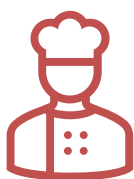




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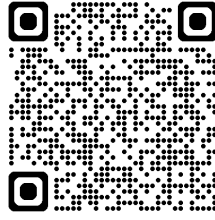
Grilling & BBQ Boot Camp (3 Day)

WELCOME!



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Expectations for Participants

To maintain safety/ sanitation standards and ensure you have the best experience possible...

KITCHEN RESPONSIBILITIES

- Silence and put away phones.
- Clean your workstation as you go.
- Place waste in proper receptacle:
 - **Green:** food scraps for compost
 - **Blue:** recyclables
 - **Gray:** trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills.
- Use side towel for handling hot objects, not cleaning.
- Place dirty utensils, tools on speed rack, not in sink.
- Place anything with an edge in "Sharps Only" pan.
- Place dirty linen in linen bag.



RECIPE MISE EN PLACE

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Ask questions if anything is unclear.
- Visualize the cooking process from start to finish.
- Complete any pre-steps (soak, marinade, etc.).
- Gather, measure/ weigh all ingredients.
- Complete all basic prep (wash, trim, dice, etc.).



KNIFE SAFETY

- Use a sharp knife.
- Hold the knife firmly. Place your dominant hand on the handle with three fingers gripping it. Your thumb and index finger should pinch the blade, resting on either side of the bolster.
- Cut away from your body.
- Use a cutting board.
- Place knives on flat surface, away from table edge.
- Keep knives in clear sight, never covered.
- Never grab blindly for a knife.
- Pass knives using the handle, never the blade.
- Carry knives alongside body with the point down.
- Alert others by saying "Behind you with a knife."

FOOD SAFETY

- Keep hair contained with toque, hair net/ tie.
- Wash hands before starting work.
- Wash hands after:
 - Touching hair, face, phone, pen, etc.
 - Coughing/ sneezing into tissue
- Wash and dry all produce.
- Wash cutting board, knives, tools after each use.
- Keep perishables refrigerated until needed.
- Per NY state law, wear gloves when handling ready-to-eat food.
- Keep raw meat, poultry, eggs, seafood separate from other foods.
- Cook food to the temperature safe zone.



COURSE INFORMATION

Welcome to the Grilling and BBQ Boot Camp! In this 3-day course, you will learn how to fabricate sub-primal cuts of meat, filet and portion fish and seafood, build bold brines and marinades, mix wet and dry rubs, and prepare flavorful sauces. You will discover how fire and smoke can transform everything from seafood and poultry to veggies, sides, and even desserts. You will master the finer points of timing, temperature, and technique that separate casual burger-flippers from grill masters. You will leave the class with the confidence to work with unfamiliar ingredients in new and exciting ways. After this experience, your weekend cookouts will never be the same!

LEARNING OBJECTIVES

By the end of this course, you will...

- Identify Retail versus Primal cuts of Meat, their quality grading and how to fabricate a variety of fish and animal proteins.
- Learn about the difference between a marinade, rub and brine and when to use them.
- Know the difference between grilling and BBQ and how to apply smoke to various items.
- Learn about the regional variations of BBQ, their styles and preferred flavor systems
- Prepare a variety of different grilled and smoked items and their accompaniments.
- See the demonstration of the fabrication of half hog and identify the various u\cuts and their uses.

COURSE SYLLABUS

DAY ONE

- ☑ Lecture
 - Course Overview
 - Kitchen & Food Safety
 - Knife Skills
 - Mise en Place
 - Primal vs. Portion Cuts
 - Cutting Techniques
 - Storage
 - Quality Grading
 - Primal and Portion Cuts
 - Culinary Uses
 - Rubs and Marinades
 - Dry Aging
- ☑ Meat Fabrication
 - Group Demos
 - Breakdown Half Hog
 - Ham
 - Ribs
 - Belly
 - Shoulder
 - Tenderloin
 - Poultry Fabrication
 - Fish Fabrication
 - Shell and devein shrimp
 - Pin bone trout
 - Hands-On Fabrication
 - Poultry
 - Fish
 - Ribs
 - Review and Critique

DAY TWO

- ☑ Lecture
 - Equipment Identification
 - Grilling vs. Broiling vs. Barbecuing
 - Grilling Method
 - Tips and Troubleshooting
 - Marinades, Brines, and Rubs
- ☑ Kitchen Production Exercise
 - Group/ Station Demos
 - Grilling Procedure
 - Marking Items
 - Production
 - Grilled Items
 - Prepare for BBQ on Day 2
 - Review and Critique

DAY THREE

- ☑ Lecture
 - Barbecuing Method
 - Regional US BBQ
 - Cold Smoking, Hot Smoking, and Smoke Roasting
 - Equipment Identification
 - Fuel Sources
- ☑ Kitchen Production Exercise
 - Group/ Station Demos
 - Pan Smoking
 - Hot Smoking
 - Production
 - Barbecued Items
 - Review and Critique

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

CHEF FABRICATION DEMO

Half Side of Pork (Ham, Shoulder, Loin, Ribs, Belly)

