

Delicious Tennessee Barbecue Recipes

BBQ Chicken Grilled Pizza

Pizza on the grill has a rustic flavor that can't be matched by pizza baked in an oven. The lightly charred crust supports the smoky, rich toppings of this barbecue chicken pizza.

Serves: 4

Ingredients

Dough

- 2¼ teaspoons active dry yeast (or one premeasured commercial package)
- 1½ cups warm water
- 3½ cups all-purpose or bread flour
- 2 teaspoons salt
- 1 teaspoon sugar
- 2 tablespoons olive oil
- 1 teaspoon rosemary
- 1 teaspoon garlic powder

Topping

- 2 cups leftover barbecue chicken, shredded
- 1 cup Classic Memphis BBQ Sauce (see recipe)
- ½ cup red onion, sliced
- ½ cup tomatoes, diced
- ½ red bell pepper, sliced in strips
- ¾ crumbled blue cheese
- 1 cup fresh mozzarella cheese
- ½ cup fresh parmesan cheese
- 1 tablespoon fresh cilantro

Directions

1. To prepare the dough: Place warm water in a medium- to large-sized bowl. Sprinkle the water with the active dry yeast. Let sit for 5 minutes. The yeast should begin to dissolve. Stir lightly.
2. Add the flour, salt, sugar, olive oil, rosemary, and garlic powder. If using a mixer with a dough hook attachment, mix on low speed until dough is elastic, approximately 10 minutes. If you do not have a mixer, mix with hands and then knead until the dough has a smooth, elastic feel.
3. Cover the dough with a damp towel or plastic wrap. Let sit for 1-1½ hours to rise. Keep the dough in a warm, not hot, place.
4. Punch down the dough and remove from the bowl. Divide into two equal portions. Cover the dough while you prepare the grill.
5. To grill the pizza, the grill needs to be very hot. Clean and prepare the grill as usual. Bring the heat up to 400°F to 425°F.
6. Flatten the dough and form it into two round or rectangular pizza crusts.
7. Brush the grill with a little olive oil. Using a large spatula or pizza peel, place the dough on the grill. Sprinkling the dough with a little cornmeal will help prevent sticking.
8. Close the grill and cook the dough for 2-3 minutes. Open the grill, flip the dough, and cook an additional 2-3 minutes on the other side.
9. Remove the dough from the grill and transfer to a heat proof service. Brush the dough with barbecue sauce, then top with chicken, onions, tomatoes, red pepper, cheeses and cilantro. Place the pizza back on the grill and cook for an additional 3-5 minutes, or until dough is thoroughly cooked, slightly brown and the cheese is melted.
10. Remove from heat and let rest 5 minutes before serving.

Pulled Pork Sandwiches

Pulled pork sandwiches are very popular. There is just something remarkable about them when the meat is freshly shredded, straight from the grill. This pork is perfectly seasoned. However, you could use any of the rubs or sauces included in this book instead.

Serves: 4

Ingredients

- 1 lb pork roast
- 1 tablespoon Dijon mustard
- ½ cup apple cider vinegar
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 tablespoon brown sugar
- ¼ teaspoon cayenne powder
- 1 red onion, sliced thinly
- ½ cup white vinegar
- 1 tablespoon white sugar
- 1 teaspoon crushed red pepper flakes
- Sliced pickles
- Tangy coleslaw
- 4 sandwich buns, separated

Directions

1. Begin by cleaning and preparing the grill. Heat grill to maintain a temperature of approximately 275°F.
2. Mix the Dijon mustard and apple cider vinegar. Whisk the mixture thoroughly. Baste the pork roast liberally with the mustard and vinegar mixture.
3. In another bowl, combine the chili powder, paprika, brown sugar, and cayenne powder. Pat the seasoning mixture onto the pork roast.
4. Place roast on the grill, and cook for approximately 5½ to 6 hours, or until meat is thoroughly cooked, about 165°F. Turn roast every 45-60 minutes, seasoning with more rub, if desired.
5. Place onion in a bowl with a mixture of the vinegar, sugar, and red pepper flakes. Stir, cover, and refrigerate until ready to use.
6. Once meat is cooked, remove from heat and allow to rest for 10 minutes before shredding.
7. Place buns on the grill, inside part down. Grill for 3-5 minutes, until toasted.
8. Place shredded pork on buns, top with onions, coleslaw and pickles.

