



Culinary Institute
of America

Butchery, Grilling, & BBQ Boot Camp

Day 3



Learning Objectives

- Define what is meant by “barbecuing.”
- Describe the steps involved in barbecuing.
- List the regional styles of barbecue available across the USA and state characteristics of each.
- Provide examples of fuel sources that can be used for barbecuing.
- Compare and contrast the cooking techniques of cold smoking, hot smoking, and smoke roasting.
- List equipment needs and fuel sources that can be used for smoking.
- Prepare various barbecue dishes using standardized recipes.

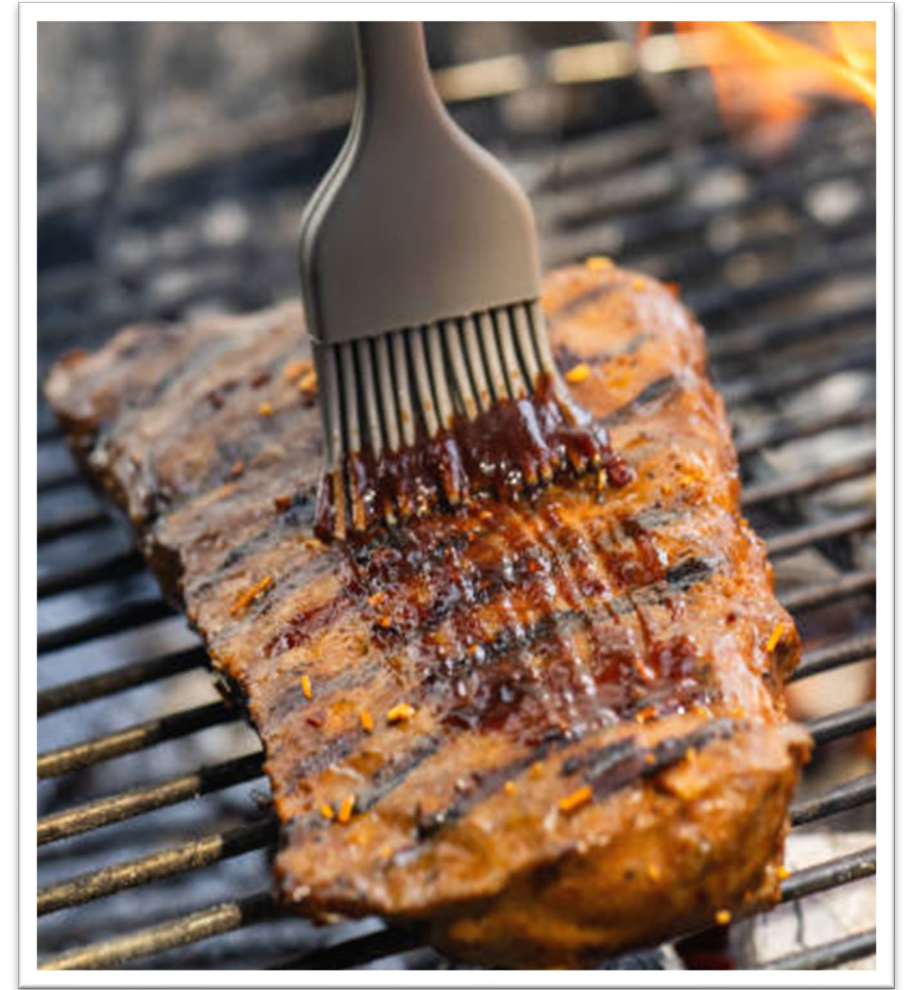
Barbeque

- Large cuts of tough, inexpensive meat
 - Beef brisket
 - Pork shoulder
- Cooked in a closed pit
- Indirect heat (away from the fire)
- Low heat (225°F-250°F)
- Smoke encouraged/ required
- Long cooking time breaks down tissues
- Charcoal or hardwood fuel
 - Wood chips added for extra flavor



BBQ: Method

1. Prep: rub/ brine/ marinate meat
2. Prepare fire with charcoal or hardwood
 - Arrange coals for indirect heat
 - Reduce to desired temp. (225°F - 250°F)
3. Cook the meat
 - Arrange meat for indirect cooking
 - Maintain fire at desired temp.
 - Add wood chips for smoke and flavor (opt.)
 - Baste with sauce (opt.)
4. Slice/ pull/ chop the meat
5. Sauce (opt.)



