

Delicious Carolina BBQ Recipes!

Sweet Southern Smoked Ribs

You can't go wrong serving these sweet and tasty sticky-finger-licking-good baby back ribs at your next backyard gathering!

Servings: 6 half racks ribs

Ingredients

- 10-12 pounds baby back pork ribs, about 3 full racks, trimmed and membrane removed
- 2 cups apple juice plus some more for spraying
- Juice of 1 lemon
- 6 cups apple tree woodchips, soaked in cold water at least 1 hour before using

Dry rub

- 2 tablespoons chili powder
- 2 tablespoons seasoned salt
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 1 tablespoon onion powder
- 1 tablespoon dry mustard
- 1 tablespoon ground cumin
- ½ tablespoon dried oregano
- ½ tablespoon ground white pepper
- ½ tablespoon ground black pepper
- 1 teaspoon cayenne pepper, more if you like it very spicy

BBQ sauce

- ½ cup apple juice
- ¼ cup brown sugar
- ¾ -1 cup BBQ sauce

Directions

1. Trim the ribs by removing excess fat and removing membrane before placing the rib racks in a shallow dish, or cut them in half and place them in sealable plastic bag such as a zip lock. Add apple juice and lemon just. Place in the refrigerator, and let them marinate at least 3 hours.
2. In the meantime, prepare the rub. If you have a spice grinder, you can use it to make the rub finer, and it will stick better to the ribs when they are cooking and when you start adding the glazing BBQ sauce. Combine well all the rub ingredients in a mixing bowl.
3. Remove the pork ribs from the brine, and pat dry with kitchen paper towels. Coat ribs generously with the dry rub on all sides. Wrap in plastic wrap. Place in refrigerator for at least 4 to 12 hours. I typically prepare my ribs by trimming, removing the membrane, and cutting into portion (half a rack per person) in the early afternoon to brine them with the apple and lemon juices mixture. Later the same evening, I prepare and coat with them with the dry rub so that the ribs can rest overnight to absorb all the flavors.
4. Let the ribs rest at room temperature at least 30-45 minutes before cooking them. In the meantime, prepare the smoker by filling the smoker box with the soaked apple tree wood chips. Start the smoker, and bring its temperature to 225°F. Smoke should start before you start cooking.
5. Put some apple juice in a spray bottle. After about 2 hours, the smoke should fade, and you can start spraying the ribs every 20-30 minutes to keep them moist.
6. When ready, place ribs on the wire racks, bone side down in the smoker's middle wired racks. Place a drip pan just below the ribs to collect the pork's drippings. Smoke for 4 to 4½ hours, checking regularly if you need to add wooden chips to the box (after about 45 minutes into the cooking process, you'll have to add about 1 cup). Make sure that your smoker temperature

remains constant at 225 °F. Cook ribs until meat “shrinks” from bone. The ribs are ready when the meat starts to fall off the bone when you pinch it with your fingers.

7. 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 ribs will be cooked. Ignite the barbecue on high temperature. When the smoke starts, reduce the temperature to low or 225°F, and place the ribs, bone side down, away from the heat on the grill.
8. While the ribs are cooking, prepare the glazing sauce by combining the brown sugar, the BBQ sauce of your choice, and apple juice. Brush ribs with the sauce three or four times in the last 60 minutes of cooking to glaze.
9. When all cooked, remove the ribs from the smoker and place onto a cutting board, cover with foil, and let rest for 10-15 minutes before serving. Just before serving, brush the ribs with the BBQ sauce. Serve with your favorite sides like hush puppies and corn on the cob.

Tip: if you see that the ribs are starting to dry up before they are cooked, even after spraying with the apple juice, cover them with aluminum foil and continue cooking. It will prevent them burning and keep them moist.

Smoked Pulled Beef for Sandwiches

For all the beef lovers, this pulled beef sandwich will make you believe you're in heaven.

Servings: 6-8

Ingredients

- 1 beef chuck roast, 4 pounds
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 6 large Kaiser buns
- Barbecue sauce
- 6 cups Hickory wood chips, soaked at least 30-45 minutes before using

Marinade

- 2 tablespoons Worcestershire sauce
- ½ can Cola soda such as Coca Cola
- ⅛ cup Pepper and Vinegar BBQ Sauce
- 1½ cups apple cider vinegar
- 2 tablespoons sugar
- 1 tablespoon salt
- 1 teaspoon hot sauce like Texas Pete or Tabasco
- 2 teaspoons ground black pepper
- 2 teaspoons crushed red pepper, more if you like spicier

Directions

1. Combine Worcestershire sauce, prepared Pepper and Vinegar BBQ Sauce, and Cola to create the marinade. Place in a sealable bag. Add beef, and let stand in the refrigerator for at least 2 hours or ideally overnight. Remove beef from the marinade and pat dry. Let it stand at room temperature for at least 15-20 minutes before cooking. Save remaining marinade for later use.
2. Sprinkle salt, pepper, onion and garlic powder on both sides of roast.
3. In the meantime, prepare smoker. Clean and oil the grates. Prepare the smoker box with the hickory wood chips and set temperature to 225°F. Place the meat on the middle rack and cook for 2 hours.
4. You can also cook with indirect heat in a covered barbecue for two hours*. Place the beef on the grill away from the heat when the smoke starts.
5. After 2 hours, place the beef in a pan, add the remaining marinade and cover in tin foil.
6. Continue cooking for 2-4 hours until roast is easily shredded with a fork.
7. Remove from heat, and let stand 30 minutes. Pull apart with two forks.
8. To serve, place some of the meat on a bun, add some of your favorite Carolina barbecue sauces, top with coleslaw or caramelized onions.