Lazy Memphis Night Meatloaf

Meatloaf doesn't need to be boring, or leave you confined to the house with a hot oven. Grilled meatloaf has a delicious crust that is unrivaled by its oven-baked counterparts.

Serves: 4

Ingredients

- 1 lb ground beef
- ½ lb ground pork
- 1½ cups crushed crackers (saltine or butter crackers work fine)
- ½ cup yellow onion, diced
- ¼ cup celery diced
- ¼ cup red bell pepper, diced
- 1 egg
- 2 tablespoons milk
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon brown sugar
- 1 teaspoon thyme
- ¼ teaspoon cayenne powder
- ½ cup Whistlin' Whiskey Grilling Sauce

Directions

1. Clean and prepare grill. Heat grill to approximately 300°F.
In a large bowl, combine the beef, pork, crackers, onion, celery, and red pepper. Mix thoroughly.
Add in the egg, milk, paprika, garlic powder, brown sugar, thyme, and cayenne powder. Mix well.
Place the meatloaf mixture onto a large piece of foil. Form a loaf in the center using your hands. Brush with Whistlin' Whiskey Grilling Sauce, if desired.
2. Roll the sides of the foil up around the meatloaf to form a sort of a pan. Do not completely cover the top of the meatloaf.
3. Place the meatloaf in the foil onto the grill. Cook for 1-1½ hours, or until a meat thermometer inserted into the center reads 160°F.
Remove from heat and let rest 10 minutes before serving. Serve with extra sauce if desired.

Whistlin' Whiskey Grilling Sauce

Besides the world famous barbecue, Tennessee is also known for its spirits. A little bit of whiskey adds a unique flavor and regional flair to this sauce.

Yields approximately 2-2 ½ cups

Ingredients

- 2 tablespoons olive oil
- 1 teaspoon fresh grated ginger
- 3 cloves garlic, crushed and minced
- ½ cup sweet onion, finely diced
- ½ cup brown sugar, packed
- 2 tablespoons molasses
- 1 cup ketchup
- ¼ cup tomato paste
- ⅓ cup apple cider vinegar
- ½ cup whiskey
- 2 tablespoons orange juice
- 1 teaspoon celery salt
- 1 teaspoon white pepper
- ½ teaspoon cumin

Directions

1. In a medium-sized saucepan, heat olive oil over medium heat.
2. Add the grated ginger, garlic, and onion. Sauté until tender and fragrant, approximately 2 minutes.
3. Add the brown sugar, molasses, ketchup, tomato paste, apple cider vinegar, whiskey and orange juice. Continue to heat over medium while whisking until sugar is well dissolved.
4. Bring mixture to a boil. Continue to boil one minute, stirring constantly.
5. Reduce heat to simmer. Add celery salt, white pepper, and cumin. Let the sauce simmer for approximately 20 minutes, stirring occasionally.
6. Remove from heat and let cool slightly before using, or transfer to a covered jar and store in the refrigerator.

Maple Grilled Salmon

Salmon hold up to the smoking and heat of the grill perfectly. The sweet maple flavor mingled with a little bit of heat and smoke pair with the salmon perfectly.