Chicken

Mahi Mahi

Trout

Shrimp

TEAM 1

Fabricate Chicken (breasts from Team 3) and Shrimp

Prepare Brisket Rub for Day 3

**Prep for Day Two: Soak Beans, Rub and Smoke Brisket*

TEAM 2

Fabricate Duck and Bistecca (Ribeye)

Fabricate/ Peel Ribs

Prepare Memphis and Kansas City Dry Rubs and Duck Marinade

TEAM 3

Fabricate Mahi Mahi, Chicken (Thighs from Team 1)

Prepare Brine for Chicken and Rub for Pork

**Prep for Day Two: Rub Pork*

TEAM 4

Fabricate Pork Loin, Duck, Pin Bone Trout

Prepare Rub for Chicken and Chopped Pork

EACH STUDENT

Fabricate Chicken or Duck

Prepare Marinades and Rubs

TEXAS-STYLE BBQ BRISKET RUB

Yield: 1 brisket

Ingredients	Amounts
Paprika	½ cup
Sugar, brown, dark	¼ cup
Sugar, granulated	¼ cup
Cumin, ground	4 ½ Tbsp.
Chili powder	4 ¼ Tbsp.
Pepper, black, ground	2 Tbsp.
Salt, kosher	1 ½ Tbsp.
Beef, brisket, trimmed, 8 lb.	1 ea.

Method

1. In a small bowl, place the paprika, brown sugar, sugar, cumin, chili powder, pepper, and salt. Mix well to combine.
2. Rub the mixture over the entire surface of the brisket.
3. Wrap the brisket in plastic.
4. Marinate for 2 hours or up to overnight.

TEA-SMOKED DUCK BREAST MARINADE

Yield: 6 portions

Ingredients

Amounts

Duck, breast	1 ½ lb.
Wine, rice, Chinese	2 Tbsp.
Soy sauce	1 Tbsp.
Oil, sesame	1 tsp.
Ginger, fresh, grated	½ tsp.

Method

1. Pat the duck breasts dry. Score the skin every ½ inch, cutting through the fat but not the meat.
2. In a large bowl, place the rice wine, soy sauce, sesame oil, and ginger. Mix to combine.
3. Add the duck. Marinate in the refrigerator for at least 2 hours, or up to overnight.
4. Remove the duck from the marinade and pat dry. Let it stand at room temperature for 1 hour.

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.
Salt, celery	2 ¼ tsp.
Garlic, powder	1 ½ tsp.
Mustard, dry	1 ½ tsp.
Cumin, ground	1 ½ tsp.
Chile, cayenne, ground	½ tsp.

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. In a small bowl, place the paprika pepper, brown sugar, celery salt, garlic powder, mustard, cumin, and cayenne. Stir to combine.
3. Rub $\frac{2}{3}$ of the mix onto both sides of the baby back ribs. Reserve the remaining rub to garnish the serving plates.
4. Wrap the ribs in plastic. Refrigerate overnight.

KANSAS CITY RIBS

Yield: 6 portions

Ingredients

Amounts

Pork, baby back ribs	6 lb.
Sugar, brown	2 cups
Mustard, dry	½ cup
Chile, 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	4 cups
(Recipe follows)	

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. In a small bowl, place all the rub ingredients. Mix to combine.
3. Rub the mix onto both sides of the baby back ribs. Wrap them in plastic. Refrigerate overnight.

NORTH CAROLINA PULLED PORK RUB

Yield: 6 portions

Ingredients	Amounts
Peppercorns, black, cracked	¼ cup
Paprika, ground	¼ cup
Sugar, turbinado	¼ cup
Salt, kosher	2 Tbsp.
Mustard, dry	2 tsp.
Chile, cayenne, ground	1 tsp.
Pork, Boston, butt	4 ½ lb.

Method

1. For the rub, in a small bowl, place the peppercorns, paprika, turbinado, salt, mustard, and cayenne. Mix to combine.
2. Massage the pork butt well using ½ of the rub mixture. Transfer the pork to a plastic bag. Refrigerate overnight. Reserve the remaining rub mixture.
3. Remove the pork from the refrigerator. Rub them well with the remaining rub mixture. Let them sit at room temperature for 45 minutes.

SMOKED CHICKEN LEGS BRINE

Yield: 12 portions

Ingredients	Amounts
Water	½ gal.
Salt, kosher	½ cup
Sugar, brown	½ cup
Allspice, whole	2 Tbsp.
Pepper, black, whole	1 Tbsp.
Garlic, clove, peeled	5 ea.
Thyme, bunch, fresh	½ ea.
Chicken, thighs, bone in	12 ea.



Method

1. In a small saucepan, place the water, salt, sugar, allspice, pepper, garlic and thyme. Bring it to a boil. Remove the pan from the heat. Cool completely.
2. Add the trimmed chicken thighs, placing them so that they are completely submerged. Brine for at least 12 and up to 24 hours.

SMOKED TROUT RUB

Yield: 6 portions

Ingredients	Amounts
Trout, 10-oz.	6 ea.
Salt, kosher	1 cup
Sugar, granulated	½ cup
Garlic, powder	1 Tbsp.
Onion, powder	1 tsp.
Pepper, black, ground	1 tsp.
Lemon, zest, grated	2 ea.

