2. Preheat a gas grill to medium-high; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
3. Remove the chicken from the marinade, letting any excess drain off. Season with the remaining salt and pepper.
4. Divide the sauce into two batches, each 2 cups. Half of the sauce will be used as a "mop," the remaining sauce will be served at the table.
5. Grill the chicken over direct heat until marked on all sides, about 3 minutes per side. Finish cooking the chicken over indirect heat, covered, turning every few minutes and brushing with the "mop" portion of the Black Jack Barbecue Sauce, until the chicken is cooked through (165°F) and the juices run clear, 10 to 15 minutes more. Discard any remaining "mop" sauce.
6. Remove the chicken from the heat and let rest for 10 minutes.
7. Cut each breast in half on an angle. Serve on a heated platter or plates with the reserved Black Jack Barbeque Sauce.

BLACK JACK BARBECUE SAUCE

Yield: 4 cups

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Onion, small diced	1 ea.
Garlic, minced	2 Tbsp.
Chili powder	¼ cup
Chile, jalapeño, minced	2 Tbsp.
Tomato paste	1 cup
Coffee, brewed	1 ½ cups
Worcestershire sauce	1 cup
Sugar, brown, packed	1 cup
Vinegar, cider	½ cup
Apple cider	½ cup

Method

1. Heat the vegetable oil in a heavy 2-quart saucepan over medium heat. Add the onion and garlic and sauté until translucent, about 3 minutes.
2. Add the chili powder and jalapeño and sauté for 1 minute.
3. Add the tomato paste and cook, stirring constantly, for 2 minutes.
4. Add coffee, Worcestershire, brown sugar, vinegar, and cider and simmer, stirring occasionally, for 10 to 15 minutes.
5. The sauce is now ready to use or let cool to room temperature before storing in a clean, covered container. Refrigerate until ready to use.

GRILLED POTATO SKEWERS WITH GRILLED ROMESCO SAUCE

Yield: 6 portions

Ingredients	Amounts
Potato, red bliss, 1-in. diameter	18 ea.
Skewer, wooden, soaked in water	12 ea.
Oil, olive, pure	1/3 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Grilled Romesco Sauce (Recipe follows)	2 cups

Method

1. Preheat a gas grill to medium. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Bring a large pot of salted water to a rapid boil over high heat. Add the potatoes and cook until the potatoes can be pierced with a fork but still offer some resistance, about 10 to 15 minutes. They should be firm but not crunchy. Drain and let sit until cool enough to handle.
3. Cut the potatoes in half and thread them onto 2 skewers, with the cut sides facing down. Brush the potatoes with the oil and season with salt and the pepper to taste.
4. Grill over direct heat, turning once, until golden brown with some grill marks, 5 to 7 minutes.
5. Serve with the Grilled Romesco Sauce.

GRILLED ROMESCO SAUCE

Yield: 2 cups

Ingredients	Amounts
Hazelnuts, skinned	24 ea.
Almonds, skinned	20 ea.
Garlic, clove, peeled	2 ea.
Bread, slice	2 ea.
Oil, olive, extra-virgin	as needed
Pepper, bell, red, seeds, stems removed	3 ea.
Tomato, cored, halved	2 ea.
Oil, olive, extra-virgin	1/4 cup
Parsley, flat-leaf, sprig, fresh, chopped	2 ea.
Vinegar, sherry	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Preheat a gas grill to medium. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
3. Arrange the hazelnuts, almonds, and garlic in a single layer on a baking sheet. Place into the preheated oven and roast until ingredients are lightly browned. Set aside and allow ingredients to cool.
4. Brush the bread with olive oil. Grill the bread until lightly charred on both sides.
5. Brush the peppers and tomatoes with olive oil. Grill until they are evenly charred. Remove from the grill and set aside to cool completely.
6. Transfer all cooled ingredients to a blender or food processor. Add 1/4 cup oil, parsley, and vinegar and blend to form a smooth purée.
7. Adjust seasoning with salt and pepper to taste.

MARINATED GRILLED VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Eggplant, Italian plum, cut lengthwise into ½-in. slices	2 ea.
Zucchini, cut into ½-in diagonal slices	1 lb.
Salt, kosher	as needed
Oil, olive, extra-virgin	1 tsp.
Pepper, bell, red, halved, seeded	2 ea.
Peppers, bell, yellow, halved, seeded	2 ea.
Pepper, black, ground	to taste

Marinade

Oil, olive, extra-virgin	½ cup
Vinegar, wine, red	¾ cup
Anchovy, fillet, oil-packed, minced	2 ea.
Garlic, chopped	3 Tbsp.
Mint, fresh, chopped	1 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Oregano, fresh, chopped (Divided)	3 Tbsp.
Parsley, flat-leaf, fresh, chopped (Divided)	3 Tbsp.

Method

1. Place the eggplant and zucchini in a colander and sprinkle with salt. Allow to sit for 1 hour to extract water from the eggplant. (The moisture is what causes the eggplant to taste bitter.)
2. Pat the eggplant and zucchini dry. Lightly brush the slices with olive oil.
3. Preheat a gas grill to medium-high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
4. Grill the eggplant and zucchini until browned and softened, 5 to 10 minutes on each side. Arrange on a platter and reserve.
5. Place the pepper halves, skin side down, on the grill. Cook until the peppers are blackened and the skin starts to blister, 5 to 8 minutes (peppers need not be cooked on both sides).
6. Remove from the grill and place the peppers in a paper bag or in a bowl covered with plastic wrap. Allow to cool and steam so the skin separates from the flesh. When cool enough to handle, remove the skin and slice the flesh into ¼-inch strips. Add them to the platter.
7. Season all the vegetables with salt and pepper to taste.

8. For the marinade, mix the oil, vinegar, anchovies, garlic, mint, thyme, 1 tablespoon of the oregano, and 1 tablespoon of the parsley. Pour evenly over the vegetables. Cover the platter with plastic wrap and set aside at room temperature to marinate for several hours.
9. Garnish with the remaining parsley and oregano.
10. Serve at room temperature.

Source: Adapted from *The Mediterranean Diet Cookbook*, Nancy Harmon Jenkins (Bantam)

GRILLED PASTA SALAD WITH PESTO VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Pasta, penne, dried	½ lb.
Oil, olive, extra-virgin	2 Tbsp.
Tomato, cherry	1 cup
Ham, lean, cut into ¼-in. slices	6 wt. oz.
Red onion, cut into ¼-in. slices	½ ea.
Oil, olive, extra-virgin	as needed
Pesto	
Basil, leaves, fresh, chopped	½ cup
Cheese, Parmesan, grated	¼ cup
Pine nuts, toasted	¼ cup
Garlic, clove, minced	1 ea.
Oil, olive, extra-virgin	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra-virgin	¼ cup
Vinegar, wine, red	2 Tbsp.
Olive, green, pitted, chopped	½ cup
Pine nuts, toasted	¼ cup

Method

1. Preheat a gas grill to medium-high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Bring a large pot of salted water to a boil. Add the pasta and boil until al dente. Cooking time may vary by brand; follow package directions. Drain.
3. Toss the pasta with the olive oil. Spread in a thin layer on a baking sheet and refrigerate until cool.
4. Place the tomatoes on skewers, leaving some space in between each one. Brush the tomatoes, ham, and onion with olive oil. Grill the ham until lightly charred on both sides.
5. Grill the onions until lightly charred on both sides and cooked through.
6. Cook the tomatoes just until they begin to blister.
7. When each item is done remove it from the grill and set aside until cool enough to handle. Halve the tomatoes, dice the ham and the onion. Combine and reserve in a mixing bowl.

