

**Your
BBQ**



**Your
RULES**

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Outdoor Cooking



- Meat
- Fish
- Poultry
- Rubs
- Sauces
- Dessert

Your BBQ



Meat Fat



To really enjoy the juiciness of the meats you smoke/grill, you're going to have to call a temporary truce in the **War On Fat**. Nearly all complaints about dried out grilled meats can be traced back to grill temps that are too high, or meats that are too lean; or both !

FATS, especially fats that are marbled throughout the meat, like a NY Strip Steak, are what bring the juicy, meaty flavors to the table. To really appreciate this, grill a piece of round steak alongside a similar sized piece of NY Strip Steak. Given the same prep, time and temperature, the round steak will always be less juicy than the NY Strip . . . due mainly to the round steak's lack of marbled fat.

That said, fats are something you can manage with a little understanding and purposeful attentions. Your favorite BBQ meats will come with some amount of fat still attached after their initial butchering. As a rule, meat cuts that have been minimally trimmed of fat will cost less and weigh more. These are labeled "untrimmed" . **Tri Tips** are the meat cuts most often labeled untrimmed. Another is a whole pork butt (shoulder) or the more common patella butts. In either case, the less you pay, the more you will have to trim to get the smoke penetration you desire.

I like the "untrimmed" portions of any pork butt. One it costs less. Two I like to be the one that determines just how much fat remains after my trimming, and I keep the fat scraps to place on the pork butt between my cool smoke phase and my slow cook phase to render as much of the pork fat as possible, putting that extra flavor in the butt's pan drippings.

" Untrimmed " Tri Tip gets a little extra knife. I want an almost see-through layer of fat to remain on the meat. This thin layer of fat will still allow my rub to infuse its flavors; and smoke to penetrate in the 20-30 minutes of cool smoke before I go to grilling temperature.

Silver Skin " Untrimmed " cuts of beef, pork and lamb typically harbor a pesky " sliver skin " membrane found between the fat and the muscle on many cuts of meat, including ribs. Leaving silver skin on your meat is bad for two reasons; first, it will interfere with smoke penetration, and second it will constrict when cooked, leaving your meat with a unpleasant chewiness and deformed shape. With a sharp knife separate one end of the membrane until you have enough loose to grab with a dry paper towel. Then pull skin off, slicing just under any points that become stubborn. Discard sliver skin, it has no value.

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Salt



When seasoning pit meats, salt is second only to sugar in having a recognizable effect on rubs, sauces, slathers, brines and marinades. **Salt** is the ingredient that most likely will cause you to smack your lips over the meat of your choice.

However, because it is used in abundance at many levels of pit mastery, salt should be a carefully considered ingredient. Salt comes in several forms, table, kosher and flaked. Finely granulated table salt offers more salt per teaspoon than kosher and it is often iodized as a means of introducing iodine (an important part of our body) all of which can induce too salty a seasoning with a possible off taste. Consider too, that salt tends to compound its effects as steps and ingredients are added to the recipe and steps in the smoking/grilling process.

Every rub, marinade, and basting sauce carries its own complement of salt seasoning. The last thing you want your guest to say is " Well, its good . . . but, a little too salty ".

For this reason, Kosher Salt is almost always the salt of choice for the dedicated pit master.

Long a fan of the more delicate taste of **Kosher Salt**

in cooking, I highly recommend you use Kosher Salt in your pit recipes.

Or, if you are the adventurous type, try one or more of the more exotic (and costly) sea salts in select recipes.

For health reasons, you will find my pit recipes are noted for their lower salt measures. Try to use less in the beginning, until you arrive at the taste and tolerances for you, your family, and guests.



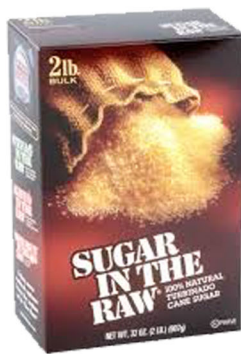
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Sugar



After salt and meat fat, **Sugar** is another key ingredient and flavor maker in nearly everything that goes into your Traeger. White sugar I reserve for the delicate sweetness needed in my Cole Slaw recipe. When it comes to smoked meats the Pit Master is going to want a little more influence from the native molasses components of the brown sugars. Some brown sugars (light and dark) are regulated by the amount of Molasses that remains in the sugar before it is crystallized. Most often in my Pit, I want just a kiss of molasses and larger crystals.



Your RULES

That calls for **TURBINADO SUGAR**, the “ raw ” form made from pure cane sugar. You don’t use as much per tablespoon. And, it doesn’t cake up in the package.

Sugar, when it is added to a rub, will gradually melt down into the meat and leave a residue on the meat’s surface. This sugary coating, mixed with the flavors enhanced by salt, will eventually create magic in your Traeger cooking.

Sugar, when it is heated to just the right temperature will caramelize before any true burning will occur.

That magic is every Pit Master’s favorite tidbit . . “ burn ends ”; or as I like to call it “ Meat Candy “. It’s a shame that these tasty little morsels came to be called burnt ends; because, they aren’t really burnt . . . just caramelized.