Method

1. To pan dress the trout, remove the head and collar bone. Trim ¼-inch from the belly. Lay the trout on a sheet tray skin side up. Scrape the skin lightly with the back side of a knife to remove the scales.
2. In a small bowl, place the salt, sugar, garlic powder, onion powder, pepper, and lemon zest. Mix to combine.
3. Cover the belly and tail sections of the trout with a 1/16-inch layer of the salt mixture. Cover the thicker sections with a ¼-inch thick layer. Let the trout sit for 30 minutes in the refrigerator.
4. Rinse the trout in cold water. Place on a wire rack, skin side down. Dry, uncovered, in the refrigerator for at least 6 hours and up to 12 hours.

SOUTH CAROLINA CHOPPED PORK RUB

Yield: 6 portions

Ingredients

Amounts

Mustard, dry	3 Tbsp.
Sugar, brown	1 ½ Tbsp.
Salt, kosher	2 Tbsp.
Pepper, black, ground	2 tsp.
Paprika	2 tsp.
Chile, cayenne, ground	¼ tsp.
Pork, Boston, butt	4 lb.

Method

1. For the rub, in a small bowl, place the mustard, brown sugar, salt, pepper, paprika, and cayenne. Mix to combine.
2. Massage ⅔ of the rub mixture into the pork butt. Transfer the pork to a plastic bag. Refrigerate overnight.
3. Massage the remaining rub mixture into the pork butt. Let it sit at room temperature for 45 minutes prior to smoking.

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Grilled Black Jack Chicken Breasts
Grilled Potato Skewers with Grilled Romesco Sauce
Marinated Grilled Vegetables

TEAM TWO

Grilled Pasta Salad with Pesto Vinaigrette
Tuscan-Style Grilled Steak
Grilled Ratatouille
**Prep for Day Two: Marinate/ Dry Duck, Rub Ribs*

TEAM THREE

Grilled Pico de Gallo
Baja-Style Grilled Fish Tacos
Southwestern Slaw
Mexico City-Style Grilled Corn on the Cob

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
Mesquite Smoked Shrimp with Sauce Lamaze

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	1 tsp.
Pepper, black, ground	½ tsp.
Chicken, breast, bone in, skin on	6 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Black Jack Barbecue Sauce, (Divided)	4 cups
(Recipe follows)	

Method

1. For the marinade, in a Ziplock bag, place the apple cider, cider vinegar, shallots, garlic, salt, and pepper. Add the chicken breasts. Seal the bag, pressing out the air. Marinate in the refrigerator for at least 2 and up to 12 hours. Remove the chicken from the marinade, draining off any excess. Season with the salt and pepper.
2. Preheat a gas grill to medium-high, leaving one burner off. If 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. Divide the Black Jack Barbecue Sauce into two batches. Half of the sauce will be used as a "mop" and the remaining sauce will be served at the table.
4. Grill the chicken over direct heat until marked on all sides, about 3 minutes per side.
5. 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, reaching an internal temperature of 165°F, and the juices run clear, 10 to 15 minutes. Discard any remaining "mop" sauce.
6. Remove the chicken from the heat. Let it 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, yellow, 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. Sweat until translucent, about 3 minutes.
2. Add the chili powder and jalapeño. Sauté for 1 minute.
3. Add the tomato paste. Cook, stirring constantly, for 2 minutes.
4. Add the coffee, Worcestershire sauce, brown sugar, vinegar, and cider. Simmer, stirring occasionally, for 10 to 15 minutes.
5. Refrigerate until ready to use.

Note: To store, let it cool to room temperature. Transfer to an airtight container. The sauce can be kept in the refrigerator for 1 to 3 weeks.

GRILLED POTATO SKEWERS WITH GRILLED ROMESCO SAUCE

Yield: 6 portions

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

Method

1. Preheat a gas grill to medium heat.
2. In a large pot, place the potatoes. Add the salt and enough cold water to cover the potatoes by 2 inches. Bring to a boil. Turn down the heat to medium low. Simmer until the potatoes can be pierced with a fork but still offer some resistance, 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. Thread them onto skewers, with the cut sides facing down. Brush the potatoes with the oil. Season with salt and 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.

Note: If 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.

GRILLED ROMESCO SAUCE

Yield: 2 cups

Ingredients	Amounts
Hazelnuts, skin off	24 ea.
Almonds, skin off	20 ea.
Garlic, clove, peeled	2 ea.
Bread, sourdough, slice	2 ea.
Oil, olive, extra virgin	as needed
Pepper, bell, red, seeded, stemmed	3 ea.
Tomato, plum (Roma), cored, halved	2 ea.
Oil, olive, extra virgin	¼ 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. Preheat gas grill to medium heat.
2. Arrange the hazelnuts, almonds, and garlic in a single layer on a sheet tray. Roast in the preheated oven until lightly browned, 10 to 15 minutes. Cool and reserve.
3. Brush the bread slices with olive oil. Grill until lightly charred on both sides.
4. Brush the peppers and tomatoes with olive oil. Grill until evenly charred. Cool completely.
5. In a blender, place the cooled hazelnuts, almonds, garlic, bread, bell peppers, and tomatoes. Add the oil, parsley, and vinegar. Purée until smooth.
6. Adjust the seasoning with salt and pepper to taste.