8. For the pesto, place the basil, parmesan, pine nuts, and garlic in a food processor and grind together. While grinding, gradually add the olive oil to form a thick paste. Season with salt and pepper to taste.
9. Combine the olive oil, vinegar, and pesto in a large bowl. Add the cooked penne, tomatoes, ham, onion, olives, and pine nuts. Toss until evenly coated. Season with salt and pepper to taste.
10. Cover, refrigerate, and marinate for at least 1 hour or up to 4 hours before serving.

BISTECCA ALLA FIORENTINA

GRILLED STEAK, TUSCAN STYLE

Yield: 6 portions

Ingredients	Amounts
Beef, NY strip steak, 1-in. thick	3 ea.
Oil, olive, extra-virgin, (Divided)	¼ cup
Garlic, minced	¼ cup
Salt, kosher	3 tsp.
Pepper, black, ground	2 tsp.
Rosemary, fresh, minced	2 tsp.
Lemon, juice	3 Tbsp.

Method

1. Preheat a gas grill to high; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. Brush the steaks with oil and season generously with the garlic, salt, pepper, and rosemary.
3. Grill the steaks over direct heat until marked, about 2 minutes on each side. Move the steaks to the cooler part of the grill and continue to grill over indirect medium heat until medium-rare, another 5 minutes on each side.
4. Transfer the meat to a cutting board or a large platter. Drizzle each of the steaks with more olive oil and finish by sprinkling the steaks with lemon juice.
5. Let the steaks rest for about 10 minutes before carving into slices. Serve on a heated platter or plates.

GRILLED RATATOUILLE

Yield: 6 portions

Ingredients	Amounts
Pepper, bell, green, quartered	1 ea.
Eggplant, cut into ½-in. slices	1 ea.
Zucchini, quartered lengthwise	2 ea.
Mushroom, white, stems removed	2 cups
Tomato, halved	4 ea.
Oil, olive, extra-virgin (Divided)	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Onion, red, small diced	1 ea.
Garlic, minced	1 Tbsp.
Tomato, paste	1 Tbsp.
Stock, chicken	½ cup
Oregano, fresh, chopped	1 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Rosemary, fresh, chopped	2 tsp.

Method

1. Preheat a gas grill to medium heat. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Lightly brush the pepper, eggplant, zucchini, mushrooms, and tomatoes with about ¼ cup of the oil. Season with salt and pepper to taste.
3. Grill the vegetables until they have grill marks and are slightly charred and tender, 5 to 10 minutes, depending on the vegetable. Remove from the grill and set aside until cool enough to handle. Roughly chop the vegetables.
4. Heat the remaining oil in a large pan over medium heat. Add the onions and sauté until translucent and just beginning to color, about 5 minutes.
5. Add the garlic and sauté until fragrant, about 1 minute.
6. Stir in the tomato paste and cook until it turns a deep color and gives off a sweet aroma, 1 to 2 minutes.
7. Add the green pepper, zucchini, mushrooms, eggplant, and tomatoes in that order, allowing each to begin to soften before adding the next.
8. Add the stock, cover, and let the vegetables stew until completely tender, about 15 minutes.
9. Adjust seasoning to taste with salt and pepper and add the fresh herbs.
10. Serve hot.

GRILLED PICO DE GALLO

Yield: 2 cups

Ingredients	Amounts
Tomato, halved	8 ea.
Onion, red, ¼-in. slice	½ ea.
Chile, jalapeño	1 ea.
Oil, olive, pure (for brushing)	as needed
Lime, juiced	1 ea.
Salt, kosher	to taste
Cilantro, chiffonade	2 Tbsp.

Method

1. Preheat a gas grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Brush the tomatoes, red onion, and jalapeño with olive oil. Place them on the grill and cook until lightly charred on both sides, but not cooked through.
3. Once cool enough to handle, dice the tomatoes and mince the red onion and jalapeño. Combine in a bowl.
4. Add the lime juice, salt, and cilantro to the bowl and toss to combine. Allow to sit for one hour for the flavors to blend.
5. It is ready to be used now or covered and stored in the refrigerator for later use.

BAJA-STYLE GRILLED FISH TACOS

Yield: 6 portions

Ingredients	Amounts
Fish, mahi-mahi	2 lb.
Oil, vegetable	1/2 cup
Lime, juice	3 Tbsp.
Chili powder	5 tsp.
Cumin, ground	1 1/2 tsp.
Coriander, ground	1 1/2 tsp.
Garlic, minced	1 1/2 tsp.
Salt, kosher	to taste
Tortilla, flour, 8-inch	8 ea.
Mexican Crema (Recipe follows)	1/2 cup
Southwester Slaw (Recipe follows)	1x recipe

Method

1. Preheat a gas grill to medium-high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Cut the mahi-mahi into 16 equal slices.
3. Combine the oil, lime juice, chili powder, cumin, coriander, garlic, and salt. Coat the mahi-mahi with the marinade then let rest for at least 30 minutes.
4. Grill the fish on the first side over direct heat until the flesh is firm and well marked, about 2 minutes. Turn the fish and grill until cooked through, 1 1/2 to 2 minutes.
5. Grill the tortillas until they have light grill marks and are heated through, about 15 seconds on the first side. Turn the tortillas and grill them until they just start to bubble, another 15 seconds.
6. Center 2 pieces of grilled fish on each tortilla. Serve with Grilled Pico de Gallo, Southwestern Coleslaw, and Mexican Crema on the side.

MEXICAN CREMA

Yield: ½ cup

Ingredients

Amounts

Sour cream, Mexican	½ cup
Lime, zest, finely grated	½ tsp.
Lime, juice	2 tsp.

Method

1. Combine all the ingredients and mix well.
2. The cream is ready to use now or it can be stored in a covered container in the refrigerator for up to 2 days.

SOUTHWESTERN SLAW

Yield: 6 portions

Ingredients	Amounts
Cabbage, green, finely shredded	2 cups
Lime, juice	2 tsp.
Honey	2 tsp.
Onion, red, minced	2 Tbsp.
Chile, jalapeño, minced	2 tsp.
Cilantro, chopped	2 tsp.
Salt, kosher	to taste

Method

1. Combine all the ingredients.
2. Allow the mixture to marinate for at least 30 minutes and up to 8 hours before serving.

GRILLED CORN ON THE COB, MEXICO CITY STYLE

Yield: 6 portions

Ingredients	Amounts
Water	as needed
Salt, kosher	2 Tbsp.
Corn, white Mexican field, husks attached	6 ears
Lime	6 ea.
Mayonnaise	½ cup
Cheese, queso cotija, grated	½ cup
Chile, piquín, finely ground	to taste
 Popsicle sticks, heavy duty	 6 ea.

Method

1. Preheat a gas grill to medium-high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Bring the water to a boil in a medium stockpot; add the salt and ears of corn. Boil until the corn is cooked about halfway.
3. Transfer the ears, still with the husks attached, to the preheated grill. Continue cooking until the ears are fully cooked.
4. Remove the ears from the heat, one at a time, and spear each with a popsicle stick. Remove and discard any corn silk and leaves.
5. Squeeze the lime juice over the corn, spread with the mayonnaise, and sprinkle with the cheese and powdered chile.
6. Serve hot.

Source: Iliana de la Vega, as presented at the 2009 Worlds of Flavor Conference

JERKED PORK LOIN MEDALLIONS

Yield: 6 portions

Ingredients	Amounts
Scallion (Green onion)	1 ½ cup
Oil, olive, pure	⅓ cup
Chile, habañero, stems removed , chopped	1 ½ ea.
Thyme, dried	1 ½ Tbsp.
Vinegar, cider	1 ½ Tbsp.
Allspice, ground	¾ Tbsp.
Cinnamon, ground	¾ Tbsp.
Nutmeg, grated	1 tsp.
Sugar, granulated	¾ Tbsp.
Salt, kosher	1 ½ tsp.
Pepper, black, ground	¾ tsp.
 Pork, loin, boneless, 1 ½-in thick	 6 ea.