BBQ: Regional Styles



- Texas
- Kansas City
- Memphis
- North Carolina
 - East
 - West
- South Carolina
- Alabama
- Kentucky

Texas BBQ

- Usually features brisket
- Very long cooking time (overnight to 24 hours)
- Features a brisket “bark”
- Texas BBQ sauce
 - Spicy and tangy
 - Tomato-based
 - Not put on the meat while cooking
 - Served on the side



Kansas City BBQ

- **Uses a variety of meat:** brisket, pork butt, ribs, or chicken
- Defined by the sauce
 - Very thick: does not fall off while cooking
 - Sweet
 - Used to form a glaze in last 20 min. of cooking
- Uses more sauce



Memphis BBQ



- Mostly spareribs or baby back ribs
 - Cooked dry (no glaze)
 - Can be braised before grilled
- Sauce is thinner
- Served 2 ways:
 - **Dry:** no sauce, extra rub
 - **Wet:** slathered with sauce just before serving

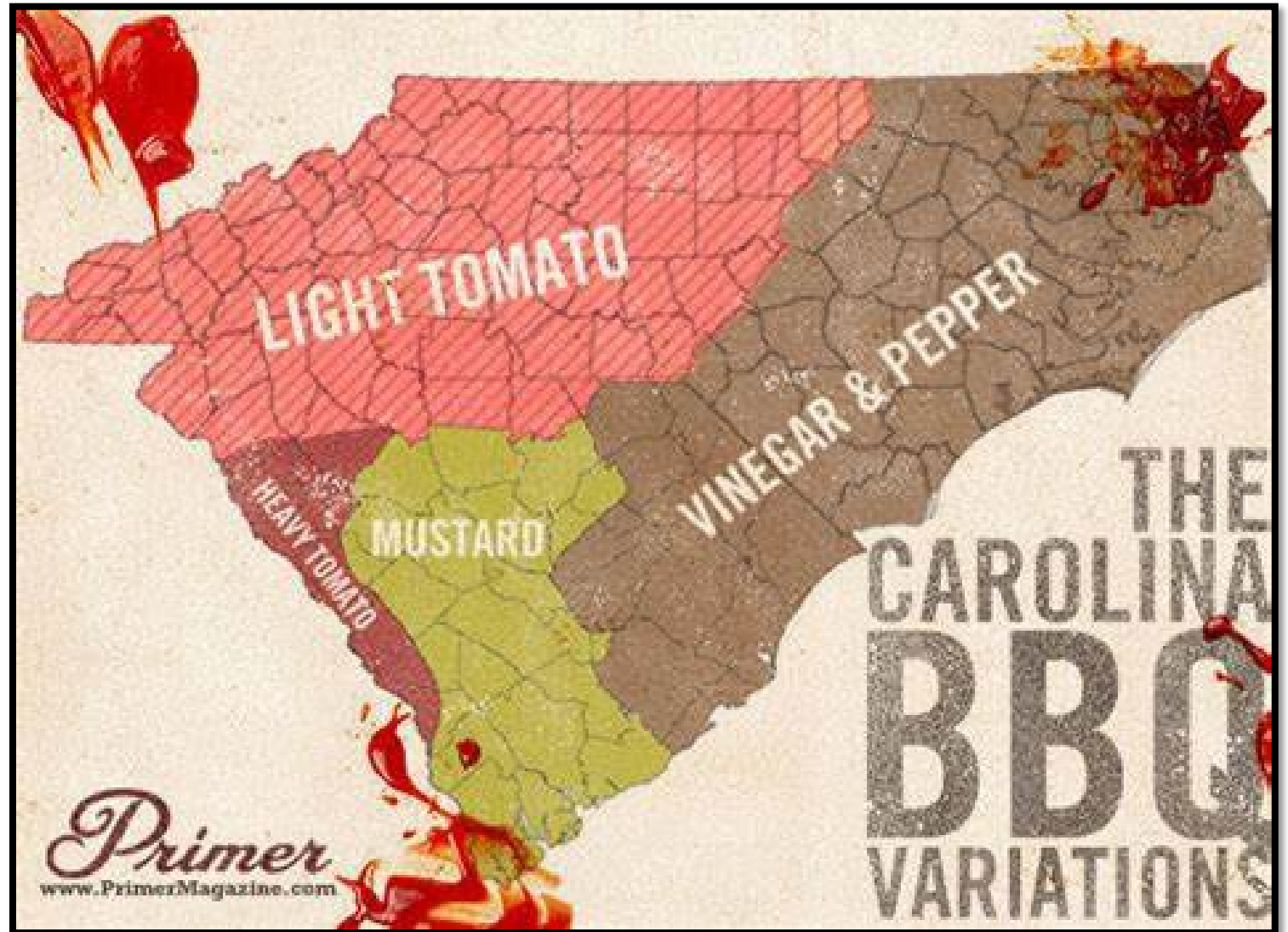
Carolina BBQ

- Pork butt or shoulder
