

Lexington N.C. Pulled Pork Sandwich

Lexington N.C. is well known for its annual barbecue festival and having one of the highest rate of BBQ restaurant per capita. This pulled pork sandwich recipe is typical of the area, basted in barbecue sauce and topped with red slaw.

Serves 10

Ingredients

- 5-6 pounds Boston butt pork roast
- 6 cup hickory wood chips
- 10 large hamburger buns
- Apple juice in a spray bottle
- 1 medium-sized red cabbage, finely shredded
- ½ cup apple cider vinegar
- ½ cup ketchup
- ½ cup sugar
- 1 teaspoon celery seeds
- 1 tablespoon red chili pepper flakes
- 1 teaspoon hot pepper sauce, such as Texas Pete
- Kosher salt and freshly ground pepper

Dry rub

- 2 tablespoons brown sugar
- 2 tablespoons sweet paprika
- 2 tablespoon ground black pepper
- 2 tablespoons sea salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

Barbecue sauce (*yields 1½ cup*)

- 1 cup white vinegar
- ⅓ cup ketchup
- ⅓ cup apple juice
- 2 tablespoons brown sugar
- ½ tablespoon salt
- 1-2 teaspoons crushed red chili pepper
- 1 teaspoon black pepper

Directions

1. To prepare the rub, mix all the ingredients in a mixing bowl, and combine well. Smear the rub all over the pork shoulder, and massage gently. Place the roast in a shallow dish, and cover with plastic wrap. Let it rest in the refrigerator at least 2

hours and up to 12 hours. Let the pork roast rest at room temperature about 45 minutes before starting to cook it.

2. If you have a smoker, prepare for smoking and have the heat reach 225°F before cooking the pork. Place the soaked hickory chips in the smoker's box. Make sure the grates are clean and oil them with vegetable oil. Place a dripping pan below where the pork will be cooked to collect dripping juices. When the smoke starts, place the pork butt on the grill. Cook for about 4–6 hours, with the cover down, until the internal temperature reaches 190°F on a meat thermometer. To keep the pork moist, spray with apple juice every 30 minutes after the first 2 hours of cooking.
3. You can also make this recipe on a regular barbecue. Prepare the charcoal or gas barbecue for indirect heat. Clean and oil the grates. The temperature should be maintained around 225°F. If your barbecue is equipped with a smoking box, fill it with soaked wooden chips. If not, you can prepare a large double layer foil packet with the soaked wooden chips. Perforate the packet several times to let the smoke out. Place the packet below the grill directly above one of the burners. Place a dripping pan where the pork will be cooked. Start the barbecue on high temperature. When the smoke starts, reduce the temperature to low or 225°F, and place the pork on the grill over the dripping pan. Cover and cook for 4-6 hours.
4. Check once an hour, and add fresh coals and wood chips as needed.
5. While the pork is cooking, prepare the red slaw. Add cider vinegar, ketchup, sugar, red pepper chili flakes, celery seeds, and hot sauce to a large mixing bowl. Whisk vigorously until the sugar has dissolved. Add the red cabbage, and mix well. Season with salt and pepper to taste. Cover with a plastic wrap, and let rest in the refrigerator for at least 1 hour before serving.
6. To prepare the barbecue sauce, also known as the Lexington dip, mix all the ingredients in a sauce pan. Bring to a boil on medium-high heat. Reduce heat to low and let simmer 15 minutes. Remove from heat, and set aside for later use.
7. Allow the pork to rest for a few minutes. Place pork on a large cutting board. Use two forks to pull the meat shreds from the roast. The pork can also be chopped.
8. Place the shredded pork in a large roasting pan. Add just enough of the reserved barbecue sauce to obtain a moist texture. Mix well.
9. Add a generous quantity of the pulled pork to toasted hamburger bun, top with red slaw. Serve with your favorite sides and some additional BBQ sauce on the side.

Marinated Rib-Eye Beef Skewers

The marinade used in this recipe, tenderize the rib-eye perfectly.

Serves 4

Ingredients

- 4 rib-eye steaks, 12 ounce each, 1-1½ inch thick, cut into chunks,
- 1 green bell pepper, cut into 4-6 large pieces
- 1 red bell pepper, cut into 4-6 large pieces
- 1 large yellow onion, cut into 8-12 large pieces
- 4-8 cherry tomatoes – 1 for each skewer
- 8 soaked wooden skewers or 4 long metal skewers

Marinade

- 1 tablespoon brown sugar
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons Dijon mustard
- ½ teaspoon dried thyme
- 1 teaspoon dried rosemary
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 minced garlic cloves
- Vegetable oil cooking spray