Serves: 4-6

Ingredients

- 2 lb salmon fillets
- ¾ cup maple syrup
- ¼ cup brown sugar
- ½ cup orange juice
- ¼ cup apple cider vinegar
- 1 tablespoon Dijon mustard
- 2 cloves garlic, crushed and minced
- 1 teaspoon red pepper flakes
- 1 teaspoon rosemary
- 1 teaspoon salt
- 1 teaspoon ground peppercorns
- 1 tablespoon olive oil
- Lemon slices and fresh thyme for serving

Directions

1. In a saucepan, combine the maple syrup, brown sugar, orange juice, and apple cider vinegar. Heat over low, stirring until brown sugar is completely dissolved.
2. Add in the Dijon mustard, garlic, rosemary, salt, and peppercorns. Continue to heat on low for 2 minutes, stirring constantly. Remove from heat and let cool.
3. Portion the salmon. Place salmon fillets in a large baking dish and cover with marinade. Cover and refrigerate for at least two hours.
4. Prepare and clean the grill. Bring the heat to approximately 275°F.
5. Remove the salmon from the marinade and discard excess liquid.
6. Lightly oil the grill grates with the olive oil.
7. Place salmon on the grill, cover and cook for approximately 40-50 minutes, or until salmon is pink, flaky, and cooked all the way through. Turn 4 times during the cooking process so all faces of each fillet get grilling marks.
8. Remove from heat and allow to rest for 5 minutes before serving. Serve with lemon slices and sprinkle with fresh thyme.

Tennessee BBQ Corn

Corn prepared on the grill has a smoky sweetness that is irresistible. This recipe adds a regional kick with the addition of a little spice. Open the foil packets tableside and savor the fragrant steam as it escapes.

Serves: 6

Ingredients

6 ears fresh corn, cleaned
6 tablespoons butter (salted or unsalted)
2 teaspoons honey
1 teaspoon salt
1 teaspoon fresh thyme
2 large rosemary sprigs, broken into six pieces
1 medium Anaheim pepper, seeded and sliced into 6 strips
Butter and red pepper flakes for serving

Directions

1. Prepare your grill by cleaning and bringing the heat to approximately 350°F.
2. Mix the butter and honey together until creamy.
3. Place each ear of corn on a piece of aluminum foil large enough to wrap it.
4. Sprinkle each ear with equal amounts of salt and thyme.
5. Place one tablespoon of the butter mixture onto each ear of corn. Top the butter with one strip of Anaheim pepper.
6. Bring the aluminum foil up around the corn and wrap, securing any openings by folding or pinching the foil.
7. Place the corn onto the grill and cook for 15-20 minutes, turning at least twice.
8. Place corn on plate and open foil to release steam. Serve with butter and sprinkle to taste with red pepper flakes

Mud Pie

One of the most decadent of “Southern” desserts, Mud Pie is the perfect rich, creamy, chocolate ending to your meal.

Serves: 8

Ingredients

Crust

- 2 cups chocolate graham crackers, crushed
- ½ cup pecans, finely chopped
- 1 teaspoon cinnamon
- ¼ cup butter, melted

Filling

- ½ cup unsalted butter
- ½ chocolate chips
- 1 tablespoon cocoa powder
- 2 tablespoons all-purpose flour
- 1 cup white sugar
- 2 tablespoons corn syrup
- 2 tablespoons brewed espresso
- 1 teaspoon pure vanilla extract
- ¼ teaspoon salt
- 3 large eggs
- Whipped topping
- Chocolate shavings

Directions

1. Preheat oven to 375°F.
2. Combine all of the ingredients for the crust in a food processor. Pulse until finely ground. Press into the bottom and sides of a standard-sized pie dish. Place in the oven and bake for approximately 10-15 minutes. Remove from heat and let cool completely.
3. Reduce oven temperature to 350°F.
4. Place butter, chocolate chips, and cocoa powder in a large saucepan. Heat over low until butter and chocolate is melted. Remove from heat.
5. Stir in flour, sugar, espresso, vanilla extract, and salt. Stir until well blended. Add eggs, one at a time, blending well between additions.
6. Pour mixture into pie crust. Place in the oven and bake until firmly set, approximately 30 minutes.
7. Let cool completely. Top with whipped topping and chocolate shavings. Serve well chilled.

***These recipes and more are found in David Martin's *Let's Grill Tennessee's Best BBQ Recipes: World Famous Memphis BBQ*. To get your copy, click on the cover and click [here](#).

