



# Culinary Craftwork Newsletter: July 2010

## *Al Fresco Cooking, Part 2*

### *Grilling & Barbequing*

#### Introduction

This issue of the newsletter focuses on summer barbequing with a variety of scrumptious recipes: **Texas Style Barbeque Sauce & Ribs (Page 6)**; **'Planked' Asian Rack of Lamb (Page 8)**; **Beer Can Roasted Chicken With Mustard BBQ Sauce (Page 10)**; and **Nectarine and Blueberry Crumble (Page 12)**. If you missed last month's newsletter (Al Fresco Cooking, Part 1) [click here](#).

Culinary Craftwork is my business, which specializes in offering private, semi-private, and group cooking classes. Some of you may remember me from when I taught cooking classes at Williams-Sonoma in Los Gatos. I am grateful to all of you who encouraged me to branch out on my own!

The Culinary Craftwork experience is different in that the classes I offer are fully customizable to what you want. I teach the classes in your own home at a time that is convenient for you. And I do all the shopping.

*It is my mission to give you the tools you need to prepare meals that will seduce you with savor and wow your guests.*

My website contains many sample menus that focus on building different skills, but I am happy to partner with you and come up with something new. The classes are fun, informal, and informative — and you get to eat!

The Culinary Craftwork newsletter is a monthly publication that focuses on seasonal fare with recipes and pictures. My newsletter also includes a section called "Ask the Chef," so please don't be shy—email me with your questions.



#### Professional In-home Cooking Classes

Culinary Craftwork offers professionally taught in-home cooking classes by a chef with over 20 years' experience in restaurants and catering.

The classes are designed to build basic skills and boost confidence in the kitchen. I teach the classes in your own home, offer themed menus, cooking class parties and catered dinner parties.

Full class descriptions and prices are available on my website.

**Alyssa Salwen, Chef**  
[Alyssa@CulinaryCraftwork.com](mailto:Alyssa@CulinaryCraftwork.com)  
Cell: (408) 429-0999  
Office: (408) 372-2074

Visit me on the web

[www.CulinaryCraftwork.com](http://www.CulinaryCraftwork.com)

**Culinary Craftwork Offers Professionally Taught In-Home Cooking Classes, Cooking Class Parties & Catered Dinner Parties.**

Alyssa Salwen | Web [www.CulinaryCraftwork.com](http://www.CulinaryCraftwork.com) | Email [Alyssa@CulinaryCraftwork.com](mailto:Alyssa@CulinaryCraftwork.com) | Cell (408) 429-0999 | Office (408) 372-2074

## Fun & Functional Barbeque Accessories

I have found the following items to be very useful for outdoor cooking. I recommend them to my friends.



### Grill Basket

Great for grilling vegetables.



### Fish Grilling Basket

Handy for grilling delicate filets.



### Rotisserie

Makes juicy chicken and roasts.



### Remote Control Meat Thermometer

Important in ensuring that your meat is cooked to the proper temperature.



## Al Fresco Cooking, Part 2

### Grilling vs. Barbeque

In the June issue of this newsletter, we talked about grilling; to summarize: Grilling is a high-heat cooking method done directly over live flames, cooking the food in a matter of minutes. The food is cooked directly over and just a few inches away from the flames or glowing coals at a temperature often in excess of 500°F. It is this high heat that chars the surface of the food, sealing in juices and creating the smoky, caramelized crust we so prize in grilled fare. Grilling is by far the world's most common cooking method in restaurants, street stalls and backyards—by rich and poor alike.

Now, comes the time to discuss barbeque.

Most people would agree that barbeque is a distinctly American tradition, but what you get will be very different depending on where you are. East of the Mississippi, barbeque means pork, while to the west—especially in Texas—it means beef. Ribs are the stock and trade of Kansas City pit masters, while pork shoulder remains the cut of choice in the Carolinas. To confuse matters further, more and more barbeque restaurants are now serving chicken, a reflection of the general trend towards healthier eating. Another point of confusion is that both grilling and barbequing can be done on a home “barbeque grill.”



Barbequing,, however, is actually the opposite from true grilling. It is a long, slow, process over indirect, low-heat that uses smoldering logs or charcoal and wood chunks to smoke-cook the food. By “indirect” I mean that the heat source is located away from the food to be cooked. In traditional American pit barbeque, the heat source is a separate firebox, which is attached to but not part of the actual cooking chamber.

When cooking on a charcoal or gas grill, a low fire is maintained on one side or around the periphery of the grill and the food is cooked on the other side or in the center.