Note: If 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.

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
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. Sprinkle with salt. Let it sit for 1 hour to extract water from the eggplant. (The moisture is what causes the eggplant to taste bitter.) Pat dry the eggplant and zucchini. Lightly brush the slices with olive oil.
2. Preheat gas grill to medium-high.
3. Grill the eggplant and zucchini until browned and softened, 5 to 10 minutes on each side. Transfer to a platter and reserve.
4. Grill the pepper halves, skin side down, until blackened and blistered, 5 to 8 minutes. Transfer to a bowl covered with plastic wrap. Steam, 10 minutes. Cool. Remove and discard the charred skin. Cut into ¼-inch strips. Transfer to the platter and reserve.
5. Season all the grilled vegetables with salt and pepper to taste.
6. For the marinade, in a small bowl, place 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. Marinate at room temperature for 2 hours.
7. Garnish with the remaining parsley and oregano. Serve at room temperature.

Source: Adapted from *The Mediterranean Diet Cookbook* by Nancy Harmon Jenkins

GRILLED PASTA SALAD WITH PESTO VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>) (Divided)	½ cup
Pasta, penne, dried	½ lb.
Oil, olive, extra virgin	2 Tbsp.
Tomato, cherry	1 cup
Ham, lean, ¼-in. sliced	6 wt. oz.
Onion, red, ¼-in. sliced	½ cup
Oil, olive, extra virgin	as needed
Basil, sweet, leaves, fresh, chopped	½ cup
Cheese, Parmesan, grated	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

Method

1. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast, stirring often, until golden brown and aromatic, 2 to 4 minutes. Transfer to a plate. Cool and reserve.
2. Preheat gas grill to medium high.
3. Bring a large pot of salted water to a boil over high heat. Add the pasta. Turn down the heat to medium high. Cook, stirring occasionally, until tender but still firm to the bite (*al dente*), 10 to 12 minutes. Drain. Transfer to a large bowl.
4. Add the olive oil. Toss to coat the pasta. Spread in a thin layer on a sheet tray. Refrigerate until cool.
5. Place the tomatoes on skewers, leaving a little space in between each one. Brush the tomatoes, ham, and onion with olive oil. Grill the ham until lightly charred on both sides. Grill the onions until lightly charred on both sides and cooked through. Grill the tomatoes until they just begin to blister.
6. Transfer the grilled ingredients to a cutting board. Halve the tomatoes. Dice the ham and the onion. Transfer to a medium bowl. Reserve.

7. For the pesto, in a food processor, place the basil, parmesan, pine nuts, and garlic. Grind. With the processor running, slowly add the olive oil, mixing until it forms a thick paste. Season with salt and pepper to taste.
8. In a large bowl, place the olive oil, vinegar, and pesto. Add the cooked penne, tomatoes, ham, onion, olives, and pine nuts. Toss until evenly coated. Season with salt and pepper to taste. Cover the bowl with plastic wrap. Marinate in the refrigerator for at least 1 hour or up to 4 hours.

TUSCAN-STYLE GRILLED STEAK

BISTECCA ALLA FIORENTINA

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, fresh	3 Tbsp.

Method

1. Preheat a gas grill to high, leaving one burner off.
2. Brush the steaks with oil. 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. Grill over indirect medium heat until medium rare, 5 minutes per side.
4. Transfer the steaks to a cutting board, grain side up. Drizzle with olive oil and sprinkle with lemon juice. Let them rest for 10 minutes.
5. Carve the steak, slicing against the grain. (This means cutting perpendicular to the direction of the muscle fibers, resulting in tender bites.)
6. Serve on a heated platter.

Note: 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.

GRILLED RATATOUILLE

Yield: 6 portions

Ingredients	Amounts
Pepper, bell, green, quartered	1 ea.
Eggplant, ½-in. sliced	1 ea.
Zucchini, quartered lengthwise	2 ea.
Mushroom, white, stems removed	2 cups
Tomato, plum (Roma), 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 gas grill to medium.
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. Transfer to a cutting board. Roughly chop. Reserve.
4. Heat the remaining oil in a large rondeau over medium heat. Add the onions. Sauté until translucent and just beginning to color, about 5 minutes.
5. Add the garlic. Sauté until fragrant, about 1 minute.
6. Stir in the tomato paste. Cook until dark red and aromatic, 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 stew until completely tender, about 15 minutes.
9. Add the oregano, thyme, and rosemary. Adjust the seasoning with salt and pepper to taste.

Note: If 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.

GRILLED PICO DE GALLO

Yield: 2 cups

Ingredients

Amounts

Tomato, plum (Roma), halved	8 ea.
Onion, red, ¼-in. sliced	½ ea.
Chile, jalapeño	1 ea.
Oil, olive, pure	as needed
Lime, juice, fresh	2 Tbsp.
Salt, kosher	to taste
Cilantro, fresh, chiffonade	2 Tbsp.