Carolina's Smoked Half Chicken

The chicken will be moist and juicy. By smoking it only in the first half-hour of the cooking process, it gives it just enough of a smoke taste in every bite. The use of a sweet wood like apple tree is perfect for the delicate taste of chicken.

Serves 2-4

Ingredients

- 1 whole chicken, halved
- 4 cups apple tree wooden chips

Mop - Makes about half a quart (2 cups)

- 2 cups apple cider vinegar
- 1 lemon, juiced, retain lemon
- 1 teaspoon ground thyme
- 1/2 teaspoon ground sage
- 5 bay leaves
- 1 teaspoon red pepper flakes
- 2 teaspoons brown sugar
- 1/2 teaspoon black pepper
- 1/2 teaspoon kosher salt

Rub

- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/4 teaspoon cayenne pepper
- 1 teaspoon black pepper
- 1 teaspoon garlic salt
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon crushed red pepper flakes
- 2 tablespoons sugar

Directions

1. To prepare the mop, combine all ingredients, including the whole lemon in a saucepan. Cover and bring to a boil over medium heat. Remove from heat, and stir in sugar until dissolved. Allow to cool. Strain out lemon and bay leaves. Store in an airtight container in refrigerator. It will keep for up to 2 months. Use as a basting mop while cooking.
2. To prepare the rub, mix all the ingredients together in medium-sized bowl. Rub seasonings over both halves of chicken. Cover in plastic wrap and refrigerate for 1 hour.
3. Soak woodchips in water for 30 minutes. Drain.
4. Make sure the grill is clean. Brush it with vegetable oil. If your barbecue is equipped with a smoking box, fill it with some 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. The smoke should last for about 30 minutes. Place a dripping pan where the chicken will be cooked.
5. Ignite the barbecue on high temperature. When the smoke starts, reduce heat to 275°F, and place the chicken directly on the grill, meat side down. Cook with the cover closed for 1h30 minutes. Cover. After 30 minutes, turn chicken over and start mopping every 20 minutes to keep it moist. The chicken is fully cooked when the juices near bone run clear after poking it with a fork or pointy knife.
6. Let the chicken rest 10-15 minutes covered with aluminum foil before cutting. Serve with your 2 favorite side dishes like coleslaw and baked beans.

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.

Southern Cast Iron Skillet Corn Bread

A Southern classic that is so simple to make and tasty that it goes well with any barbecue main dishes.

Servings 8

Ingredients

- ¼ cup shortening
- 1 teaspoon kosher salt
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 2 cups buttermilk
- 1½ cup yellow cornmeal
- ¼ cup all purposed flour
- 1 large egg, lightly beaten
- 2 tablespoons liquid honey

Directions

1. Preheat oven to 425°F. Add the shortening to a large (9- or 10-inch) cast-iron skillet, and place in the oven. After the shortening has melted, about 10 minutes, remove from oven, and swirl the melted fat around so it covers well the cast iron skillet. Drop the excess shortening into a medium-sized mixing bowl. Let cool down a bit and reserve.
2. In the meantime, whisk, in a large-sized mixing bowl, flour, baking soda, cornmeal, baking powder, and salt. Add the buttermilk, egg, and ¼ cup oil to the bowl to the melted shortening. Whisk and combine well. Add the wet mixture to the dry one, and mix until well combined.
3. Add the batter to the iron cast skillet, and smooth the top with a spatula. Bake until golden brown, about 25 minutes. Drizzle the top with the honey and let cool before cutting into 8 wedges. Serve warm with whipped butter on the side.

Skillet-Cooked Mixed-Berry Slump

This is a quick and easy dessert to make that everyone loves.

Servings: 6

Ingredients

Berry sauce

- 1 tablespoon fresh lime juice
- 1 teaspoon lime zest
- 2 tablespoons water
- 4 cups fresh small mixed berries (you can also use frozen berries)
- ¼ cup granulated white sugar

Dough

- 1 cup all-purpose flour
- ⅔ cup low-fat buttermilk
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- 2 tablespoons granulated white sugar
- 2 tablespoons butter, melted

Topping

- ¼ teaspoon ground cinnamon mixed with 2 teaspoons white granulated sugar
- Vanilla ice cream or whipped cream

Directions

1. To make the berry sauce, combine ¼ cup sugar, water, berries, lime zest, and the lime juice in a large cast-iron skillet. Bring to a boil over medium-high heat. Reduce heat to medium-low, and let simmer the berry sauce until it thickens, about 8 to 10 minutes.
2. While the berries are simmering, prepare the dough. In a mixing bowl, combine the baking soda, baking powder, flour, and 2 tablespoons of sugar. Add the melted butter and the buttermilk. Stir until a soft dough forms.
3. Add the 6 spoonfuls of the dough over the berries and sprinkle the cinnamon-sugar mix over the dough.
4. Let the slump cake simmer on medium low heat, uncovered, until the dough is cooked through and is golden-brown, about 18-20 minutes.
5. Let it cool a few minutes before serving with vanilla ice cream or whipped cream.

***These recipes and more can be found in David Martin's *Let's Grill: Carolinas' Best BBQ Recipes*. To get your own copy, click on the cover or click [here](#).