**Culinary Craftwork Offers Professionally Taught In-Home Cooking Classes, Cooking Class Parties & Catered Dinner Parties.**

Alyssa Salwen | Web [www.CulinaryCraftwork.com](http://www.CulinaryCraftwork.com) | Email [Alyssa@CulinaryCraftwork.com](mailto:Alyssa@CulinaryCraftwork.com) | Cell (408) 429-0999 | Office (408) 372-2074

## The Four Main Styles of Traditional Barbeque

**Carolina Barbeque:** In the Carolinas sometimes the meat is rubbed with a mixture of spices, but just as often, pit masters forgo the seasonings. Pork shoulders are smoke-cooked over oak or hickory for 6 to 8 hours, or until tender enough to be pulled into shreds with your fingers. The ultimate Carolina barbeque is “pulled pork.”

Some cooks use vinegar-based mop sauces to keep the meat moist during cooking. This is something that I like to do. Other cooks simply let time and wood smoke do the job. Another factor that distinguishes Carolina barbeque from that of the rest of the country is the use of sauce. There are three main styles, each different from the thick, sweet sauce most Americans think of as classic barbeque sauce, which is more of a condiment to be applied to cooked meat than for dousing. Like many people, I used to think that to make barbequed chicken, one should marinate the meat in the aforementioned thick, syrupy sauce and then grill it. Not so. The results will invariably be charred, as the sugar in the sauce burns easily.

In Northeastern North Carolina (the capital of Carolina barbeque), most people favor a thin, clear sauce made of distilled white or cider vinegar flavored with salt, hot red pepper flakes and a little sugar. In the western part of the state, they often add ketchup or tomato sauce to this mixture. In southern North Carolina and South Carolina, the preferred condiment is a bright yellow sauce made with vinegar, sugar and mustard.

**Memphis Barbeque:** Although you can find all sorts of barbequed meats and even seafood in Memphis, two cuts reign supreme-- the pork shoulder and the ribs. The former is slow-smoked to fork-tender perfection then served thinly sliced with barbeque sauce on the side. Memphis is the home of the dry rub. Racks of baby back ribs or spareribs are thickly crusted with a dry rub, then smoke-cooked and sprinkled with more rub before serving. Applying a dry rub is my personal favorite way of making ribs. The rub reinforces the flavor and texture of the meat without overpowering it. I let the ribs marinate overnight in the rub and then cook them over indirect heat on my gas grill or in the oven (which believe it or not can yield fantastic results even without the smoke). I also use a mop sauce to baste the ribs and keep them from drying out during the long cooking process.

**Kansas City Barbeque:** Kansas City, MO rivals Memphis as the epicenter of American barbeque. Also located on the Mississippi River, it boasts more than 90 barbeque restaurants. Since Kansas City was an important meat-packing center until the 1960's the stockyards have traditionally supplied pit masters with brisket and less expensive cuts of beef. As in Memphis, Kansans rub their meat with a dry rub (a mixture of salt, paprika, and other spices), but they don't tend to use mop sauces. Perhaps the most defining characteristic of Kansas City barbeque is the prominent role played by the sauce.

A typical Kansas City barbeque sauce is thick and sweet, a complex blend of ketchup or tomato sauce, brown sugar, corn syrup, molasses, vinegar, onion, garlic, hot pepper, liquid smoke and sometimes apple juice. This is the type of sauce that you typically find bottled at the grocery store.

**Texas Barbeque:** In Texas, beef reigns supreme. The preferred cut of meat for barbeque is brisket, and the preparation is simple, consisting chiefly of time and wood smoke. The wood can be oak, hickory or even mesquite. As for the time, a properly prepared brisket can spend up to 18 hours in the pit, resulting in a pinkish tinge around the meat. (See page 5 for photo) For obvious reasons, this is not necessarily something that you want to try at home. Texan barbeque sauces tend to be based on tomatoes and chile powder and are rather thin, tart, and vinegary.

### Impress Your Friends with Homemade BBQ Sauce



Texas Style BBQ Sauce

Commercial BBQ sauces are loaded with sugar and high fructose corn syrup, as well as many artificial flavors. Making your own barbeque sauce is easy, and the results are not only tasty but far healthier.

The recipe for the above Texas Style Sauce is on page 6.