Directions

1. Combine first nine ingredients in a large, sealable, plastic bag like a zip lock. Add cubed beef and vegetables and coat. Place in refrigerator a minimum of two hours or optimally, overnight. Turn occasionally.
2. Spray the metal skewers with vegetable oil cooking spray. The beef cubes and vegetables will slide easily off the skewer once they are cooked. If you are using wooden skewers, let them soak in water for at least 30 minutes before using them to prevent burning. You can also spray them with cooking oil.
3. Remove the meat and vegetables from the bag, and thread on to skewers, alternating evenly between beef and vegetables. Finish with a cherry tomato.
4. Lightly coat the grate with cooking oil, and start the barbecue on medium-high heat. If you are using charcoals, wait until the coals are evenly white-gray in appearance and there are no more flames.
5. Grill over direct medium-high heat with the barbecue's cover closed for 4-6 minutes, turning over once or twice for medium-rare beef, or until it is cooked to your liking. The internal temperature on a meat thermometer should reach 145°F (medium-rare).

6. Remove the skewers from the heat, place on a plate, and cover lightly with aluminum foil to keep the food warm. Let it rest for 5 minutes before serving.

Southern Slaw

This creamy cabbage slaw has a perfect balance between the sweetness of the dressing and the tart flavor of the cranberries. You'll want to make this again and again.

Serves 8-10 as a side dish

Ingredients

- ½ green cabbage, shredded
- ½ small red cabbage
- 1 carrot, shredded
- ½ cup dry cranberries

For the dressing

- ¼ cup apple cider vinegar
- 2 tablespoons honey
- ¼ cup mayonnaise
- ¼ cup sour cream
- ½ teaspoon celery seeds
- Kosher salt and freshly ground pepper

Directions

1. Whisk all the dressing ingredients in a small bowl. Taste, and adjust seasoning with salt and pepper.
2. In a large salad bowl, add the vegetables. Add the dressing, and stir to coat well. Refrigerate at least 20 minutes before serving.

Quick & Easy Southern Macaroni and Cheese

This comfort food classic is so easy to make and a perfect barbecue side dish. The Velveeta cheese will make for a creamy cheesy sauce. You can give it some zip by adding cayenne pepper.

Ingredients

- 8 ounces dried elbow macaroni (you can also use whole pasta if desired)
- 1/2 cup bread crumbs
- 3/4 cups whole milk
- 1/4 cup all-purpose flour
- 1/4 cup butter, melted
- 1 cup sharp cheddar cheese + 1/2 cup for topping, shredded
- 1 cup Monterey jack cheese, shredded
- 1 cup Velveeta cheese, cut into small cubes
- 1 pinch cayenne pepper (optional)
- 1/2 teaspoon paprika
- Kosher salt and freshly ground pepper
- Butter

Directions

1. Pre-heat the oven to 350°F.
2. Bring large pot of water to boil, add salt and cook pasta according to package instructions. Drain the macaroni in a strainer. Rinse under cold running water and drain to stop the cooking process.
3. Toss bread crumbs and melted butter to coat. Set aside
4. Generously butter a baking dish.
5. In a large mixing bowl, add all the remaining ingredients and mix to combine. Transfer to a casserole baking dish. Top with the buttery bread crumbs and cheddar cheese.
6. Place baking dish on baking sheet. Bake until bubbling, and cheesy top is golden brown, about 40-45 minutes. Let cool 5 minutes before serving.

Soda Cracker Pie

An old recipe from North Carolina, that uses soda crackers in its crust and a sweet peach slices and whipped cream topping.

Serves 8

Ingredients

- 18 soda crackers, also known as saltine crackers
- 1 cup pecans, chopped
- 3 eggs whites
- 1 cup white sugar
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1/8 teaspoon cream of tartar
- 6 ripe peaches, cored, peeled, and sliced
- Whipped cream for topping

Directions

1. Preheat oven to 350°F. Grease a 9 inch pie dish.
2. Place the cracker in a sealable bag. With a roll pin, crush the crackers. Placed the crushed crackers into a large mixing bowl, and add pecans and baking powder. Combine well, and set aside.
3. Place the egg whites into a mixing bowl, and add the cream of tartar. Beat the egg whites on high speed until you get stiff picks. Slowly add the sugar and the vanilla while continuously beating until well combined.
4. Add the egg whites to the dry mixture. Stir with a wooden spoon or spatula just enough to combine.
5. Pour the mixture into the pie dish, and bake 23-25 minutes, until golden. Remove from oven, and let cool on a wired rack.
6. To serve, cut into slices, top with peach slices and whipped cream.

***All these recipes are from David Martin's *Let's Grill: Carolinas' Best BBQ Recipes!* To get yourself a copy of the book, click on the cover or [here](#).