Method

1. For the jerk seasoning, place the scallions, oil, chile, thyme, vinegar, allspice, cinnamon, nutmeg, sugar, salt, and pepper in a food processor. Purée to form a coarse paste.
2. Spread the jerk seasoning on the pork chops and massage it into the meat (wear gloves to protect your hands). Place in re-sealable plastic bags and marinate in the refrigerator for at least 3 and up to 12 hours.
3. Preheat a gas grill to high; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
4. Remove the chops from the bag and brush off any excess marinade.
5. Grill the chops over direct heat for 2 minutes on each side to mark the chops. Move the chops to the cooler side of the grill and continue to grill over medium indirect heat until the pork is completely cooked but still tender, 5 to 6 minutes per side.
6. Remove from the heat and allow to rest before serving. Slice each pork chop into thirds.
7. Serve on a heated platter or plates.

GRILLED SWEET POTATOES WITH PECAN-MOLASSES BUTTER

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted, softened	$\frac{3}{4}$ cup
Pecans, toasted, chopped	3 Tbsp.
Molasses	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Sweet potato, peeled, thinly sliced	3 ea.
Oil, vegetable	3 Tbsp.

Method

1. Combine the butter, pecans, and molasses in the bowl of an electric mixer. Blend using the paddle attachment until smooth.
2. Season with $\frac{1}{4}$ teaspoon of salt and a pinch of pepper.
3. Roll into a cylinder and refrigerate until needed.
4. Preheat a gas grill to medium-high; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
5. Brush the sweet potatoes with the oil. Season to taste with salt and pepper.
6. Grill the sweet potatoes over direct heat, turning once, until marked on both sides, about 3 minutes per side. Turn the sweet potatoes over and move to indirect heat. Grill the potatoes, covered, turning as necessary, until tender throughout, 6 to 8 minutes.
7. Serve the sweet potatoes slices immediately on a heated platter or plates topped with slices of the pecan-molasses butter.

MARINATED PEPPER SALAD

Yield: 6 portions

Ingredients	Amounts
Pepper, bell, red, cored, quartered	3 ea.
Pepper, bell, yellow, cored, quartered	3 ea.
Oil, olive, pure	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra-virgin	$\frac{1}{3}$ cup
Raisins, golden	$\frac{3}{4}$ cup
Pine nuts, toasted	$\frac{3}{4}$ cup
Parsley, flat-leaf, chopped	$\frac{1}{3}$ cup
Garlic, minced	$\frac{3}{4}$ Tbsp.

Method

1. Preheat a gas grill to medium. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Brush the peppers with the olive oil. Season with salt and pepper to taste.
3. Grill the peppers until marked on each side and tender throughout but not mushy, about 5 minutes per side.
4. Cut the grilled peppers into $\frac{1}{4}$ -inch thick slices. Drain in a sieve or colander.
5. In a mixing bowl, combine the peppers with the olive oil, raisins, pine nuts, parsley, and garlic. Toss to blend.
6. Adjust the seasoning with salt and pepper to taste.
7. Serve at room temperature.

GRILLED FENNEL SALAD WITH ORANGES AND OLIVES

Yield: 6 portions

Ingredients	Amounts
Fennel, bulbs	2 ea.
Onion, red, thinly sliced	3 Tbsp.
Vinegar, wine, red (Divided)	1 ½ Tbsp.
Orange, juice	¼ cup
Oil, olive, pure	1 ½ Tbsp.
Salt, kosher	⅓ tsp.
Pepper, black, ground	⅛ tsp.
Coriander, ground	⅛ tsp.
Chile, cayenne, ground	⅛ tsp.
Orange, segmented	2 ea.
Olive, black, oil-cured	¼ cup

Method

1. Preheat a gas grill to medium heat; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. Trim the fennel to remove the tops (reserve some of the fronds for garnish). Cut the fennel into quarters or sixths, depending upon size. Trim some of the core from each piece, leaving enough of the core to hold the fennel together as it cooks.
3. Combine the red onion with 1 tablespoon of the vinegar and let the onions rest until they turn bright pink, about 20 minutes.
4. Blend together the remaining vinegar, the orange juice, olive oil, salt, pepper, coriander, and cayenne in a mixing bowl. Add the trimmed fennel and toss to coat evenly. Let marinate in the refrigerator for at least 30 minutes and up to 4 hours.
5. Remove the fennel from the marinade, reserving the marinade to baste the fennel as it grills. Grill the fennel over indirect heat, turning every 10 minutes and brushing with some of marinade, until tender, about 20 minutes.
6. Move the fennel to the hottest part of the grill; cook over direct heat until the fennel is browned and fully cooked, 10 to 15 minutes.
7. Combine the grilled fennel with the oranges, olives, and reserved fennel fronds. Drizzle with any remaining marinade. Top with the red onions.
8. Serve at room temperature or chilled.

GRILLED PINEAPPLE SALSA

Yield: 2 cups

Ingredients	Amounts
Pineapple, sliced ¼-in. thick	½ ea.
Red onion, sliced ¼-in. thick	½ ea.
Chile, jalapeño	1 ea.
Oil, peanut (Divided)	5 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lime, juice	3 Tbsp.
Lime, zest	¾ tsp.
Basil, fresh, chopped	3 Tbsp.

Method

1. Preheat a gas grill to medium heat. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Brush the pineapple, onion, and jalapeño with about 2 tablespoons of the oil. Season with salt and pepper to taste.
3. Grill over direct heat until well marked and tender, about 2 to 3 minutes per side for the pineapple, 4 minutes per side for the onion, and 2 to 3 minutes per side for the jalapeño. Remove from the grill and let cool.
4. Cut the pineapple and the onions into a small dice and mince the jalapeño.
5. Combine the pineapple, onion, and jalapeño with the remaining peanut oil, the lime juice, lime zest, and basil. Season with salt and pepper to taste.
6. Allow the mixture to stand for 1 hour before using. Store refrigerated.

GRILLED PEPPERED PINEAPPLE WITH TEQUILA AND ORANGE SAUCE

Yield: 6 portions

Ingredients	Amounts
Pineapple	1 ea.
Peppercorns, green, minced	1 ½ tsp.
Honey	¼ cup
Orange, juice	1 ½ cups
Tequila, light	½ cup
Peppercorns, green, minced	½ tsp.
Ice cream, vanilla	1 pt.

Method

1. Preheat the grill to high for 15 minutes.
2. Remove the top and bottom from the pineapple. Slice off the skin and remove all the eyes. Remove the core with a round cutter. Slice the pineapple into ½ to ¾-inch thick slices.
3. Evenly distribute the minced green peppercorns on both sides of the pineapple slices.
4. Combine the honey, orange juice, tequila, and green peppercorns in a saucepot and cook until liquid has reduced by three-quarters. The sauce will appear slightly thick. Reserve and keep warm.
5. Grill the pineapples over high heat on both sides until they are warm and well caramelized.
6. Place the grilled pineapple slices on a plate. Drizzle with 1 tablespoon of the warm sauce. Cover the hole in the pineapple with a scoop of ice cream and serve immediately.