### Sites that Reflect America's Passion for Barbeque

[All About Barbecue by Laura Dove](#)

*Almost everything you could ever want to know about barbeque.*

[Barbecue by Sylvia Lovegren](#)

*A historic look at barbeque and what it has come to say about America and Americans.*

[The Marrow of the Bone of Contention: A Barbecue Journal by Jake Adam York](#)

*A truly entertaining and informative short story about one man's relationship with barbeque—what it is, where it came from, and where it's going.*

**Culinary Craftwork Offers Professionally Taught In-Home Cooking Classes, Cooking Class Parties & Catered Dinner Parties.**

Alyssa Salwen | Web [www.CulinaryCraftwork.com](http://www.CulinaryCraftwork.com) | Email [Alyssa@CulinaryCraftwork.com](mailto:Alyssa@CulinaryCraftwork.com) | Cell (408) 429-0999 | Office (408) 372-2074

## Make Your Own Cedar Planks & Save!



Cedar planks purchased at kitchen stores can be expensive, ranging from \$9.00 to \$15.00 each and up... You can make your own planks for around \$1.00 each and it's fun, fast and easy!

### Step 1

Go to your local lumber yard or home center and purchase an untreated cedar fence board that's at least 7 inches wide and  $\frac{3}{4}$  inch thick.



### Step 2

Cut the board into convenient lengths. A power saw is not necessary; you can use a hand saw. I cut my board into lengths of 13 inches so that the planks fit into my baking pan for soaking.



### Step 3

Lightly sand the board on both sides with medium sandpaper (100 grit). Sanding will not only smooth the board, but allows the wood to absorb more water.



## Using Wooden Planks with Your Grill

Another type of barbecue cooking that I have recently begun experimenting with is plank cooking. Plank cooking uses a piece of wood, such as cedar or hickory, created specifically for grilling meats. The style of cooking is a combination of direct and indirect heat methods: the plank is placed directly over the heat, and the food is placed on top of the plank, cushioning it from the flames.



The planks are first soaked in water, which throws off steam as well as smoke and helps cook food gently and evenly. In the picture to the left I placed the plank into a baking pan and put a weight on top of it to keep the entire plank submerged. The wood adds the smoky rich flavor of a smoker grill, while allowing one to cook on a regular charcoal or gas grill.

There are all kinds and sizes of grilling planks available at gourmet food and kitchen stores, as well as hardware stores. Cedar is the best kind of wood for beginners because it soaks up more water than other woods, making flare-ups less apt to occur. Some of the other types of wood that make for good planks are fruit woods (apple, apricot, cherry, peach, etc.), alder, hickory, maple, oak and mesquite.

It is easy and cost effective to make your own plank. Grilling planks from retailers run from \$9 to \$40 depending on what wood they are made of. You can make a set of grilling planks to fit your grill, and use them to grill salmon, seafood and other meats. You'll be amazed when you taste the rich smoky flavor added by using grilling planks on a regular grill. I recently discovered that I no longer had any cedar planks at home, and I ran out to OSH and picked up a piece of cedar fence board for \$4.79. I made 5 planks in just minutes! See details in left sidebar.

You should soak your grilling planks for at least 1 to 3 hours in water before use. Overnight is better if you can plan ahead. This not only helps prevent them from catching fire, but the smoke caused by the steam creates a richer flavor. Close your grill to retain the smoke, and cook your meats as directed in your recipe.

If using a gas grill, preheat the grill to medium-high for about five minutes. Take the plank out of the soaking water and rinse it well. Place it on the cooking grate and close the cover immediately. After about 5 minutes the plank will start to gently pop and crackle. Place the food on the plank and immediately turn the heat down to medium or medium-low. The internal temperature of the grill should be between 350°F and 500°F. I find that having a mercury oven thermometer or grill thermometer is very useful, so you know exactly how hot your grill is with the hood down. Just because you turn the knob down to medium-low does not mean that the temperature will drop quickly enough to make a difference.

When you take the plank off the grill, always douse it with water or spray it until it stops smoking. Never lay a smoldering plank down on anything flammable or meltable.

It's okay to re-use some hardwood planks, but I wouldn't try it with cedar because it doesn't hold up well. If your grilling planks become charred or cracked then you will need to throw them away and make yourself a new one. High heat creates great flavor, but you do not want your grill so hot that it ruins your meat.

Clean your used grilling planks with hot water and antibacterial soap between each use to ensure that no bacteria remains on the planks. Make sure that your grilling planks dry thoroughly before storing them, so that they don't grow mold.

One last tip— sprinkle a layer of kosher salt on the plank just before you put your food on. This helps prevent the food from sticking to the plank. Some planking experts also recommend brushing the plank with vegetable oil just before putting the food on.