Method

1. Preheat gas grill to high.
2. Brush the tomatoes, red onion, and jalapeño with olive oil. Grill until lightly charred on both sides but not cooked through.
3. Transfer the grilled vegetables to a cutting board. Once cool enough to handle, dice the tomatoes and mince the red onion and jalapeño. Transfer to a small bowl.
4. Add the lime juice, salt, and cilantro. Toss to combine. Let it sit for 1 hour to allow the flavors to blend.

Note: If 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.

BAJA-STYLE GRILLED FISH TACOS

Yield: 6 portions

Ingredients	Amounts
Fish, mahi-mahi	2 lb.
Oil, vegetable	½ cup
Lime, juice, fresh	3 Tbsp.
Chili powder	5 tsp.
Cumin, ground	1 ½ tsp.
Coriander, ground	1 ½ tsp.
Garlic, minced	1 ½ tsp.
Salt, kosher	to taste
Tortilla, flour, 8-inch	8 ea.
Mexican Crema (Recipe follows)	½ cup
Southwester Slaw (Recipe follows)	2 ¼ cups

Method

1. Preheat gas grill to medium high.
2. Cut the mahi-mahi into 16 equal slices.
3. For the marinade, in a large bowl, place the oil, lime juice, chili powder, cumin, coriander, garlic, and salt. Mix to combine.
4. Add the mahi-mahi. Gently coat the fish with the marinade. Marinate for at least 30 minutes.
5. Grill the fish on the first side over direct heat until the flesh is firm and well marked, about 2 minutes. Turn and grill the other side until cooked through, 1½ to 2 minutes.
6. 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 until they just start to bubble, about 15 seconds.
7. Center 2 pieces of grilled fish on each tortilla. Serve with the Grilled Pico de Gallo, Southwestern Coleslaw, and Mexican Crema on the side.

Note: If 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.

MEXICAN CREMA

Yield: ½ cup

Ingredients

Amounts

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

Method

In a small bowl, place the sour cream, lime zest and juice. Mix well to combine.

Note: the Mexican Crema can be stored in a covered container in the refrigerator for up to 2 days.

SOUTHWESTERN SLAW

Yield: 2 ¼ cups

Ingredients

Amounts

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

Method

1. Combine all the ingredients.
2. Marinate for at least 30 minutes or up to 8 hours.

MEXICO CITY-STYLE GRILLED CORN ON THE COB

Yield: 6 portions

Ingredients

Amounts

Salt, kosher	2 Tbsp.
Corn, white Mexican field, ear in husk	6 ea.
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 gas grill to medium-high.
2. Bring a medium stockpot of water to a boil. Add the salt and the ears of corn (still in husk). Boil until the corn is cooked about halfway.
3. Transfer the ears, still with the husks attached, to the preheated grill. Grill until the corn is 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 husk.
5. Squeeze the lime juice over the corn. Spread with the mayonnaise. Sprinkle with the cheese and powdered chile. Serve hot.

Note: If 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.

Source: Iliana de la Vega, as presented at the 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, stemmed, chopped	1 ½ ea.
Thyme, dried	1 ½ Tbsp.
Vinegar, cider	1 ½ Tbsp.
Allspice, ground	¾ Tbsp.
Cinnamon, ground	¾ Tbsp.
Nutmeg, fresh, 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, in a food processor, place the scallions, oil, chile, thyme, vinegar, allspice, cinnamon, nutmeg, sugar, salt, and pepper. Purée to form a coarse paste.
2. Spread the jerk seasoning on the pork chops. Wearing gloves to protect from the chiles, massage the seasoning into the meat. Place in zip-lock plastic bags. Marinate in the refrigerator for at least 3 and up to 12 hours.
3. Preheat a gas grill to high, leaving 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.
4. Remove the chops from the bag and brush off any excess marinade. Grill the chops over direct heat until well marked, about 2 minutes per side.
5. Move the chops to the cooler side of the grill. Grill over medium indirect heat until the pork is completely cooked but still tender, 5 to 6 minutes per side.
6. Transfer to a cutting board. Rest, tented with foil, for 10 minutes. Slice each pork chop into thirds. 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	3 Tbsp.
Molasses	1 Tbsp.
Salt, kosher	$\frac{1}{4}$ tsp.
Pepper, black, ground	$\frac{1}{8}$ tsp.
Potato, sweet, peeled, thinly sliced	3 ea.
Oil, vegetable	3 Tbsp.

Method

1. For the pecan-molasses butter, heat a medium, dry skillet over medium heat. Add the pecans in a single layer. Toast, stirring often, until golden brown and aromatic, 2 to 3 minutes. Transfer to a plate. Cool. Chop.
2. In the bowl of a stand mixer fitted with the paddle attachment, place the chopped pecans, butter, and molasses. Blend until smooth. Season with the salt and pepper.
3. Roll the mixture into a cylinder. Refrigerate and reserve.
4. Preheat gas grill to medium-high, leaving 1 burner off. If 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. Cool and slice.
7. Serve on a heated platter 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	1/3 cup
Raisins, golden	3/4 cup
Pine nuts, toasted	3/4 cup
Parsley, flat-leaf, fresh, chopped	1/3 cup
Garlic, minced	3/4 Tbsp.

