



How I BBQ—Chicken & Ribs

I developed my BBQ Rub over many years. People ask me why it's not hot. I found that people who don't like it hot complain more than people that do, you can always add cayenne pepper. Some people complain that it needs more salt, well I figure you have a salt shaker, and a lot more people are glad they are not paying for something that's mostly salt, my BBQ Rub is low in salt and sugar but big on flavor!

First The RUB:

Wash and dry your meat before you rub. Use a lot of Rub—paint the meat red. Now here below is a pan of chicken and ribs with the correct amount of rub applied. Do both sides, and let it stand for 10—20 mins or cover and put in the fridge for as long as you like. The Rub is a dry marinade and needs time to work.



Then the Mop:

Here is where you stop grilling and start BBQing. Mop is what you brush on your chicken and ribs as it's cooking! Here is a simple mop.

1/4 cup oil, 1/2 cup brown sugar, 1 tablespoon BBQ Rub, 1/2 a beer (or water). Shake it up or stir to dissolve the sugar.

You can start moping your meat even before it hits the grill if you like. The mop helps keep the meat moist and the sugar will caramelize and give you that lacquered BBQ appeal and flavor.

Smoke:

Where there is smoke there is BBQ! I don't think you can call it BBQ if there is no smoke involved. Using charcoal is one way to get that smoky flavor. But nothing beats real hardwood. You can get chips or chunks to produce a little smoke even if you have a gas grill. You may want to soak the chips and put them in some foil on the burner if you are using gas, I usually use a classic 22" Weber kettle grill and charcoal brickets and just throw in a chunk of mesquite wood.

Fire:

In any case you don't want a lot of fire. I usually just have 1/3 of the grill covered with coals. If you are using gas just turn on one burner. When you put the meat on the grill you want to put it over the heat directly at first to give it a little sear on both sides. If you haven't mopped the meat yet this is a good time to start.

Cooking:

BBQ needs to cook slowly so after the initial searing move it off of the heat and put the cover on. From time to time add a piece or two of charcoal and/or a few wood chips and don't forget to mop! You don't really want a lot of white smoke, the best smoke is nearly invisible. Ribs and chicken will take at least an hour or two if you are cooking slow enough. If you want your ribs absolutely falling off the bone that will take a bit longer. Some people give up early and wrap the ribs in foil and put them in a slow oven, it works.

Finishing Sauce:

This is what many people refer to as BBQ Sauce. It's what you put on your BBQ at the table. Here it is, it's Bonafide!

Ivan's Bonafide Finishing Sauce

2 TBLS Canola Oil in sauce pan heat to just about smoking—add:
1/2 onion chopped—brown them
1 bay leaf—don't burn it!

Then add:

1 8-oz can chopped tomatoes
1 cup of apple cider vinegar
1 cup white sugar
1/2 cup molasses
1 TBLS L&P Worcestershire
1 tspn mustard powder
1 tspn red pepper powder
1 tspn ginger powder

Simmer 20 min

Strain and allow to cool before use.

I know, I plan to bottle it.

Here is my chicken & ribs, Your results may vary. But I bet it's delicious!

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Ivan of the Ozarks