**Culinary Craftwork Offers Professionally Taught In-Home Cooking Classes, Cooking Class Parties & Catered Dinner Parties.**

Alyssa Salwen | Web [www.CulinaryCraftwork.com](http://www.CulinaryCraftwork.com) | Email [Alyssa@CulinaryCraftwork.com](mailto:Alyssa@CulinaryCraftwork.com) | Cell (408) 429-0999 | Office (408) 372-2074

## Snap Restaurant Review: Andy's BBQ

My husband and I had heard about two traditional barbeque restaurants in the South Bay: Andy's in Santa Clara, and Sam's in San Jose. I'm not sure which style they ascribe to—maybe a combination. We decided to give them a try and put together a snap review. We first went to Andy's over a year ago, and our experience there was good enough to warrant a return visit. We got there just as they opened, along with a handful of other people who looked like they knew what they were doing. Our waiter was quick to bring us some garlic bread and drinks. Okay, so the garlic bread wasn't that hot or garlicky, but it wasn't terrible either. The garlic bread at Sam's had been pricey and well under par. The garlic bread at Andy's, at least, was free.

The two of us shared one combination plate which came with brisket, spareribs and chicken. The spareribs were very good—chewier than baby back ribs but quite tasty with a dry rub—and the brisket was phenomenal—tender, juicy and full of flavor. We were offered a spicy barbeque sauce that paired very nicely with the brisket and ribs. We were so full that we almost passed on the chicken (in fact, we had to take most of it home), but the chicken was cooked nicely over a wood fire, and it was very good.

All in all, the service was excellent, and the food was a very good value. Unfortunately, I can't say the same for Sam's. I hate to give a poor review, but our dinner (1 sampler plate, garlic bread and drinks) ran us about \$35 with no table service and the food wasn't anywhere approaching the quality of what we had at Andy's. The ribs were tough and dry, as was the brisket. We didn't try their chicken, but we had beef ribs instead. They weren't bad, but they could have been a lot better. And the garlic bread was dry and flavorless—utterly lacking in more than a dusting of garlic powder.



## Andy's BBQ Restaurant



### Andy's BBQ

2367 El Camino Real  
Santa Clara, CA 95050  
(408) 249-8158



### Summary

Andy's is a real winner when it comes to smoke-cooked barbeque ribs and tender, juicy brisket of beef. Great food, Great Value, Great Service. Give them a try!

[See what others have to say about Andy's BBQ on Yelp.](#)



## Know your Pork Ribs



### Baby Back Ribs

Cut from the back rib section of the pig, baby back ribs are smaller, less meaty, and cook faster than spareribs. Oftentimes, back ribs are cut into small, neat sections and are not really from a baby pig at all. They just look that way.



### Spareribs

Cut from the chest rib section of the pig, spareribs are thicker, meatier, and tougher than back ribs. They take longer to cook, but feed more people. Spareribs are also excellent marinated, which helps tenderize the meat.

## Season & Tenderize



Use a dry rub to season and help tenderize the meat overnight in the refrigerator. (See recipe page 7)

## Texas Style Barbeque Sauce & Ribs



In the late 1980's I worked at a restaurant in Chelsea called Miss Ruby's Café. We had a core menu with a number of southern specialties and a regional American menu that changed monthly. It was a very fun place to work. Ruth Adams Bronz was the chef/owner, and she put out a cookbook called [Miss Ruby's American Cooking](#). To the best of my knowledge, there was no "Miss Ruby" in her family; it was just a catchy name for a restaurant. One of the menu staples was Texas style oven-barbequed ribs, and we used the following sauce to cook the pork spareribs, basting them every 20 minutes or so. They are zesty and not too sweet, with a pronounced punch from the cider vinegar. The ribs were very popular and for good reason!.

## Texas Style Barbeque Sauce & Ribs

Serves 4

### For the barbeque sauce:

Makes 2 cups

- 1 cup ketchup
- ¼ cup cider vinegar
- ¼ cup Worcestershire sauce
- 1 medium onion, sliced
- 1 handful of garlic cloves
- ¼ cup dry mustard
- 1 tsp. freshly ground black pepper
- 2 Tbs. molasses
- 1 lemon, sliced
- 2 bay leaves
- ¼ tsp. oregano
- ½ tsp. basil
- 1 Tbs. Habanero Sauce (or other hot sauce)

### Directions

Combine all the ingredients in a heavy-bottomed pot. Bring to a boil; turn down and simmer, stirring occasionally for an hour, or until the sauce has thickened. Strain the sauce. It will keep indefinitely, refrigerated.