- “Pulled pork”
 - Cooked low and slow with smoke
 - Shred or “pull” by hand
- Often served with coleslaw on a bun



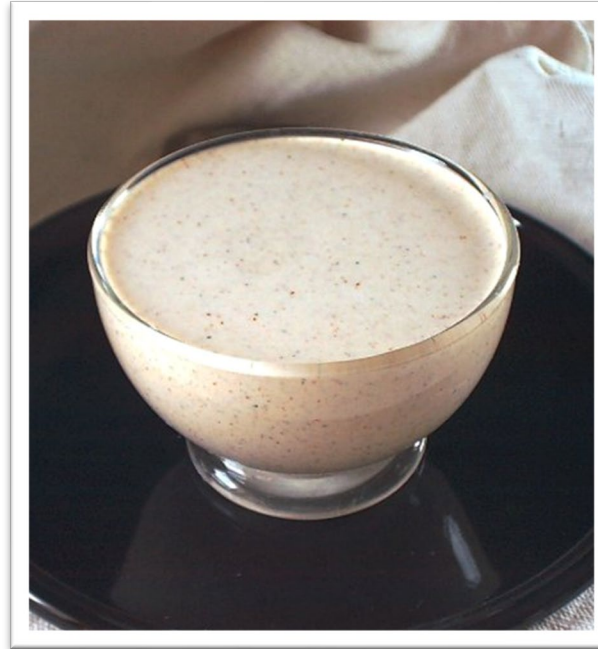
Carolina BBQ Sauces

- **Eastern North Carolina:** vinegar based with spices including red and black pepper
- **Western North Carolina:** adds ketchup
- **South Carolina:** tangy, yellow mustard-based



Alabama BBQ

- Defined by the unique white sauce
 - Mayonnaise
 - Vinegar
 - Spices
- Brushed on in the last 5 minutes of cooking



BBQ: Fuel Sources

Hardwood

- Hickory
- Mesquite
- Oak
- Pecan
- Maple

Fruit Wood

- Apple
- Cherry



Charcoal Briquettes

- Uniform density, size
- Consistent temperature control
- Burn longer

Lump Charcoal

- Retains the character of source wood
- Contributes some of that flavor to food

Wood

- Packs lots of flavor
- Requires constant temperature monitoring

Smoking

Why is smoke applied to meats?

