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Summer Cooking

BBQ Sauces

Tradenames

BBQ Sauces

Summer means cookouts, camping and BBQ. Here are some sources of inspiration for your barbecue.
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Texas-Style Barbecue

Here's a generic Texas recipe:

1/4 cup Salad oil

2 tablespoons Soy sauce

1/4 cup Bourbon, sherry, or wine

1 tablespoon Garlic powder

1 Pepper, freshly ground

Dash of cilantro

Makes 4 Servings

Instructions:

Combine all ingredients, mix until combined.

Cover the meat to be cooked with the sauce. The meat should be totally covered.

Place in refrigerator. Marinate in refrigerator for 3-4 hours.

Savory Barbecue Sauce

Ingredients:

12 paste tomatoes, seeded

1/2 cup honey

1 medium onion, chopped

2 cloves garlic, crushed

1 cup water

Jalapeno peppers to taste, sliced (optional)

Dash Tabasco brand sauce (optional)

Preheat oven to 300o. Mix ingredients except for Jalapenos in a blender. Add jalapenos to taste. If desired add a dash of Tabasco.

Pork BBQ sauce

16 oz tomato sauce

2 tablespoon brown sugar

1/4 cup vinegar

2 tablespoons Worcestershire Sauce

1 teaspoon salt

1 tablespoon paprika

1 teaspoon dry mustard

1 teaspoon chili powder

2 tablespoon chopped green onion tops

1/8 teaspoon cayenne pepper

Optional: 1 teaspoon anchovy paste

Yield: 3 servings

Simmer 15 minutes, stirring occasionally. Serve hot.

Plano Barbecue Sauce

2 cups tomato catsup

2 tablespoon wine vinegar

2 tablespoon soy sauce

1 tablespoon brown sugar

1 dash of Tabasco brand sauce

Makes 5 Servings

Combine ingredients in a saucepan. Bring to a boil over moderate heat, stirring constantly. Reduce heat and simmer for 10 minutes. Serve hot or cold.

Whiskey Barbecue Sauce

1/2 large onion, minced
4 cloves garlic, minced
3/4 cup whiskey
2 cups ketchup
1/3 cup vinegar
1/4 cup Worcestershire sauce
up to 1/3 teaspoon Tabasco brand sauce
3/4 cup molasses
1/2 teaspoon black pepper
1/2 tablespoon salt
1/4 cup tomato paste
2 tablespoon liquid smoke
1/2 cup packed brown sugar
1/8 cup orange juice (optional)

Combine onion, garlic, and whiskey in a large saucepan. Sauté until onion and garlic are clear (8-10 minutes).

Remove from heat and light mixture; flame for 20 seconds. Add all remaining ingredients, bringing to a boil.

Simmer 20 minutes, stirring constantly. Strain sauce to remove onion and garlic bits if you prefer a smoother sauce.

Refrigerate overnight before using.

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Garlic BBQ Sauce

1 16 oz can of no-salt tomato sauce
1 4 oz can of sliced mushrooms
2 tablespoons honey (optional substitution, molasses)
generous amount of chopped garlic (5-6 cloves)
1 teaspoon chili powder
1 tablespoon basil
1 tablespoon oregano
1 teaspoon cilantro

Mix well and add to meat or baked chicken before cooking.

Lemon-Line BBQ marinade

1/4 cup lemon juice (freshly squeezed)

Juice of three large limes

1 tablespoon soy sauce

1 teaspoon red wine vinegar

1/2 cup cilantro, chopped

2 cloves garlic, chopped

1/4 teaspoon salt

White pepper to taste

1 kiwi fruit well mashed

Combine ingredients and the marinade for at least an hour in refrigerator.

Very Crazy Chicken Marinade

2 cups water

4 teaspoon salt

2 teaspoons pepper

1 clove garlic, minced

1 teaspoon yellow food coloring

juice of one lemon with some zest

1 teaspoon paprika

Mix ingredients well and marinate chicken halves or quarters for at least 2 hours or overnight in refrigerator. Grill over direct heat for one hour or until skin is golden brown.

Spicy and Hot BBQ Sauce

Use this sauce for dipping.

2 tablespoons Oil

2 large garlic cloves, minced

1 cup Ketchup

1/3 cup red wine vinegar

1 medium onion, chopped

1 cup dry red wine

1 teaspoon Worcestershire sauce

2 tablespoon Hoisin sauce

1 Tablespoons Hot Chili Paste

Fresh Lemon juice to taste

Salt and Pepper to taste

In medium saucepan, heat the oil and sauté the garlic until clear. Add the ketchup, vinegar, onion, red wine, Worcestershire sauce, Hoisin sauce and Chili Paste to the sauce. Add lemon juice, salt and pepper to taste. Then,

place the saucepan over low heat, cover, and let the sauce simmer for 1 to 2 hours to develop the flavors, stirring occasionally.

World's easiest sauce

1 cup ketchup

½ to 1 teaspoon of chopped horseradish

Mix ingredients together. Liberally brush onto meat, chicken, vegetables in the final 5 minutes of cooking.

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Standard American BBQ

Variations on this theme appear in many cook books, Internet sites and recipe collections.

3 tablespoons vegetable oil

1 chopped onion

2 cloves of garlic, minced

1 ¼ cup of ketchup

½ cup of vinegar

½ cup Worcestershire sauce

1/3 cup brown sugar

2 teaspoons of chili powder

¼ teaspoon cayenne pepper

Optional goodies:

1 teaspoon of lemon juice

dash salt

¼ teaspoon of horseradish

¼ teaspoon of the hottest available mayonnaise

½ cup of finely ground mushrooms (Chanterelles work wonderfully)

In a saucepan, cook onions and garlic until clear (use as much of the oil required to coat the pan. Add all other ingredients and let the mixture simmer for 30 minutes. Brush on in the last 5-10 minutes of cooking.

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