(Continued on page 7)

[Printer-Friendly Version of this Recipe](#)

## Texas Style Barbeque Sauce & Ribs (Cont.)

4–6 pounds baby back ribs or 6–8 pounds spareribs

### For the dry rub:

- ¼ cup paprika
- 1 ½ Tbs. freshly ground black pepper
- 1 ½ Tbs. firmly packed dark brown sugar
- 1 Tbs. salt
- 1 ½ tsp. celery salt
- 1 ½ tsp. cayenne pepper
- 1 ½ tsp. garlic powder
- 1 ½ tsp. dry mustard
- 1 ½ tsp. ground cumin

### Directions

Remove the thin, papery skin from the back of each rack of ribs by pulling it off in a sheet with your fingers, using the corner of a kitchen towel to gain a secure grip, or with pliers.

Combine the ingredients for the rub in a small bowl and whisk to mix. Rub two-thirds of the mixture over the ribs on both sides, then transfer the ribs to a roasting pan. Cover and let marinate in the refrigerator overnight.

Place the wood chips in the smoker box and reheat the grill to high; when smoke appears, reduce the heat to medium. Arrange the ribs in the grill. Cover the grill and smoke-cook the ribs for 1 hour.

Uncover the grill and brush the ribs with a mop sauce (if using). Continue cooking the ribs until tender and the meat has shrunk back from the ends of the bones. Fifteen minutes before the end of cooking, season the ribs with the remaining rub, sprinkling it on.

### BBQ Mop Sauce

- 1/3 cup ketchup
- ¼ cup cider vinegar
- ¼ cup Worcestershire sauce
- 1 Tbs. dry mustard
- ¼ tsp. (heaping) freshly ground black pepper.

### Directions

Combine all the ingredients in a pot. Bring to a boil. Remove from heat. Stores indefinitely refrigerated.

[Printer-Friendly Version of this Recipe](#)

## Use a Mop Sauce



A thinned out version of the barbeque sauce can be used as a “mop” for basting the ribs while on the grill. (See recipe to left)

## Plating Tip



Slice the racks into individual ribs.

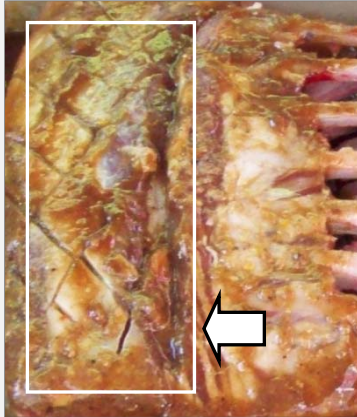


Serve with barbeque sauce in a bowl for dipping.

**Culinary Craftwork Offers Professionally Taught In-Home Cooking Classes, Cooking Class Parties & Catered Dinner Parties.**

Alyssa Salwen | Web [www.CulinaryCraftwork.com](http://www.CulinaryCraftwork.com) | Email [Alyssa@CulinaryCraftwork.com](mailto:Alyssa@CulinaryCraftwork.com) | Cell (408) 429-0999 | Office (408) 372-2074

## Score the Lamb



Remove the excess fat from the lamb rack and score the meat in a diamond pattern, slicing through the silver skin, but not too deep. This will allow the marinade to penetrate the lamb.

## Planking Tip



Sprinkle a layer of kosher salt on the plank just before you put your food on. This helps prevent the food from sticking to the plank. Some planking experts also recommend brushing the plank with vegetable oil just before putting the food on.

## 'Planked' Asian Rack of Lamb



I've long known that lamb and garlic, and lamb and hoisin sauce have a special affinity. In this recipe the hoisin sauce lends a sweet and salty note. The lamb benefits from marinating at least 4-6 hours, or overnight, so that the flavors really penetrate. The lamb comes out delightfully moist and lightly smoky with a hint of peanut butter. Believe me, this dish is spectacular!

If you're unfamiliar with planking, I found a short video that introduces you to this technique. Planking produces outstanding flavor but the process itself creates a lot of smoke and requires that the cook be attentive because the plank can begin to burn. To view this video [click here](#).