- Traditionally for preservation
- Create better overall flavors, aromas
- Tenderizes meats normally too tough to eat



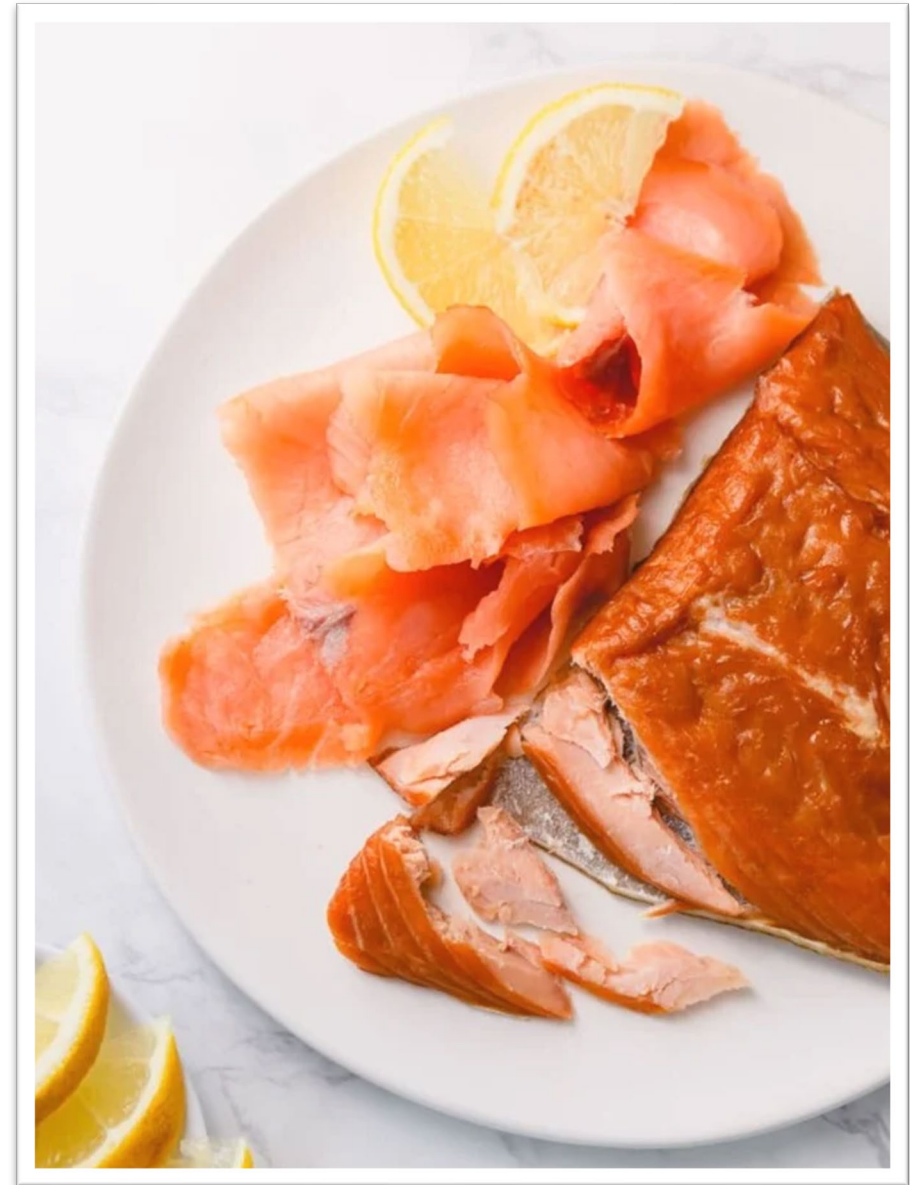
Smoking Methods

Cold Smoke

- < 100°F
- Finished product has a raw texture
- Cure or brine required
- Pellicle
- Smoke to desired color and flavor