DAY TWO PRODUCTION ASSIGNMENTS

CHEF DEMONSTRATION

Mozzarella Cheese

TEAM ONE

Mesquite Smoked Shrimp with Sauce Lamaze

Texas-Style BBQ Brisket

Baked Beans

Grilled Sweet Corn with Roasted Garlic, Scallion, or Lime-Chili Butter

Pear Skillet Cake

TEAM TWO

Tea-Smoked Duck Breast

Memphis "Dry" Rub Ribs

Kansas City Ribs

Macaroni and Cheese with Bacon

B.L.T. Salad with Buttermilk-Chive Dressing

TEAM THREE

"Beer Can" Chicken

North Carolina Pulled Pork

The Renowned Mr. Brown Barbecued Pork Butt

Sweet Cornbread with Honey Butter

Coleslaw

TEAM FOUR

Pecan Smoked Trout with Apple-Horseradish Cream

South Carolina Chopped Pork

Potato Salad

Grilled Radicchio Salad with
Shaved Jicama, Oranges, and Hazelnut Vinaigrette

MOZZARELLA CHEESE

Yield: 2 pounds

Ingredients	Amounts
Water	1 gal.
Salt, kosher	6 wt. oz.
Cheese, curd, medium diced	2 lb.

Method

1. Combine the water and salt in a large pot and bring to a boil. Remove the pot from the heat.
2. Place the cheese curd in a bowl and pour enough water around the curd to cover.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain the water temperature at a constant 160°F throughout this process.
4. Remove the cheese from the water and continue stretching until the curd is smooth, being careful not to overwork it or the cheese will become tough.
5. Shape the mozzarella into 8-ounce tear-drop shaped balls and allow the cheese to cool slowly in the liquid in which it was melted.
6. Store refrigerated in plastic wrap or brine. Cover and refrigerate up to 5 days.

MESQUITE SMOKED SHRIMP WITH SAUCE LAMAZE

Yield: 6 portions

Ingredients	Amounts
Dry white wine	1 cup
Oil, olive, pure	1/3 cup
Orange zest	2 Tbsp.
Sage, minced	2 Tbsp.
Garlic, cloves, crushed	2 ea.
Black peppercorns, crushed	1 Tbsp.
Salt, kosher	1 1/2 tsp.
Rosemary, minced	1 tsp.
Shrimp, 21/25 ct., peeled, deveined	24 ea.
Oil, vegetable	as needed
Mesquite woodchips	as needed
Sauce Lamaze (Recipe follows)	1x recipe

Method

1. For the marinade, combine the wine, oil, orange zest, sage, garlic, peppercorns, salt, and rosemary in a mixing bowl. Mix until well blended.
2. Add the shrimp, cover, and allow to marinate for 2 to 3 hours in the refrigerator.
3. Preheat the grill to high heat.
4. Drain the shrimp and pat dry with paper towels. Lightly brush the shrimp with oil.
5. Place the mesquite chips in an even layer in the bottom of a disposable aluminum pan. Place a rack over the mixture. Cover with a second disposable aluminum pan, inverting it to make a domed lid. Place this smoker assembly over high heat on the grill until you start to smell smoke.
6. Remove the lid and place the shrimp on the rack. Do not overcrowd the smoker, it may be necessary to work in batches. Replace the lid and allow to smoke for 3 minutes.
7. Remove the lid, turn the shrimp over, and continue to smoke until the shrimp is cooked through, about 3 minutes. Remove from the heat and let cool.
8. Serve with the Sauce Lamaze.

SAUCE LAMAZE

Yield: 1 cup

Ingredients	Amounts
Mayonnaise	½ cup
Sour cream	½ cup
Pickled relish	2 ½ Tbsp.
Ketchup	1 ½ Tbsp.
Parsley, flat-leaf, fresh, minced	1 Tbsp.

Method

1. Combine all of the ingredients in a bowl and mix until thoroughly combined.
2. Cover and refrigerate for at least 1 hour before serving.

Note: This sauce can be used as a dipping sauce, a cocktail sauce, or a salad dressing.

TEXAS-STYLE BBQ BRISKET

Yield: 1 brisket

Ingredients	Amounts
Paprika	1/2 cup
Dark brown sugar	1/4 cup
Sugar	1/4 cup
Ground cumin	4 1/2 Tbsp.
Chili powder	4 1/4 Tbsp.
Pepper, black, ground	2 Tbsp.
Salt, kosher	1 1/2 Tbsp.
 Brisket, trimmed, 8 - 10 lb.	 1 ea.
 Texas-Style BBQ Sauce (Recipe follows)	 1x recipe

Method

1. For the dry rub, combine the paprika, brown sugar, sugar, cumin, chili powder, pepper, and salt in a small mixing bowl. Mix well.
2. Rub the mixture over the entire surface of the brisket. Wrap in plastic and allow to marinate for 2 hours or up to overnight.
3. Slow cook the brisket in a smoker at about 225°F to 250°F on a rack until it has formed a crust on the exterior and the interior is tender, 12 to 14 hours.
4. Remove the brisket from the smoker, wrap in foil, and allow to rest for at least 30 minutes.
5. Remove the foil and slice the brisket against the grain.
6. Serve with Texas-Style BBQ Sauce on the side.

TEXAS-STYLE BBQ SAUCE

Yield: 3 cups

Ingredients	Amounts
Ketchup	1 $\frac{2}{3}$ cups
Vinegar, white	$\frac{1}{2}$ cup
Water	$\frac{1}{4}$ cup
Sugar, brown	$\frac{1}{4}$ cup
Worcestershire sauce	2 Tbsp.
Paprika, ground	4 $\frac{1}{2}$ tsp.
Chili powder	4 $\frac{1}{2}$ tsp.
Mustard, dry	4 $\frac{1}{2}$ tsp.
Salt, kosher	1 tsp.
Pepper, cayenne, ground	$\frac{3}{4}$ tsp.

Method

1. Combine all the ingredients in a mixing bowl. Whisk until thoroughly blended.
2. Serve immediately or store in a covered container in the refrigerator for up to 3 weeks.

BAKED BEANS

Yield: 6 portions

Ingredients	Amounts
Beans, navy, dried, soaked overnight	$\frac{3}{4}$ lb.
Water	4 cups
Onion, yellow, medium diced	$\frac{3}{4}$ cup
Garlic, clove, minced	2 ea.
Mustard, dry	$\frac{3}{4}$ Tbsp.
Molasses	$\frac{1}{4}$ cup
Sugar, brown	3 Tbsp.
Bay leaf, dried	1 ea.
Tomato, diced	$\frac{3}{4}$ cup
Salt, kosher	$\frac{1}{3}$ tsp.
Peppercorns, black, cracked	$\frac{1}{8}$ tsp.
Water	1 $\frac{1}{2}$ cups
Pork, salt, slab	2 wt. oz.
Vinegar, cider	1 $\frac{1}{2}$ Tbsp.
Ketchup	$\frac{1}{4}$ cup

Method

1. Sort the beans and remove any rocks; rinse well. Soak the beans overnight in the 4 cups of cold water and drain. The beans can also be quick soaked if necessary by bringing the beans to a boil in the water. Remove them from the heat and let them soak in the warm water for 1 hour. Drain.
2. Add the onion and garlic to the bottom of a ceramic bean pot or oven-proof pot with a tight-fitting cover. Top with the soaked beans.
3. Combine the mustard, molasses, brown sugar, bay leaf, tomatoes, salt, pepper and water in a saucepan. Bring the mixture to a boil; reduce heat and simmer lightly for 2 minutes. Pour the mixture over the beans.
4. Score the salt pork deeply from the fat side nearly all the way through. Place it over the beans (skin side up). Cover the pot and bake in a 300°F oven until the beans are tender, about 4 hours. While baking, periodically check the beans. Add boiling water if needed to keep the beans covered with liquid.
5. When the beans are tender, stir in the vinegar and ketchup. Taste and adjust seasonings if needed. Serve hot.