## 'Planked' Asian Rack of Lamb

Serves 4

### For the marinade:

- ½ cup hoisin sauce
- 2 Tbs. creamy peanut butter
- 2 Tbs. soy sauce
- 2 Tbs. sherry
- 2 Tbs. orange juice
- 1 tsp. grated orange zest
- 1 tsp. grated ginger
- 2 garlic cloves, put through a garlic press
- ½ tsp. dried chile flakes

### For the lamb:

- 1 cedar or fruitwood plank, soaked overnight
- 2 racks of lamb, trimmed, frenched & scored
- ½ cup coarsely chopped dry-roasted peanuts
- Chopped scallions for garnish

(Continued on page 9)

[Printer-Friendly Version of this Recipe](#)



## 'Planked' Asian Rack of Lamb (Cont.)

### Directions

Whisk together the marinade ingredients and divide into 2 portions. Lightly season the lamb racks with salt and pepper. Coat the lamb racks with one portion of the marinade and set aside the other. Cover the lamb and refrigerate for 4–6 hours or overnight.

Preheat the grill on medium-high for 5 or 10 minutes or until the temperature rises above 500°F. Rinse the plank and place it on the cooking grate. Cover the grill and heat the plank for 4–5 minutes or until it starts to throw off a bit of smoke and crackles lightly.

Place the lamb racks on the plank in pairs, facing one another, so the ribs interlock like fingers. Reduce the heat to medium-low for a grill temperature of 350°–400°F. Cook for 20–25 minutes or until the lamb has an internal temperature of 125°F.

Remove from the grill and tent loosely in foil for 5 minutes or so. Slice into chops and serve garnished the chopped peanuts and scallions.

Keep a spray bottle filled with water to douse flare-ups.

[Printer-Friendly Version of this Recipe](#)

## Dealing with flare-ups



You can expect the plank to burn. Don't panic. It's okay. Just get your spray bottle and douse the flames.



Keep a spray bottle with water handy to douse the flames. Additional flare-ups may also occur due to greasy deposits on the grill. The spray bottle is your friend.

**Culinary Craftwork Offers Professionally Taught In-Home Cooking Classes, Cooking Class Parties & Catered Dinner Parties.**

Alyssa Salwen | Web [www.CulinaryCraftwork.com](http://www.CulinaryCraftwork.com) | Email [Alyssa@CulinaryCraftwork.com](mailto:Alyssa@CulinaryCraftwork.com) | Cell (408) 429-0999 | Office (408) 372-2074

## Measure Your Grill: How much height do you have under the hood?



Measure the interior height of the hood. It is critical to know whether you have enough clearance for the size of your chicken.



Don't forget to measure the height from the grill to the edge. Combine the two measurements, and you have (in this case) approximately 8 inches of clearance. Bear this in mind when choosing a chicken. You may need to choose a 3 lb. chicken instead of a 4 lb. chicken.

Also keep in mind how many people you will be feeding to make sure that you have enough food. I always err on the side of having too much food rather than not enough—it must be my Jewish grandmother talking to me.

## Beer Can Roasted Chicken With Mustard BBQ Sauce



I was curious to try the technique of grill-roasting a chicken impaled on a beer can. I've made the dish before (without the application of a dry rub), and the results were good but not great. Then I tried applying a dry rub under the skin of the chicken as well as on top of the skin and the inside cavity. The results were much better, but there was something missing: I then added fresh garlic and rubbed it well under the skin. Success! The spice rub in combination with the additional fresh garlic made for a very tasty bird.

I'm not convinced that the beer contributed any flavor, but the beer can is definitely a handy way of roasting the chicken vertically, and the liquid created steam from the inside, which led to a very moist chicken. The only thing missing was a barbecue sauce for dipping. The mustard BBQ sauce that follows is tangy, and you can control the flavor by deciding which mustard to use (I like whole grain mustard).

It's important to make sure that the chicken and stand will fit under your grill hood. My grill has 8 inches of clearance which means that I can only roast a small bird vertically. Take measurements. (See details on left.)

### Beer Can Roasted Chicken With Mustard BBQ Sauce

- 1 chicken (3–4 pounds)
- 1 Tbs. minced garlic
- 1 Tbs. olive oil
- 2 Tbs. chopped parsley
- 3 Tbs. of Memphis Rub (see recipe on page 11)
- 12 or 16-oz. can beer depending upon available space.

#### Directions

Remove and discard the fat inside the body cavities of the chicken. Remove the giblets. Rinse the chicken well, inside and out, under cold running water, then drain and blot dry. Loosen the chicken's skin. Season the chicken inside and out with the minced garlic, olive oil, chopped parsley and spice rub.

(Continued on page 11)

[Printer-Friendly Version of this Recipe](#)

## Beer Can Roasted Chicken With Mustard BBQ Sauce (Cont.)

Place the wood chips in the smoker box and preheat the grill to high; then, when smoke appears, lower the heat to medium.

Open the beer can and use a church-key style can opener to make 6 or 7 holes in the top of the can. Pour out the top inch of beer (or drink it). Spoon the remaining dry rub through the holes in the can, into the beer.

