

Welcome to the next edition of our newsletter! Each issue, we will bring you helpful grilling hints, tips, and suggestions, as well as grilling recipes to help make your backyard cookout a delicious success!

Thank you for your interest and being a customer of The Backyard BBQ Grill Company!

Steve and Kelley Adams and family

Buying a new grill

This issue, we will continue our series on helpful tips when buying a new grill. See our last newsletter for when the discussion started.

Cooking grids/racks

There are several different types of cooking grids and racks; they have two purposes, in my opinion... They need to stabilize the food a consistent distance from the heat source, and enhance the grilled foods' eye appeal by imparting appetizing grill marks. They are made of different kinds of metals, including chrome coated steel and alloys; stainless steel, cast iron, and porcelain coated cast iron. Pricewise, chrome coated steel and alloys tend to be the cheapest; and are found on the least expensive grills. Cast iron grids are more costly, and are found on the best grills. Stainless grids are somewhere in the middle, price wise. The chrome grids will rust out the quickest, too; the others will last longer. I like the coated cast iron for the ability to hold heat, make nice grill marks, and longevity. If they aren't coated with porcelain, you'll need to be sure and season them just like a cast iron skillet, to avoid rust. Get cast iron if you can afford it!

Side burners

A lot of grills offer these; few people use them in actual practice. If you want one to heat up a pot of beans, so be it. They are also handy if you have a power outage at home; you'll always have a place to cook!

Rotisseries

Same as side burners; a lot of people have them; few use them regularly. I'm one of those folks who like the idea, and I've owned them, but wasn't that successful cooking on it. It always seemed like a hassle, and my results were somewhat spotty. I clean a lot of grills that have them; like side burners, few people use them.

Ceramic lava rocks vs. flavorizer bars and heat plates.

Older model gas grills used the lava rocks; the idea was sound at the time; but they are messy, dirty, and accumulate a lot of carbon. I always chuckle at guys (and they are always men) who don't want their grill cleaned because the buildup imparts "flavor"; well if you like dirt flavored food, have at it. Flavorizer bars and heat plates are cleaner, more sanitary, and easier to replace. They also help protect your expensive burners from grease and sauce drippings, extending their service life. Rocks degrade over time, and actually can clog up your burners. The best quality bars and plates are made of heavy gauge stainless steel; keep them clean, and you'll enjoy years of service.

Thanks for reading! See you next issue!

“Competition BBQ” Pulled Pork

Another one of my signature recipes, and my wife's favorite. Seems hard at first, but actually, very easy, and quite forgiving and flexible. My brother and I developed this simple recipe as part of our barbecue cooking team, The Backyard BBQ Brothers. We have won several 1st place awards with this recipe since 2004, and now the secrets can be yours.....it really is easy, but does take time. Try this on your next cookout; you'll be pleased.

The meat

Only one choice—pork butt roast. We are blessed in St Louis, as this is the mother cut from which that local favorite pork steaks from from. You can get this at any local market; you make just have to order a day ahead., It's also one of the more economical bbq meats; this summer, prices should still be less than \$2 per pound, and often you can get it on sale for much less. You are looking for a whole bone in pork butt; it will average 5-6 pounds, and serve 8-10 people, depending how hungry they are.

The prep

Unwrap the meat, and you'll usually find a pretty good thickness of fat cap on one side. If it's over about a quarter inch to half thick, trim it down just a bit to that depth, avoiding cutting into the meat,. Beyond that, no prep is needed.

The seasoning

Use a rub just like in last issues' newsletter; ; we use a mixture of salt, pepper, paprika, brown sugar, garlic powder, onion powder, cumin, chili powder, all to taste. You can mix your own, or buy a commercial blend or seasoning salt at the market, whatever you prefer. Sprinkle it generously on the meat, all sides, and rub it in with your hands. You may find it helpful to put the roast on a cookie sheet to lessen the mess.

The cooking

It's true that the best pulled pork is cooked over wood or charcoal, but this method adapts well to gas. It take a bit of adjustment, however. Set up the grill for indirect heat. Place a disposable foil drip pan underneath the center of the cooking grids, and leave the center burner off. Use either the front and back, or left and right burners to create heat from the sides, but not directly underneath the roast, so as not to burn it. Add a couple cups of water, beer, apple juice, or a mixture of all three, to the drip pan. That will keep the humidity level up in the grill, and prevent the drippings from burning. You should preheat your grill to medium low, about 250-275 degrees. Make sure you've got plenty of gas, as this method is going to take about 6 hours of cooking time. Place the roast over the drip pan, not directly over the heat. Add some soaked hickory wood chips to your smoker box, if you have one. Cover the grill and cook for about 3-4 hours, rotating the roast occasionally for even cooking. Replenish the chips as needed. Remember, this is barbecuing, not direct grilling, it's going to take a while. Do **not** add sauce.

After a couple hours, your roast should take on a nice brownish red appearance from the rub and the cooking. Carefully remove the roast from the grill, and wrap it in heavy duty foil. (many competition pitmasters and restaurants use this trick) Return the roast to the grill, recover, and cook for an additional 1-2 hours. I can't give you exact times, as it will vary depending on the meat, the grill, outside air temperature, etc. After an additional 1-2 hours, remove the roast from the grill, and using a instant read thermometer, take it's temperature, being sure not to touch bone. You are striving for an internal temperature of 190 degrees. I know pork is done at 170, but in order to shred up and pull properly, you need to dissolve all the connective tissues and fat, and that only

happens at higher temperature. Once you've achieved that temp, remove it from the grill, and let it rest for at least 30 minutes before attempting to pull it. The center bone should easily remove from the meat, and you can use two forks to pull it into manageable pieces. I use special utensils just for pulled pork called "bear claws", they make the job easier.

Be sure and get all the little globs of fat and gristle out of the pork; there shouldn't be much, though.

Now is the time to think about sauce. You can either mix it up ahead of time, or let everyone apply their own, whatever your preference. If not using pork immediately, sauce will keep it from drying out. Either way, don't use too much, as you want to taste the meat, not the sauce; it should just complement the meat, not cover it up.

The meat also reheats or freezes well, or any leftovers make a tremendous Brunswick stew.

The serving

Serve with your favorite sides...with pulled pork, mine include baked beans or homegrown green beans, sliced tomatoes and cucumbers in a vinaigrette dressing, and for dessert, cold watermelon of course. If I want something sweet, my mother or mother-in-law are always ready to bake a rhubarb or peach pie, two of my favorites. Hungry yet?

Not too hard, was it? Future editions of our newsletter will feature recipes for chicken, steaks, and chops, among other things.

Thanks for reading, and good grilling!