Method

1. Preheat gas grill to medium. If 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 1/4-inch-thick slices. Drain in a sieve or colander.
5. Transfer to a serving bowl. Add the olive oil, raisins, pine nuts, parsley, and garlic. Toss to combine.
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, bulb	2 ea.
Onion, red, thinly sliced	3 Tbsp.
Vinegar, wine, red (Divided)	1 ½ Tbsp.
Orange, juice, fresh	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 gas grill to medium, leaving 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. Trim the fennel to remove the tops, reserving 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. In a small bowl, place the red onion and 1 tablespoon of the vinegar. Marinate until they turn bright pink, about 20 minutes. Reserve.
4. In a medium bowl, place the remaining vinegar, the orange juice, olive oil, salt, pepper, coriander, and cayenne. Add the trimmed fennel. Toss to coat evenly. Marinate in the refrigerator for at least 30 minutes and up to 4 hours. Remove the fennel from the marinade, reserving the marinade to baste the fennel as it grills.
5. 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. Transfer the grilled fennel to a serving bowl. Add the oranges, olives, and reserved fennel fronds. Drizzle with any remaining marinade. Top with the marinated red onions.
8. Serve at room temperature or chilled.

GRILLED PINEAPPLE SALSA

Yield: 2 cups

Ingredients	Amounts
Pineapple, sliced ¼-in. thick	½ ea.
Onion, red, 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, fresh	3 Tbsp.
Lime, zest, grated	¾ tsp.
Basil, sweet, fresh, chopped	3 Tbsp.

Method

1. Preheat gas grill to medium. If 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 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. Small dice the pineapple and the onions and mince the jalapeño. Transfer to a medium bowl.
5. Add the remaining peanut oil, the lime juice, lime zest, and basil. Season with salt and pepper to taste.
6. Let the salsa stand for 1 hour. 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 grill to high.
2. Remove the top and bottom of the pineapple. Slice off the skin and remove all the eyes. Remove the core with a round cutter. Slice it into ½-inch-thick slices.
3. Evenly distribute the minced green peppercorns on both sides of the pineapple slices.
4. For the sauce, in a small saucepot, place the honey, orange juice, tequila, and green peppercorns. Cook until the liquid has reduced by three-quarters. It should be slightly thick. Reserve and keep warm.
5. Grill the pineapples on the preheated grill on both sides until they are warm and well caramelized. Transfer to a serving plate.
6. Drizzle with 1 tablespoon of the warm sauce. Cover the hole in the pineapple with a scoop of ice cream. Serve immediately.

MESQUITE SMOKED SHRIMP WITH SAUCE LAMAZE

Yield: 6 portions

Ingredients	Amounts
Wine, white, dry	1 cup
Oil, olive, pure	1/3 cup
Orange, zest	2 Tbsp.
Sage, fresh, minced	2 Tbsp.
Garlic, clove, crushed	2 ea.
Peppercorns, black, crushed	1 Tbsp.
Salt, kosher	1 1/2 tsp.
Rosemary, fresh, minced	1 tsp.
Shrimp, 21/25 ct., peeled, deveined	24 ea.
Oil, vegetable	as needed
Woodchips, mesquite	as needed
Sauce Lamaze (Recipe follows)	1 cup

Method

1. For the marinade, in a large bowl, place the wine, oil, orange zest, sage, garlic, peppercorns, salt, and rosemary. Mix well to combine.
2. Add the shrimp. Cover the bowl with plastic wrap. Marinate in the refrigerator for 2 to 3 hours.
3. Preheat grill to high.
4. Drain the shrimp and pat dry. 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. If necessary, work in batches. Replace the lid. Smoke for 3 minutes.
7. Remove the lid, turn the shrimp, and smoke until the shrimp are cooked through, about 3 minutes. Remove from the heat and 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. In a small bowl, place all the ingredients. Mix well until combined.
2. Cover and refrigerate for at least 1 hour.

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

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

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

Hickory Smoked Chicken Legs with Honey Habañero Glaze
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

MESQUITE SMOKED SHRIMP WITH SAUCE LAMAZE

Yield: 6 portions

Ingredients	Amounts
Wine, white, dry	1 cup
Oil, olive, pure	1/3 cup
Orange, zest, grated	2 Tbsp.
Sage, fresh, minced	2 Tbsp.
Garlic, clove, crushed	2 ea.
Peppercorns, black, crushed	1 Tbsp.
Salt, kosher	1 1/2 tsp.
Rosemary, fresh, minced	1 tsp.
Shrimp, 21/25 ct., peeled, deveined	24 ea.
Oil, vegetable	as needed
Woodchips, mesquite	as needed
Sauce Lamaze (Recipe follows)	1 cup

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 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 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 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	½ cup
Sugar, brown, dark	¼ cup
Sugar, granulated	¼ cup
Cumin, ground	4 ½ Tbsp.
Chili powder	4 ¼ Tbsp.
Pepper, black, ground	2 Tbsp.
Salt, kosher	1 ½ Tbsp.
Beef, brisket, trimmed, 8 lb.	1 ea.
Texas-Style BBQ Sauce (Recipe follows)	3 cups

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 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.
Chile, 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, med. 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, Roma (plum), 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, removing any stones. Rinse well. Soak overnight in the water. 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: To quick soak the beans, in a medium pot, place the beans and water. Bring them to a boil. Remove the pot from the heat. Let them soak in the warm water for 1 hour. Drain.