Holding the chicken upright, with the opening of the body cavity facing down, insert the beer can into the cavity. Stand the chicken up in the center of the grill. Spread the legs to form a sort of tripod to support the bird.

Cover the grill and cook the chicken until falling-off-the-bone tender, for about 2 hours.

### Memphis Rub

Makes about ½ cup

- ¼ cup paprika
- 1 Tbs. granulated sugar
- 2 tsp. Accent (optional)
- 1 tsp. freshly ground black pepper
- 1 tsp. dry mustard
- 1 tsp. onion powder
- 1 Tbs. firmly packed brown sugar
- 2 tsp. salt
- 1 tsp. celery salt
- 2 tsp. cayenne pepper
- 1 tsp. garlic powder

### Directions

Combine ingredients for the rub in a bowl. Save unused rub in a jar or Ziploc bag.

### Mustard BBQ Sauce

Makes about 2 cups

- 2 Tbs. vegetable oil
- 1 medium onion, finely minced
- 4 cloves of garlic, finely minced
- 1 cup cider vinegar
- 2/3 cup prepared mustard (your choice)
- 1/3 cup brown sugar
- 1 Tbs. ancho chile powder
- 1 Tbs. paprika
- 1 tsp. freshly ground black pepper
- ¼ tsp. cayenne pepper
- 2 Tbs. butter
- A dash of soy sauce or Worcestershire sauce

### Directions

Over medium-low heat, heat the vegetable oil. Add the onion and garlic and cook until soft, but not browned. Add the vinegar, mustard, sugar, chile powder, paprika, black pepper and cayenne. Bring to a boil and simmer for 10 minutes. Stir in the butter and soy or Worcestershire sauce. If you prefer a smoother sauce, transfer the sauce to a blender and puree. The sauce will keep indefinitely in the refrigerator.

[Printer-Friendly Version of this Recipe](#)

## Use a Vertical Roasting Rack to Support your Chicken.



A basic wire vertical roasting rack is designed to hold the beer can while supporting the chicken, and usually costs between \$4.00 and \$6.00.

## Mustard BBQ Sauce



This is a fun recipe to play around with. You can make it sweet or tangy, depending on your own personal taste, but use a good quality mustard, as that is going to be the dominant flavor in the sauce.

## Old Fashioned Oats



It is very important to use Old Fashioned Oats for this recipe. Quick Oats (which have been pre-cooked and processed) just won't cut it. Old Fashioned Oats will help the crumble topping to come out crispy not soggy.

## Nectarine and Blueberry Crumble



This is one of my favorite desserts—especially when served with vanilla bean ice cream. You can substitute peaches for the nectarines, but if you do so, you should blanch the peaches in boiling water, shock them in an ice bath, and peel them as the skins are apt to get slimy when baked (this is not a problem with nectarines).

Nectarines are at the peak of their season right now, as are blueberries, and this recipe is irresistible. The sweet-tart fruit is best thickened with arrowroot, but you can also use cornstarch. The advantage of arrowroot is that it thickens at a lower temperature, while cornstarch must come to a full, rolling boil to remove the raw, pasty taste. Make sure that you squeeze the crumble topping into penny-sized chunks and drop it on top of the fruit. Bake the crumble right away before it has a chance to juice up and get soggy.

### Nectarine and Blueberry Crumble

Serves 6 to 8

A 9 x 13-inch glass or ceramic baking dish  
Preheat the oven to 425°F (400° in a convection oven)

#### Make the crumble topping:

- 1 ¾ cup flour
- 1 ¼ cup old fashioned oatmeal (not quick oats)
- 1 cup light brown sugar
- ¼ tsp. cinnamon
- ¼ tsp. dry ginger
- ¼ tsp. freshly ground nutmeg
- ½ tsp. salt
- 6 oz. sweet, unsalted butter, at room temperature, but not too warm

(Continued on page 13)

[Printer-Friendly Version of this Recipe](#)

## Nectarine and Blueberry Crumble

### Directions

In a food processor, pulse the oatmeal and flour together till fairly fine.

Add the sugar, salt and spices. Mix well.

Add the butter and pulse the machine till the mixture begins to clump. Remove the mixture from the bowl and work it in your hands to form small clumps that hold together. Set aside and prepare the fruit filling.