Note: Pea beans can be substituted for the navy beans. Four slices of bacon can be substituted for the salt pork.

GRILLED SWEET CORN WITH ROASTED GARLIC, SCALLION, OR LIME-CHILI BUTTER

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Corn, ear, husk and silk removed	6 ea.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Roasted Garlic Butter (Recipe follows)	½ cup
Scallion Butter (Recipe follows)	½ cup
Lime-Chili Butter (Recipe follows)	½ cup

Method

1. Preheat a gas grill to medium-high. Leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Push the coals to one side of the grill. Clean the cooking grate.
2. Lightly oil the corn and season with salt and pepper. Grill the corn, covered, over indirect heat, turning as necessary, until the corn kernels are soft and grill marked, 20 to 25 minutes. Remove the corn from the grill.
3. Serve immediately with your choice of butter.

ROASTED GARLIC BUTTER

Yield: 1 cup

Ingredients	Amounts
Garlic, head	2 ea.
Oil, vegetable	2 tsp.
Salt, kosher	1/2 tsp.
Butter, softened	1 cup

Method

1. Preheat a gas grill to medium-high. Leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Push the coals to one side of the grill.
2. Cut the tips of the garlic head off. Place each head, cut side up, on a square of aluminum foil large enough to enclose the entire head. Drizzle with the oil, and season with salt. Wrap the garlic in the foil and seal closed to make pouches.
3. Grill over indirect medium heat until tender and any juices that escape are deep brown, 30 to 40 minutes.
4. Let the garlic cool. Squeeze the roasted garlic cloves from the papery skins and mash them into a paste.
5. Combine the garlic with the butter in the bowl of an electric stand mixer. Whip using the paddle attachment until very smooth, but not melting.

Notes: Butter may be packed into a small crock or bowl or piped into rosettes, about 1 tablespoon each, onto a lined plate or baking sheet, then refrigerated or frozen until firm. Butter may also be shaped into a long cylinder on top of a large sheet of plastic wrap. Mound the butter about 3 inches from the edge of the long side of the wrap. Fold the plastic wrap over the mound and then tighten the wrap around the butter, forming a long log. Once rolled, twist the ends of the wrap to seal. Chill, then slice to serve. Flavored butters keep for 3 or 4 days in the refrigerator or can be frozen for up to 3 weeks.

SCALLION BUTTER

Yield: 1 cup

Ingredients	Amounts
Butter, softened	1 cup
Scallion (Green onion), minced	$\frac{1}{3}$ cup
Garlic, minced	$\frac{1}{4}$ tsp.
Parsley, flat-leaf, fresh, chopped	1 $\frac{1}{2}$ tsp.
Soy sauce	1 $\frac{1}{2}$ tsp.
Lemon, juice	1 $\frac{1}{2}$ tsp.

Method

Combine all ingredients in the bowl of an electric stand mixer. Whip using the paddle attachment until very smooth, but not melting.

LIME-CHILI BUTTER

Yield: 1 cup

Ingredients	Amounts
Butter, unsalted, softened	1 cup
Lime, juice	3 Tbsp.
Oregano, fresh, chopped	1 ½ tsp.
Chili powder	1 ½ tsp.
Hot chili powder	1 ½ tsp.
Paprika, Hungarian, sweet	1 ½ tsp.
Cumin, ground	¼ tsp.
Worcestershire sauce	¼ tsp.
Tabasco sauce	2 dashes
Garlic powder	1 pinch
Onion powder	1 pinch

Method

Combine all ingredients in the bowl of an electric stand mixer. Whip using the paddle attachment until very smooth, but not melting.

PEAR SKILLET CAKE

Yield: 12 portions

Ingredients	Amounts
Flour, cake	2 cups
Baking powder	2 ¼ tsp.
Baking soda	½ tsp.
Salt, kosher	½ tsp.
Ginger, ground	1 ½ tsp.
Cinnamon, ground	1 tsp.
Nutmeg, grated	¼ tsp.
Mace, ground	¼ tsp.
Allspice, ground	¼ tsp.
Pear, bartlett, peeled, cored	2 ea.
Egg, yolk	2 ea.
Molasses	¼ cup
Honey	⅓ cup
Water, hot	¼ cup
Egg, white	3 ea.
Butter, unsalted	2 Tbsp.
Sugar, brown, light	½ cup
Walnuts, halves, toasted	2 cups

Method

1. Preheat a gas grill to medium-high, leave one burner off. If using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. Sift together the flour, baking powder, baking soda, salt, ginger, cinnamon, nutmeg, mace, and allspice into a medium-sized bowl. Set aside.
3. Grate 1 of the pears. In a small bowl, combine the grated pear, the egg yolks, molasses, and honey, and stir until blended. Add the hot water and stir until the honey and molasses are evenly blended. Stir the wet ingredients into the dry ingredients.
4. In a large bowl, whip the egg whites until stiff peaks form. Fold into the batter.
5. Melt the butter in a 10-inch cast-iron skillet on the grill over direct heat. Add the brown sugar and cook until it darkens slightly, about 5 minutes. Remove from heat.
6. Thinly slice the remaining pear. Arrange the pear slices in the skillet in a spiral shape.
7. Pour the batter over the pears in the skillet and place the pan on the grill over indirect heat. Close the lid and bake until the cake springs back when lightly touched, about 20 minutes.
8. Let the cake cool for 10 minutes and then turn out onto a cake plate. Garnish with the walnuts.

TEA-SMOKED DUCK BREAST

Yield: 6 portions

Ingredients	Amounts
Duck, breasts	1 ½ lb.
Wine, rice, Chinese	2 Tbsp.
Soy sauce	1 Tbsp.
Oil, sesame	1 tsp.
Ginger, grated	½ tsp.
Peppercorns, brown, Szechwan	1 Tbsp.
Salt, kosher	1 Tbsp.
Tea leaves, black	⅓ cup
Rice, uncooked	⅓ cup
Sugar, brown	3 Tbsp.
Star anise	2 ea.
Cinnamon, stick, broken into small bits	1 ea.
Oil, vegetable	1 tsp.
Oil, sesame	1 tsp.
Sesame seeds, toasted	1 tsp.
Scallion (Green onion), green part only, sliced thinly on the bias	1 Tbsp.

Method

1. Pat the duck breasts dry. Score the skin every ½-inch, cutting through the fat, but not the meat.
2. Combine the rice wine, soy sauce, sesame oil, and ginger in a mixing bowl. Add the duck and marinate, refrigerated for at least 2 hours, or up to overnight.
3. Remove the duck from the marinade, pat dry, and let stand at room temperature for one hour.
4. Place the peppercorns, salt, tea leaves, rice, brown sugar, star anise, and broken cinnamon sticks in a disposable aluminum pan and mix to combine. Spread evenly across the bottom of the pan. Place a rack over the mixture. Cover with a second disposable aluminum pan, inverting it to make a domed lid. Reserve.

5. Heat a skillet over high heat. Add the vegetable oil. Sear the skin side of the duck until deep golden brown. Remove and reserve the duck.
6. Put the aluminum pan smoking assembly over direct heat on the grill until you can smell the smoke.
7. Remove the lid and place the duck on the rack (skin side up). Replace the lid and smoke for about 8 minutes. Remove from the heat and let stand covered for an additional 10 minutes. The duck should be medium-rare to medium. If medium-well or well done is desired, finish cooking the duck in a 375°F oven until the desired doneness is achieved.
8. Transfer the duck to a cutting board and cut across the grain into thin slices. Serve warm or at room temperature, garnished with the sesame oil, sesame seeds, and scallions.

Note: Sherry can be substituted for the Chinese rice wine.