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	½ tsp.
Butter, unsalted, 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, 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 butter keeps 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, unsalted, softened	1 cup
Scallion (Green onion), minced	1/3 cup
Garlic, minced	1/4 tsp.
Parsley, flat-leaf, fresh, chopped	1 1/2 tsp.
Soy sauce	1 1/2 tsp.
Lemon, juice, fresh	1 1/2 tsp.

Method

In the bowl of a stand mixer fitted with a paddle attachment, place all the ingredients. Whip until very smooth but not melting.

LIME CHILI BUTTER

Yield: 1 cup

Ingredients	Amounts
Butter, unsalted, softened	1 cup
Lime, juice, fresh	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	¼ tsp.
Garlic, powder	⅛ tsp.
Onion, powder	⅛ tsp.

Method

In the bowl of a stand mixer fitted with a paddle attachment, place all the ingredients. Whip until very smooth but not melting.

PEAR SKILLET CAKE

Yield: 12 portions

Ingredients	Amounts
Walnuts, halved	2 cups
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

Method

1. Preheat a gas grill to medium-high, leaving 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 grate.
2. Heat a dry, medium skillet over medium heat. Place the walnuts in a single layer. Toast, stirring often, until golden and aromatic, 3 to 8 minutes. Transfer to a plate. Cool. Reserve.
3. Sift together the flour, baking powder, baking soda, salt, ginger, cinnamon, nutmeg, mace, and allspice into a medium-sized bowl. Set aside.
4. Grate 1 of the pears. In a small bowl, combine the grated pear, the egg yolks, molasses, and honey. 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.
5. In a large bowl, whip the egg whites until stiff peaks form. Fold into the batter.
6. 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.
7. Thinly slice the remaining pear. Arrange the pear slices in the skillet in a spiral shape.
8. Pour the batter over the pears in the skillet. 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.
9. Cool for 10 minutes. Turn it out onto a cake plate. Garnish with the toasted 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, fresh, 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 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.
Woodchips, hickory	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
Chile, 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.
9. 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 the remaining BBQ sauce on the side.

Source: Adapted from Food Network

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.

MACARONI AND CHEESE WITH BACON

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, slab, smoked	1 lb.
Pasta, penne, dried	1 lb.
Béchamel Sauce (Recipe follows)	1 ½ pt.
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
Pork, 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	¾ cup
(Recipe follows)	

Method

1. Preheat the oven to 400°F.
2. Lay the bacon strips on a sheet tray 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 sheet tray. 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, fresh, finely snipped	2 Tbsp.
Vinegar, wine, red	1 Tbsp.
Old Bay seasoning	⅛ tsp.
Worcestershire sauce	⅛ tsp.
Tabasco sauce	⅛ tsp.
Lemon, juice, fresh	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.

SMOKED CHICKEN LEGS WITH HONEY HABAÑERO GLAZE

Yield: 12 portions

Ingredients	Amounts
Wood chips, hickory	½ lb.
Water	½ gal.
Salt, kosher	½ cup
Sugar, brown	½ cup.
Allspice, whole	2 Tbsp.
Pepper, black, whole	1 Tbsp.
Garlic, whole, peeled	5 ea.
Thyme, bunch, fresh	½ ea.
Chicken, thigh, bone in, trimmed	12 ea.
Oil, canola	2 Tbsp.
Onion, yellow, small diced	½ cup
Pepper, red, small diced	½ cup
Vinegar, wine, red	½ cup
Pepper, bell, yellow, roasted, diced	1 ea.
Chile, habañoero, seeded, diced	1 ea.
Honey	1 cup
Stock, chicken	1 cup

Method

1. In a medium bowl of water, soak the wood chips.
2. For the brine, combine the water, salt, brown sugar, allspice, pepper, garlic, and thyme. Mix to combine. Bring it to a boil. Remove from the heat and cool.
3. Add the chicken thighs so that they are completely submerged. Brine for 12 to 24 hours.
4. Remove the chicken thighs from the brine, pat dry, and place on a sheet tray. Refrigerate, uncovered for 45 minutes to form a pellicle.
5. For the glaze, heat the oil in sauté pan over medium heat. Add the onions and red peppers. Sweat until the onions are translucent, 5 to 7 minutes.
6. Add the red wine vinegar. Reduce the liquid by half.
7. Add the bell pepper, habañoero, honey, and stock. Bring it to a simmer. Cook for 8 minutes. Purée with an immersion blender until smooth. If too thick, add a little more stock. Cool and reserve.
8. In a smoker, hot smoke the chicken thighs to an internal temperature of 165°F. During the last 10 minutes of smoking, brush the thighs with the reserved glaze.
9. Rest the chicken for 5 minutes. Brush with more glaze.