### Fruit filling:

- 8 cups of nectarines cut up into 1-inch pieces (I have a slight preference for yellow nectarines over white nectarines, as they are not quite as juicy)
- 1 pint of blueberries
- 1 Tbs. Lemon juice + ½ tsp. grated lemon zest
- 2/3 cup Sugar
- 2 Tbs. Arrowroot powder (or cornstarch)
- 1 Tbs. Flour

### Directions

Butter a 9" x 13" baking pan.

Combine the fruit, the sugar, the lemon juice and grated lemon zest. Taste and see if it is sweet enough (remember that the crumble topping is quite sweet). If you need to, you can add another 1/3 cup of sugar if the fruit is on the tart side. This much is to your own personal taste. I like a bit of tartness with the sweet topping, especially if I am serving the dessert with ice cream.

Add the arrowroot and flour. Toss together well and transfer to the baking pan. Sprinkle the crumble topping over the fruit in clumps. Bake immediately for 20 minutes. Rotate the baking pan and continue baking for another 5–10 minutes until the crumble topping is firm but tender and the fruit filling is bubbly.

Serve with vanilla bean ice cream.

[Printer-Friendly Version of this Recipe](#)

## Choosing Your Nectarines



Choose ripe nectarines that are still somewhat firm to the touch. If you can, try to purchase them from a farmers' market or a speciality produce store.

## Ask the Chef



I love hearing from people who have read the newsletter or taken one of my classes. I enjoy the opportunity to answer your questions in this general forum, and I hope that my advice is helpful.

Please continue to send me your questions, comments and ideas. They really make my day.

Thank you!

**Alyssa**

## Ask the Chef (Q&A)

I'm reprinting the following question because it ties in with this month's newsletter theme.

### Preventing Flare-ups on the Grill

*Shawn asks, "I seem to have a lot of flare-ups when grilling. How can I prevent them?"*

Reply: Let excess oil drip off your food before grilling. Pat off excess marinade as well. If you're using a charcoal or gas grill, **keep a spray bottle of water handy for dousing the flames**. If the flare-ups turn into an actual grease fire, use Kosher salt, not water for smothering the flames, as water will only make the situation worse.

### Baking in a Water Bath

*Pamela asks, "I have a recipe for bread pudding that calls for baking in a bain marie or water bath. Is that necessary?"*

Reply: You can make your own bain marie (water bath) by using a roasting pan and filling it halfway with hot water. It is necessary to use a water bath when cooking custards to keep them from curdling in the oven. Although bread pudding is technically a custard, there are many different types of bread pudding, not all of which need to be cooked in a water bath, especially if you want crispy edges. However, if your recipe directs you to cook the bread pudding in a water bath, I would follow that directive.

### The Best Cookbooks

*Lorraine asks, "Do you have a favorite cookbook? What do you recommend for beginners?"*

Reply: I have many favorite cookbooks for different reasons. I'd have to say that anything by Julia Child is a treasure, whether she is writing on her own or in collaboration with others. Another book that I especially recommend is *The Best Recipe*, which was put out by *Cooks Illustrated* (the same folks behind America's Test Kitchen). Unfortunately, *Cooks Illustrated* magazine is now defunct, but America's Test Kitchen is still broadcast on PBS. They do a great job of simplifying recipes and explaining why they work (and in some cases, why they don't work).

### Substitutes for Wine

*Deven asks, "I don't typically drink wine, but many recipes call for wine. Is there a substitute? What about 'cooking wine?'"*

Reply: I don't recommend using "cooking wine" at all. You can use dry vermouth, which is a fortified wine (and so it keeps indefinitely unrefrigerated). It is quite good for most pan sauces that call for white wine. However, if a red wine is called for, you can invest in a bottle of "two-buck Chuck" from Trader Joe's. This is perfectly good wine for using in stews, etc. If you don't use the whole bottle, you can boil down the remainder by two-thirds and keep the red wine reduction in your refrigerator or freezer.

### Disinfecting Wood and Other Surface Cutting Boards

*Miriam asks, "How do I clean my butcher block cutting board after cutting chicken?"*

Reply: Keep a spray bottle with a dilute solution of bleach (1 tsp. bleach per quart of water) in your kitchen to disinfect the cutting board. You will need to re-treat the board with mineral oil or bee's wax afterward to maintain a less porous surface.

**Culinary Craftwork Offers Professionally Taught In-Home Cooking Classes, Cooking Class Parties & Catered Dinner Parties.**

Alyssa Salwen | Web [www.CulinaryCraftwork.com](http://www.CulinaryCraftwork.com) | Email [Alyssa@CulinaryCraftwork.com](mailto:Alyssa@CulinaryCraftwork.com) | Cell (408) 429-0999 | Office (408) 372-2074