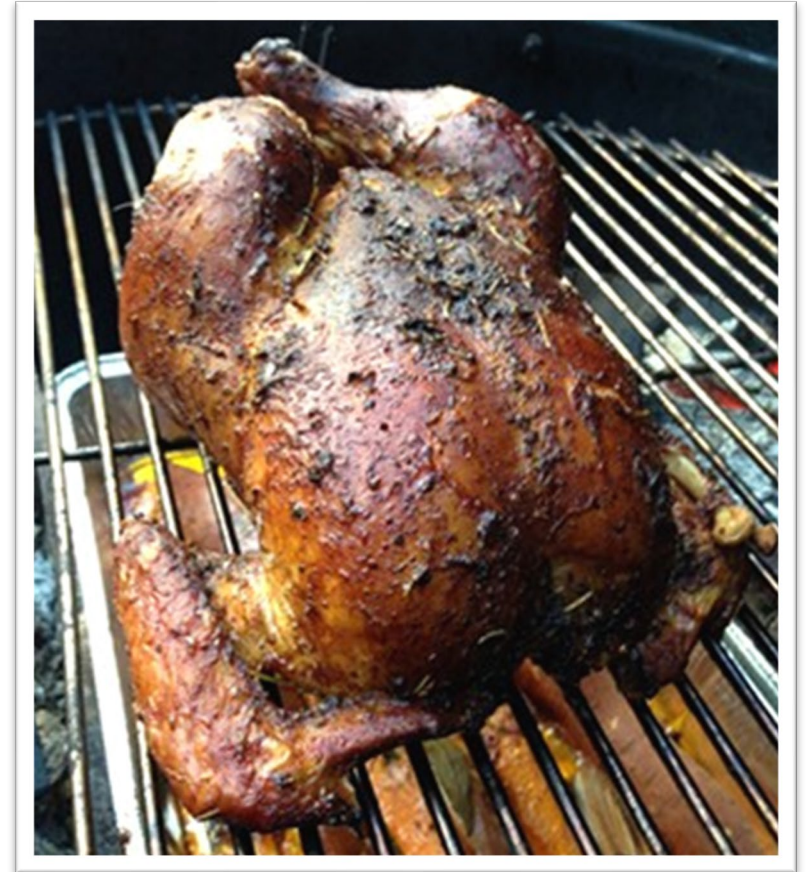
Hot Smoke

- < 250°F
- Cure, brine, rub are optional
- Smoke until tender or to desired temperature



Smoke-Roasting

- Hybrid between grilling and roasting
- High heat – roasting range 350°F+
- Used for tender items like pork loin, beef tenderloin, poultry.
- Imparts smoke flavor and appearance to a roasted product
- Can be performed on gas and charcoal grills
- Brines, rubs, and mops can be applied



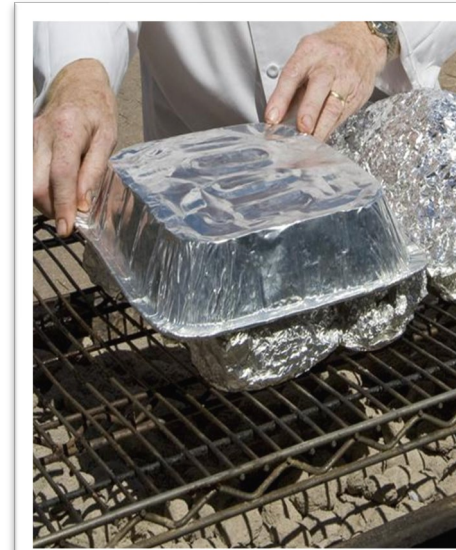
Smoking: Equipment

Requirements:

- Box to hold smoke and product
- Smoke source

Possibilities:

- Stove top/aluminum pans
- Old refrigerator
- Charcoal water smoker
- Electric smokers
- BBQ pits



Smoking: Fuel Sources

- Hardwood
- Tea
- Spices
- Grapevines
- Peanut shells
- Corn cobs





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Any Questions?