Source: Adapted from *Gourmet Magazine*

MEMPHIS “DRY” RUB RIBS

Yield: 6 portions

Ingredients	Amounts
Pork, baby back ribs	6 lb.
Paprika, ground	3 Tbsp.
Pepper, black, ground	1 ½ Tbsp.
Sugar, brown	1 ½ Tbsp.
Salt, kosher	2 ¼ tsp.
Celery salt	2 ¼ tsp.
Garlic powder	1 ½ tsp.
Mustard, dry	1 ½ tsp.
Cumin, ground	1 ½ tsp.
Chile, cayenne, ground	½ tsp.
Hickory woodchips	as needed

Method

1. Pull the membrane off the back of each rack of ribs. It can be pulled off in a sheet using your fingers and the corner of a towel for a secure grip.
2. Place the paprika pepper, brown sugar, celery salt, garlic powder, mustard, cumin, and cayenne in a small mixing bowl. Stir to combine.
3. Rub $\frac{2}{3}$ of the mix onto both sides of the racks. Wrap the racks in plastic and refrigerate overnight.
4. Soak the woodchips in water.
5. Using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
6. Add the woodchips to the hot coals.
7. Place the ribs on the grill over indirect heat, and cover. Cook for about 1 ¼ to 1 ½ hours, or until the meat is tender and has shrunk back from the ends of the bones. Turn the ribs every 30 minutes.
8. Remove the ribs from the grill and cut into portions. Serve on a heated platter or plates coated with the remaining rub.

Source: Adapted from *BBQ USA: 425 Fiery Recipes from All Across America*

KANSAS CITY RIBS

Yield: 6 portions

Ingredients	Amounts
Pork, baby back ribs	6 lb.
Sugar, brown	2 cups
Mustard, dry	½ cup
Pepper, cayenne, ground	1 Tbsp.
Paprika, smoked	1 Tbsp.
Garlic powder	1 Tbsp.
Onion powder	1 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	2 tsp.
Woodchips	as needed
Kansas City BBQ Sauce (Recipe follows)	4 cups

Method

1. Pull the membrane off the back of each rack of ribs. It can be pulled off in a sheet using your fingers and the corner of a towel for a secure grip.
2. Place all the rub ingredients in a small mixing bowl and stir to combine.
3. Rub the mix onto both sides of the racks. Wrap the racks in plastic and refrigerate overnight.
4. Soak the woodchips in water.
5. Using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
6. Add the woodchips to the hot coals.
7. Divide the sauce into two batches, each 2 cups. Half of the sauce will be used as a "mop," the remaining sauce will be served at the table.
8. Place the ribs on the grill over indirect heat, and cover. Cook for about 1 hour, turning twice. Start basting the ribs with the Kansas City BBQ Sauce and turning every 5 to 10 minutes for another 30 minutes or until the meat is tender, has shrunk back from the ends of the bones, and the sauce has formed a glaze. Discard any remaining "mop" sauce.
8. Remove the ribs from the grill and cut into portions. Serve on a heated platter or plates coated with the reserved Kansas City BBQ Sauce. Serve remaining BBQ sauce on the side.

Source: Adapted from FoodNetwork

KANSAS CITY BBQ SAUCE

Yield: 4 cups

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Onion, yellow, small diced	1 ea.
Water	3 cups
Tomato paste	1 cup
Sugar, brown	½ cup
Vinegar, cider	⅔ cup
Molasses	¼ cup
Chile, cayenne, ground	½ tsp.
Paprika, smoked	¼ tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.

Method

1. Heat the oil in a small saucepan set over medium-high heat. Add the onion and cook until it is translucent, about 5 minutes.
2. Add the remaining ingredients to the saucepan, stir to combine, and simmer for about 30 minutes.
3. The sauce is now ready to use or it may be stored in a clean container and refrigerated until ready for use.

Source: Adapted from FoodNetwork

MACARONI AND CHEESE WITH BACON

Yield: 6 portions

Ingredients	Amounts
Bacon, slab, smoked	1 lb.
Pasta, penne, dried	1 lb.
Béchamel Sauce (Recipe follows)	1 ½ pints
Cheese, Cheddar, Grafton (aged 2 years)	1 lb.
Pepper, black, ground	as needed
Butter, unsalted	as needed

Method

1. Cut the bacon into lardons (¼ x ¼ x 1 inch). Cook over low to medium heat in a sauté pan until rendered and well browned, about 6 minutes. Drain and reserve the fat for another use.
2. Preheat oven to 400°F.
3. Cook the pasta according to the package directions until al dente (firm to the bite). Drain.
4. Place the béchamel in a large stainless-steel bowl and grate the cheese into the sauce.
5. Add the cooked pasta and bacon to the bowl and season with ground black pepper. Toss the ingredients until evenly coated.
6. Lightly butter a 2-quart oven-safe dish and pour in the macaroni mixture. Place it in the preheated oven and wait for it to be bubbling hot with a well-browned top.

Note: For a creamier version, increase the amount of béchamel sauce to 3 cups.

BÉCHAMEL SAUCE

Yield: 1 ½ pints

Ingredients	Amounts
Butter, unsalted	3 Tbsp.
Flour, all-purpose	3 Tbsp.
Milk, whole	3 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a small saucepan, melt the butter over medium heat and stir or whisk in the flour to form a roux. Cook the flour over medium heat until the raw smell is gone, about 2 minutes.
2. Whisk the milk into the roux and cook, stirring, over low heat until the sauce has thickened, about 5 minutes.
3. Season the béchamel to taste with salt and pepper.
4. Remove from the heat and allow to cool to room temperature.

B.L.T. SALAD WITH BUTTERMILK-CHIVE DRESSING

Yield: 6 portions

Ingredients	Amounts
Bacon, strip	12 ea.
Bread, whole-wheat, slice, cubed	3 ea.
Oil, olive, pure	2 Tbsp.
Garlic, clove, minced	3 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, Boston head, separated into leaves, torn into pieces	2 ea.
Tomato, beefsteak, sliced ¼-in. thick	2 ea.
Buttermilk-Chive Dressing (Recipe follows)	¾ cup

Method

1. Preheat the oven to 400°F.
2. Lay the bacon strips on a baking sheet and bake until brown and crisp, about 8 minutes. Transfer to a plate lined with paper towels to allow the grease to drain. When cool, crumble half of the bacon. Set aside until ready for use.
3. Toss the cubed bread together with the oil, garlic, salt, and pepper on a baking sheet. Toast the bread in the preheated oven, stirring occasionally, until crisp, 8 to 10 minutes. Reserve.
4. In a large mixing bowl, toss the lettuce and crumbled bacon with enough dressing to coat.
5. Serve in a large chilled bowl or on individual plates, garnished with the sliced tomatoes, bacon strips, and croutons.

BUTTERMILK-CHIVE DRESSING

Yield: ¾ cup

Ingredients	Amounts
Buttermilk	⅓ cup
Mayonnaise	¼ cup
Oil, vegetable	2 Tbsp.
Chive, finely snipped	2 Tbsp.
Vinegar, wine, red	1 Tbsp.
Old Bay seasoning	⅛ tsp.
Worcestershire sauce	⅛ tsp.
Tabasco sauce	⅛ tsp.
Lemon, juice	½ tsp.
Salt, kosher	¼ tsp.
Pepper, black, ground	¼ tsp.

Method

1. Combine the buttermilk, mayonnaise, oil, chives, and vinegar in a bowl. Whisk to blend.
2. Adjust the seasoning to taste with Old Bay, Worcestershire sauce, Tabasco, lemon juice, salt, and pepper.
3. The dressing is ready to serve now, or it can be stored in a covered container in the refrigerator for up to 3 days.