NORTH CAROLINA PULLED PORK

Yield: 6 portions

Ingredients	Amount
Peppercorns, black, cracked	¼ cup
Paprika, ground	¼ cup
Sugar, turbinado	¼ cup
Salt, kosher	2 Tbsp.
Mustard, dry	2 tsp.
Chile, cayenne, ground	1 tsp.
Pork, Boston butt	4 ½ lb.
Vinegar, cider	2 cups
Peppercorns, black, cracked	3 Tbsp.
Salt, kosher	2 Tbsp.
Worcestershire sauce	1 Tbsp.
Paprika, ground	1 Tbsp.
Chile, 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, in a small bowl, combine the peppercorns, paprika, turbinado, salt, mustard, and cayenne.
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. Let it 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. Let it rest for 20 to 30 minutes. Shred the pork. Serve with the Eastern and Western North Carolina BBQ Sauces.

Note: Brown sugar can be substituted for the turbinado sugar.

Source: Adapted from *Smoke and Spice* by 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

In a small bowl, combine all the ingredients. Mix to combine.

Source: *Smoke and Spice* by 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.
Chile, 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* by Cheryl and Bill Jamison

SWEET CORNBREAD WITH HONEY BUTTER

Yield: 12 muffins

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 oven to 350°F. Grease 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 preheated oven until golden brown. Remove from the oven and 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

¼ 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
Fish, trout, pan-dressed, 10-oz. each	6 ea.
Salt, kosher	1 cup
Sugar, granulated	½ cup
Garlic, powder	1 Tbsp.
Onion, powder	1 tsp.
Pepper, black, ground	1 tsp.
Lemon, zest	2 ea.
Woodchips, pecan	as needed
Apple-Horseradish Cream	1 cup
(Recipe follows)	

Method

1. Lay the trout on a sheet tray 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 ¼ -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	¼ cup
Sour cream	¼ cup
Apple, Granny Smith, peeled, grated	¼ cup
Horseradish	2 Tbsp.
Salt, kosher	¼ 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
Mustard, dry	3 Tbsp.
Sugar, brown	1 ½ Tbsp.
Salt, kosher	2 Tbsp.
Pepper, black, ground	2 tsp.
Paprika	2 tsp.
Chile, cayenne, ground	¼ tsp.
Pork, Boston butt	4 ½ lb.
South Carolina Mustard BBQ Sauce (Recipe follows)	2 ½ cups

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. Let it 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. 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, fresh	¼ 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, fresh, minced	3 Tbsp.
Orange, peeled, segmented	3 ea.
Hazelnut Vinaigrette (Recipe follows)	½ cup
Red pepper flakes	½ tsp.
Olive, green, 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 ⅛-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	¼ cup
Mustard, Dijon	1 Tbsp.
Sugar, granulated	¾ tsp.
Shallot, minced	1 ea.
Oil, olive, pure	¾ cup
Oil, hazelnut	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Chive, fresh, minced	½ Tbsp.
Hazelnuts, toasted, chopped	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

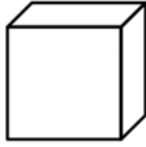
Method

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.

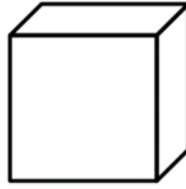
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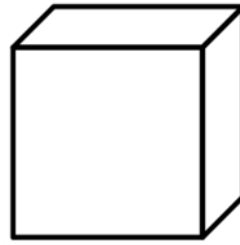
BASIC KNIFE CUTS



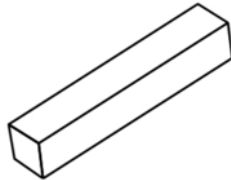
Small Dice
1/4" cube



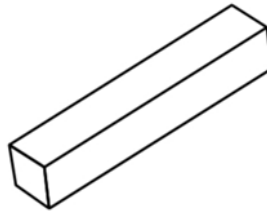
Medium Dice
1/2" cube



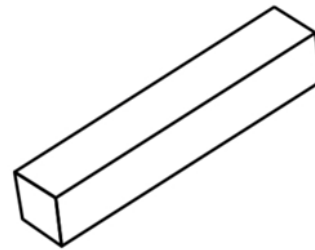
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



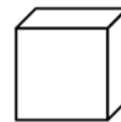
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



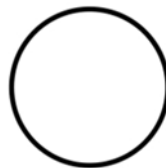
Chop
1/8"-1/4" cube



Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
½ ounce (oz.)	=	14 g
1 ounce	=	28.35 g. (approx. 30 g)
2 ounces	=	56 g. (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (16 oz.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter	=	35 fl. oz. (1 ¾ pt.)

METRIC CONVERSION TABLE

To Change...	To...	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

*Example: 9°F above boiling equals 5°C above boiling.

TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	½	1/16	---	14
6	2	1	⅛	1/16	28
12	4	2	¼	⅛	57
24	8	4	½	¼	113
36	12	6	¾	⅜	170
48	16	8	1	½	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

These materials were developed at the Culinary Institute of America.

Grilling BBQ 3 Day Course Guide v.100

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