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By Tracy Beard

PROVISIONS

ALONG THE TRAIL
& ON YOUR PATIO!

Great Barbecue Recipes

Tracy’s Favorite Spice Rub
This is great on pork, chicken and even some vegetables

- 2 Tbl. chopped fresh rosemary
- 1 tsp. kosher salt
- 3/4 tsp. whole black peppercorns
- Pinch of cayenne pepper
- 1/2 tsp. dry mustard powder
- 1/2 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1/8 tsp. fresh thyme
- 1/4 tsp. fresh chives

Combine all ingredients in a spice mill; do not use the same one you use for grinding coffee.

- Tracy’s Spicy Peach BBQ Sauce**
- 1 ½ medium onions - chopped
 - 1 ½ cloves of garlic - minced
 - 2 Tbl. vegetable oil
 - 1 ½ Tbl. tomato paste
 - 1 pint peach jam
 - 2 Tbl. molasses
 - ¾ Tbl. dry mustard
 - 10 ounces of your favorite bottled BBQ sauce
 - 2 Tbl. yellow mustard
 - 2 ounces Catalina dressing
 - 2 Tbl. ketchup
 - 1 Tbl. cider vinegar
 - 1 or 2 habanero peppers
 - 1/2 tsp. Tobasco sauce

In a large saucepot, sautee the onions in the oil. Once translucent, add the garlic and cook for one minute. Poke a toothpick in the habaneros. Add all remaining ingredients into the pot and cook on low for 20 to 30 minutes until the flavors are married—taste for spiciness. Remove peppers and serve over grilled chicken or pork.

Vancouver, Wash. resident Tracy Beard writes about luxury and adventure travel, traditional and trendy fine dining and libations for regional, national and international magazines. She is CRR’s “Out & About” columnist, now in her sixth year.



- Mojitos for the Masses**
- 2 (64-ounce) pitchers
 - 4 large bunches of mint - rinsed
 - 30 limes
 - 40 ounces silver rum
 - 16 ounces mint simple syrup (2 cups water to 1 cup sugar)
 - 32 ounces Sprite
 - Ice in a bucket

Make the mint simple syrup with 2 cups water and 1 cup granular sugar. Heat over the stove until sugar dissolves. Add 2 bunches of mint while the syrup is still hot and let steep until cooled. Remove mint and discard.

Wash limes and cut into quarters. In a large bowl, muddle the limes. Pour half the lime juice and 8–12 pieces of lime into each of the two pitchers. Pour 20 ounces of silver rum and 8 ounces of mint simple syrup into each pitcher. Taste and make adjustments if necessary.

Muddle the remaining 2 bunches of mint in the bowl and split between the two pitchers. Stir. Add 16 ounces of Sprite to each pitcher when guests arrive. Serve in glasses over ice.

It's Time to Barbecue!

Fire up the grill and gather your friends, family, neighbors ... or ALL of the above

Story & photos by Tracy Beard

Barbecue in America is almost as famous as apple pie and dates back well before the 1500s. Barbecuing is a competitive activity, often the cause for serious debate amongst barbecue enthusiasts and foodies around the country and even the world. Whether you are a professional chef, novice or amateur cook, it's a great time to break out the grill and work on your outdoor cooking and entertaining skills.

America's Barbecue History

Indigenous tribes in the Caribbean have cooked meat over an indirect flame using green and seasoned wood for centuries. This combination of timber prevented the meat from burning. The Spanish referred to this way of cooking as *barbacoa*—the first barbecue (BBQ). In 1540, the Spanish explorer Hernando de Soto watched members of the Chickasaw tribe cook pork over the barbacoa near what is now known as Tupelo, Mississippi. Over time this cooking style made its way north to the colonies, where American settlers took the practice west and added various flavors from their European cuisines.

The Great Debate: Is it Barbecue or Not?

The debate about what is authentic barbecue and what is not has no boundaries. Natasha Geiling, the author of *The Evolution of American Barbecue*, July 18, 2013, at Smithsonianmag.com, wrote about North Carolina barbecue purist Jim Villas, the author of *My Pig Beats Your Cow*. Jim argues that authentic barbecue must be pork; the beef-based Barbecue in Texas and the mutton barbecue in Kentucky do not make his list. Jim says, "The original barbecue-ers of the southern colonies depended on the cheap, low-maintenance nature of pig farming. Unlike cows, which required large amounts of feed and enclosed spaces, pigs could be set loose in forests to eat when food supplies were running low. The pigs, left to fend for themselves in the wild, were much leaner upon slaughter, leading Southerners to use the slow-and-low nature of barbecue to tenderize the meat. Their dependence on this cheap food supply eventually became a point of patriotism, and Southerners took great care raising their pigs, refusing to export their meat to the northern states. By this time, the relationship between barbecue and pork had been deeply forged."

Sauces and Rubs

Another debate regarding barbecue pertains to sauces and rubs. In the United States, four traditional styles emerged, originating from the Carolinas, Texas, Memphis, and Kansas City.



Colonial immigrants brought their favorite flavors and spices from overseas. Those with British heritage living in Virginia and North Carolina favored vinegar-based sauces, while Southern Carolina colonists brought their love of mustard-based sauce from France and Germany. The trend moved west, and the German immigrants moving to Texas had large properties to raise cattle, bringing beef into the mix. People moving to Memphis could access a variety of products from the port along the Mississippi River. They developed a sweet, tomato-based sauce using molasses.

Kansas City Barbecue was an offshoot from Memphis. In the early 1900s, Memphis-born Henry Perry moved to Kansas City and opened a barbecue restaurant. He used a sweet and spicy sauce but did not hold to the pork-only barbecue style. Perry used beef and other meats, creating the ultimate combination of East and West (Texas) Barbecue.

The debate continues: What meat can be barbecued, which sauces are appropriate and what equipment qualifies in preparing authentic barbecue? Again, the answer varies depending on who you ask.

As for me, I say use what works for you. Whether you cook on a gas, charcoal, pellet or wood grill, I believe you can make fantastic barbecue. Use the sauce or rubs you like and cook whatever meat or vegetable your family or guests prefer. It is all good, and in the end it is about outdoor cooking using direct and indirect heat to produce delicious dishes.



Food pictured, from top: Grilled steak and veggies, cheeseburger, ready-to-grill cauliflower "steak," pork skewers.



PLANNING YOUR BBQ

Like all dinner parties, it's a good idea to prepare a few things in advance. It doesn't matter whether you choose to have four people, a dozen, or more at your outdoor extravaganza, a little planning goes a long way. Follow these guidelines to ensure a successful dinner.

Select and invite your guests well in advance.

Plan your food and drinks (be sure to have a non-alcohol option).

Shop for ingredients, paper goods and decorations.

Make your sauces or rubs.

Clean and decorate.

Prep and cook as much as you can ahead of time or purchase some pre-made items (condiments, salads, dessert).

Account for marinating time.

Consider dining traffic flow.

Have fun with lighting (tiki torches, accent lights, etc.).

Put out your cooking utensils and serving plates.

Prepare your pitcher cocktail with no ice.

Prepare and heat the grill.

Welcome guests.

Enjoy a cocktail while you BBQ.

Participate in your party.

Barbecue Methods

Direct heat means cooking straight over the heat source or flame; this method will create those beloved grill marks making you appear to be a master griller. Direct heat is great for searing meat and crisping up the skin of fish or chicken. Indirect heat is about cooking in the zone. The food is still on the grill but not in direct contact with the flames. You can wrap things in foil, raise them high above the heat source on a rotisserie or even place them on one side away from the fire; this is the traditional slow-cooking way to barbecue.

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