"BEER CAN" CHICKEN

Yield: 8 portions

Ingredients	Amounts
Chicken, fryer, 4 lb.	2 ea.
Salt, kosher	4 tsp.
Pepper, black, ground	2 tsp.
Beer, Lager or Pilsner, 12-oz. can	2 ea.
Lemon, juice	$\frac{2}{3}$ cup
"Beer Can" Barbecue Sauce	3 cups
(Recipe follows)	

Method

1. Preheat a gas grill to medium-high; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. Blot the chickens dry and season with 2 teaspoons of the salt and 1 teaspoon of the pepper.
3. To make the mopping sauce: Pour half the beer from each can into a bowl. Add the lemon juice, $\frac{1}{4}$ cup of the "Beer Can" Barbecue Sauce, the remaining 2 teaspoons salt, and the remaining 1 teaspoon pepper. Leave each beer can half full of beer and set aside.
4. If you are using vertical roasters, add the reserved beer to the reservoirs in the roasters, assemble the roasters, and set the chickens on the roasters. If cooking the chickens on the beer cans, set the cans on the grill over direct heat and carefully lower the chickens onto them. Position the legs so that they balance the chickens.
5. Grill over direct heat, covered, until golden, mopping the chickens every 15 minutes with the mopping sauce, about 60 minutes.
6. Remove from the grill and carve each chicken into 8 pieces.
7. Serve on a heated platter with the remaining "Beer Can" Barbecue Sauce on the side.

"BEER CAN" BARBECUE SAUCE

Yield: 3 cups

Ingredients	Amounts
Ketchup	1 $\frac{2}{3}$ cups
Vinegar, white	$\frac{1}{2}$ cup
Water	$\frac{1}{4}$ cup
Sugar, brown	$\frac{1}{4}$ cup
Worcestershire sauce	2 Tbsp.
Paprika, ground	4 $\frac{1}{2}$ tsp.
Chili powder	4 $\frac{1}{2}$ tsp.
Mustard, dry	4 $\frac{1}{2}$ tsp.
Salt, kosher	1 tsp.
Pepper, cayenne, ground	$\frac{3}{4}$ tsp.

Method

1. Combine all the ingredients in a mixing bowl. Whisk until thoroughly mixed.
2. Serve immediately or store in a covered container in the refrigerator for up to 3 weeks.

NORTH CAROLINA PULLED PORK

THE RENOWNED MR. BROWN BARBECUED PORK BUTT

Yield: 6 portions

Ingredients	Amount
Peppercorns, black, cracked	¼ cup
Paprika, ground	¼ cup
Turbinado	¼ cup
Salt, kosher	2 Tbsp.
Mustard, dry	2 tsp.
Pepper, cayenne, ground	1 tsp.
 Pork, Boston butt	 4 - 5 lb.
 Vinegar, cider	 2 cups
Peppercorns, black, cracked	3 Tbsp.
Salt, kosher	2 Tbsp.
Worcestershire sauce	1 Tbsp.
Paprika, ground	1 Tbsp.
Pepper, cayenne, ground	1 Tbsp.
 Eastern North Carolina BBQ Sauce (Recipe follows)	 2 cups
Western North Carolina BBQ Sauce (Recipe follows)	2 ½ cups

Method

1. For the rub, combine the peppercorns, paprika, turbinado, salt, mustard, and cayenne in a small bowl.
2. Massage the pork butt well using half of the rub mixture. Transfer the pork to a plastic bag and refrigerate overnight. Reserve the remaining rub mixture.
3. Remove the pork from the refrigerator and again rub using half of the remaining rub mixture. Allow it to sit at room temperature for 45 minutes.
4. Prepare the smoker or grill for barbecuing bringing the temperature to 200°F to 225°F.
5. Combine the remaining rub mixture with the vinegar, peppercorns, salt, Worcestershire sauce, paprika, and cayenne.
6. Transfer the pork to the smoker. Smoke until the pork is tender and falling apart, about 1 ½ hours per pound. Baste occasionally during the cooking process with the mop mixture.
7. Remove the pork and allow to rest for 20 to 30 minutes. "Pull" the pork by shredding into small pieces. Serve accompanied by Eastern and Western North Carolina BBQ Sauces.

Note: Brown sugar can be substituted for the Turbinado.

Source: Adapted from Smoke and Spice, Cheryl and Bill Jamison

EASTERN NORTH CAROLINA BBQ SAUCE

Yield: 2 cups

Ingredients	Amounts
Vinegar, cider	2 cups
Sugar, brown	2 Tbsp.
Salt, kosher	2 tsp.
Peppercorns, black, cracked	1 tsp.
Red pepper flakes	1 tsp.

Method

Combine all ingredients in a mixing bowl and stir to blend. Set aside until ready for use.

Source: *Smoke and Spice*, Cheryl and Bill Jamison

WESTERN NORTH CAROLINA BBQ SAUCE

Yield: 2 ½ cups

Ingredients	Amounts
Vinegar, cider	2 cups
Ketchup	½ cup
Sugar, granulated	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, cayenne, ground	½ tsp.

Method

Combine all ingredients in a mixing bowl and stir to blend. Set aside until ready for use.

Source: *Smoke and Spice*, Cheryl and Bill Jamison

SWEET CORNBREAD WITH HONEY BUTTER

Yield: 12 muffins or 1 hotel pan

Ingredients	Amounts
Water	2 ½ cups
Oil, vegetable	1 ½ cups
Egg, whole	9 ea.
Vanilla extract	1 tsp.
Sugar, granulated	2 ¼ cups
Flour, bread	5 cups
Cornmeal	1 ½ cups + 1 Tbsp.
Milk powder	7 Tbsp. + 1 tsp.
Baking powder	4 Tbsp. + 2 tsp.
Salt, kosher	1 Tbsp. + 1 tsp.
Honey Butter (Recipe follows)	1 cup

Method

1. Preheat an oven to 350°F. Grease a full, 2-inch deep, hotel pan, or a muffin tin.
2. Combine the water, oil, eggs, and vanilla in the bowl of an electric mixer. Using the paddle attachment, mix until thoroughly combined.
3. Sift the sugar, flour, cornmeal, milk powder, baking powder, and salt into a bowl.
4. Add the dry ingredients to the wet ingredients in two increments, mixing thoroughly and scraping the sides and bottom of the bowl between additions.
5. Fill the prepared pans with the batter.
6. Bake on the center rack of the oven until golden brown. Remove from the oven and allow to cool slightly.
7. Once cool enough to handle, cut the cornbread into pieces, or un-mold the muffins.
8. Serve warm, accompanied with Honey Butter.

HONEY BUTTER

Yield: 1 cup

Ingredients

Amounts

Butter, softened

1 cup

Honey

$\frac{1}{4}$ cup

Method

Combine the butter and honey in the bowl of an electric stand mixer. Whip using the paddle attachment until very smooth, but not melting.

COLESLAW

Yield: 6 portions

Ingredients	Amounts
Sour cream	6 Tbsp.
Mayonnaise	6 Tbsp.
Vinegar, cider	3 Tbsp.
Mustard, dry	2 ¼ tsp.
Sugar, granulated	3 Tbsp.
Celery seeds	1 ½ tsp.
Tabasco sauce	1 ½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cabbage, green, shredded	5 cups
Carrot, shredded	1 cup

Method

1. Mix the sour cream, mayonnaise, vinegar, mustard, sugar, celery seeds, and Tabasco in a large bowl until smooth.
2. Season the mixture with salt and pepper to taste.
3. Add the cabbage and carrots and toss until evenly coated.
4. Cover and refrigerate until needed.

PECAN SMOKED TROUT WITH APPLE-HORSERADISH CREAM

Yield: 6 portions

Ingredients	Amounts
Trout, pan-dressed, 10-oz. each	6 ea.
Salt, kosher	1 cup
Sugar, granulated	1/2 cup
Garlic powder	1 Tbsp.
Onion powder	1 tsp.
Pepper, black, ground	1 tsp.
Lemon, zest	2 ea.
Pecan woodchips	as needed
Apple-Horseradish Cream	1 cup
(Recipe follows)	

Method

1. Lay the trout on a baking sheet skin-side up. Scrape the skin lightly with the back side of a knife to remove the scales.
2. In a small mixing bowl, combine the salt, sugar, garlic and onion powders, pepper, and lemon zest.
3. Cover the belly and tail sections of the trout with a 1/16-inch layer of the salt mixture and cover the thicker sections with a 1/4 -inch thick layer. Let the trout sit for 30 minutes in the refrigerator.
4. Rinse the trout in cold water and place on a wire rack, skin side down. Let dry, uncovered, in the refrigerator for at least 6 hours and up to 12 hours.
5. Preheat the grill to high heat.
6. Dampen the wood chips and make an even layer of them in a disposable aluminum pan. Set a rack over the chips and top with a second disposable aluminum pan, inverting it to make a domed lid. Put this assembly over direct heat on the grill until you can smell the smoke.
7. Remove the lid and place the trout on the rack (skin side down). Do not overcrowd the smoker, it may be necessary to work in batches.
8. Replace the lid and smoke until the trout is cooked through, about 5 minutes. Remove from the heat and let cool.
9. Serve the trout with the Apple-Horseradish Cream.

APPLE-HORSERADISH CREAM

Yield: 1 cup

Ingredients

Amounts

Heavy cream	1/4 cup
Sour cream	1/4 cup
Apple, Granny Smith, peeled, grated	1/4 cup
Horseradish	2 Tbsp.
Salt, kosher	1/4 tsp.

Method

1. Whisk the heavy cream in a cold mixing bowl until medium-stiff peaks form.
2. Fold in the sour cream, apple, horseradish, and salt.
3. Adjust the seasonings to taste.
4. The sauce is ready to serve now or can be stored in a covered container in the refrigerator for up to 2 days.

SOUTH CAROLINA CHOPPED PORK

Yield: 6 portions

Ingredients	Amounts
Rub	
Dry mustard	3 Tbsp.
Sugar, brown	1 ½ Tbsp.
Salt, kosher	2 Tbsp.
Pepper, black, ground	2 tsp.
Paprika	2 tsp.
Pepper, cayenne, ground	¼ tsp.
 Boston butt	 4 – 5 lb.
 South Carolina Mustard BBQ Sauce (Recipe follows)	 1x recipe

Method

1. For the rub, combine the mustard, brown sugar, salt, pepper, paprika, and cayenne in a small bowl.
2. Massage the pork butt well using $\frac{2}{3}$ of the rub mixture. Transfer the pork to a plastic bag and refrigerate overnight.
3. Remove the pork from the refrigerator and again rub using the remaining dry spice mixture. Allow it to sit at room temperature for 45 minutes before placing into the smoker.
4. Prepare the smoker or grill for barbecuing bringing the temperature to 200°F to 225°F.
5. Transfer the pork to the smoker. Smoke until the pork is tender and falling apart, about 1 ½ hours per pound.
6. Remove the pork and allow it to rest for 20 to 30 minutes. Chop the pork and combine with $\frac{1}{2}$ to $\frac{3}{4}$ of the South Carolina Mustard BBQ Sauce.
7. Serve immediately, or keep warm, covered in a very low oven. Serve the remaining South Carolina Mustard BBQ Sauce on the side.

SOUTH CAROLINA MUSTARD BBQ SAUCE

Yield: 2 ½ cups

Ingredients	Amounts
Mustard, yellow	1 cup
Sugar, brown, packed	1 cup
Vinegar, white	½ cup
Worcestershire sauce	4 Tbsp.
Hot sauce	2 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	2 tsp.

Method

Combine all ingredients in a mixing bowl and whisk until smooth.

POTATO SALAD

Yield: 6 portions

Ingredients	Amounts
Potato, Red bliss, cooked, peeled, diced	1 ½ lb.
Egg, hard-cooked, small diced	2 ea.
Onion, yellow, diced	⅔ cup
Celery, diced	¾ cup
Mustard, Dijon	1 Tbsp.
Mayonnaise	1 ¼ cups
Worcestershire sauce	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. For the hard-cooked eggs, place the eggs in a pot. Fill the pot with enough cold water to cover the eggs by 2 inches. Bring the water to a boil, and immediately reduce the temperature to a simmer. Simmer for 4 to 5 minutes.
2. Turn off heat, cover pot, do not drain and let eggs sit for 10 minutes in the water.
3. Remove from water, crack shell gently, place in a water bath.
4. Combine the potatoes, eggs, onions, and celery in a bowl.
5. In a separate mixing bowl, blend the mustard with the mayonnaise and add Worcestershire sauce to taste. Gently toss with the potato mixture. Adjust the seasoning with salt and pepper and additional mustard, if necessary.
6. Serve immediately or refrigerate for later service.

GRILLED RADICCHIO SALAD WITH SHAVED JICAMA, ORANGES, AND HAZELNUT VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Orange, juice	1/4 cup
Radicchio, head, quartered	2 ea.
Oil, olive, extra-virgin	6 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Jicama, peeled, coarsely grated	2 ea.
Chive, minced	3 Tbsp.
Orange, peeled, cut into segments	3 ea.
Hazelnut Vinaigrette (Recipe follows)	1/2 cup
Red pepper flakes	1/2 tsp.
Olive, pitted, cut into thin slivers	18 ea.

Method

1. Preheat a gas grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Simmer the orange juice in a small, heavy saucepan over medium heat until reduced by half. Set it aside.
3. Brush the radicchio quarters with olive oil and season with salt and pepper. Grill over a medium fire until they are wilted, and the color has changed, about 6 minutes.
4. Remove the radicchio from the grill and let it sit until cool enough to handle. Cut the radicchio into 1/8-inch strips.
5. In a mixing bowl, combine the radicchio with the jicama, chives, and orange segments.
6. Add the Hazelnut Vinaigrette and season with salt and pepper to taste. Toss to coat evenly.
7. Mound the salad on a chilled platter or plates and garnish with the pepper flakes and olives. Drizzle with the reduced orange juice and serve immediately.

Note: If the outside leaves of the radicchio get charred while it is grilling, discard just those outer leaves. They will impart an unpleasant bitter flavor to the salad.

HAZELNUT VINAIGRETTE

Yield: 1 cup

Ingredients	Amounts
Vinegar, champagne	1/4 cup
Mustard, Dijon	1 Tbsp.
Sugar, granulated	3/4 tsp.
Shallot, minced	1 ea.
Oil, olive, pure	3/4 cup
Oil, hazelnut	2 Tbsp.
Parsley, flat-leaf, chopped	1 Tbsp.
Chive, minced	1/2 Tbsp.
Hazelnuts, toasted, chopped	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Combine the vinegar, mustard, sugar, and shallots.
2. Whisk in the oils gradually.
3. Add the herbs and nuts.
4. Season with salt and pepper to taste.
5. Refrigerate until ready to use. The vinaigrette is ready to serve now, or it may be stored in the refrigerator up to 4 days.

These materials were developed at The Culinary Institute of America.

Grilling BBQ Boot Camp Course Guide Spring 2024 v.200.docx

Copyright © 2024
The Culinary Institute of America
All Rights Reserved

This manual is published and copyrighted by The Culinary Institute of America.
Copying, duplicating, selling, or otherwise distributing this product is hereby expressly
forbidden except by prior written consent of The Culinary Institute of America.