So, when you shred that next pork butt or brisket, set aside a pile of Meat Candy as your very special reward for all your preparations.

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Lard



LARD has had a bad rap since the 70's when it was thought that lard was high up on the list of "saturated fats". It's true that lard is rendered pig fat in its purest form, but this fat is saturated with the good cholesterol.

And, when lard is used in cooking it has virtually no pork flavor. Melted in the microwave, lard is the perfect finishing touch (to seal in juices and crisp up the outside of most meats) when drizzled over grilled meats between the cool smoke phase and the much hotter grilling phase on your Traeger.



**"Manteca" is
Spanish for
Lard.**

Lard is available in most every supermarket, usually in the Mexican Foods section, as folks with a Mexican heritage have never given up on the merits of lard in their traditional dishes. I keep mine in a mayonnaise jar stored in the fridge for weeks at a time.

Don't believe me? Do a little snooping in foodie posts on the Internet, and then try the "drizzle" to capture that extra tasty crispness on the outside of your **grilled** meats.



**Check out the
extra crispness
on these loin chops.**

**Just look at those
delicious juices !**

Pit Secret

My best GRILLING secret is Lard !

Lard is rendered pork fat. Between my Cool Smoke and Grilling phases I drizzle a little melted lard on the surface of many grilled meats.

Your BBQ



Skip's Recipes For BASIC BBQ RUBS

Rubs are applied to meat before BBQing. They may be applied dry or wet, in advance or just before going into the smoker/grill. You can experiment and set your own standard(s). I have held off on the salt for personal reasons. You may wish to add salt to your recipe. If you add salt, make it Kosher Salt. Kosher Salt is not as strong as table salt.

All Purpose Rub (salt optional)

- 1/2 cup Turbinado (raw) cane sugar
- 1/2 cup paprika (not smoked)
- 1/2 tsp freshly ground black pepper
- 1 tbsp chili powder (mild)
- 1 tbsp GRANULATED garlic
- 1 tbsp GRANULATED onion
- 1/2 tsp cayenne pepper
- 1/4 cup Kosher Salt (or to taste)

A heaping cup of this all purpose rub is sufficient for one 6 pound

BBQ PULLED PORK ROAST

If you don't have Turbinado Sugar, brown sugar will also work.

HINT: Set your brown sugar out long enough to dry thoroughly. It's easier to mix when dry !

The Fresher, The Better.

Dry herbs and seasonings are always best when recently dried. Shop for these ingredients in the bulk seasoning section of your favorite grocery or specialty store.

Put a date on any leftover Rub, keep in a tightly sealed jar, and try to use Rub up in a month.

Your RULES

Amigo Rub (salted)

Add to All Purpose Rub the following

- 1 tbsp Kosher Salt (still optional)
- 1/2 tsp dry oregano
- 1 tbsp ground cumin
- 1 tbsp med chili powder
- 1 tbsp Chipotle chili powder

Use the Amigo Rub if you are looking to make mouth watering pulled pork for

TACOS, BURRITOS or ENCHILADAS.

Don't be afraid to spice it up a bit by switching up the *HOT* chili power for a *hotter* powder.

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Skip's Recipe For BASIC BBQ SAUCE

**The Perfect Sauce For Putting
A Saucy Finish On Pulled
Pork, Beef Brisket, or Chicken**

In a stainless steel* sauce pan, mix first the WET ingredients, whisking until smooth.
Then, add the DRY ingredients and whisk until fully incorporated.

Wet Ingredients

- 1 cup apple cider vinegar
- 1/2 cup ketchup
- 1/4 cup yellow prepared mustard
- 1/4 cup Worcestershire sauce
- 1 tsp Tabasco sauce
- 2 tsp liquid smoke (apple wood)
- 1/2 cup honey

Dry Ingredients

- 1 tbsp granulated onion powder
- 1 tbsp granulated garlic powder
- 1 tbsp kosher salt
- 1/2 tsp coarsely ground black pepper
- 1 cup Turbinado cane sugar

Bring to a slow boil and then simmer over a low heat for a full 30 minutes.
Serve hot over meats. Let cool to room temp; and refrigerate for up to 1 week
in an airtight container.

* Because this is a tomato based sauce, you want to mix in a non-reactive sauce pan.

This is a
BASIC TEXAS STYLE SWEET FINISH SAUCE.
You can add or delete ingredients to your liking.

NOTE: This is a sugar/tomato based finishing sauce for dribbling over your pork sandwich, or sliced brisket. So, if you use it as a glazing sauce on grilled meats, apply toward the end of your grilling to avoid burning the sauce.

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Traeger Adventures Pulled Pork

While Meat Loaf is my Wife's favorite to cook on our Traeger, Pulled Pork has to be mine. It truly is an adventure. It takes time to get ready. It's a 14 hour trek that leads you to a pan of succulent shredded meat.

Slow Cooking (continued)



Smoke overnight. In the early morning, start basting with apple juice every hour or so, I loosely tent the butt with foil and slow cook for another 4 or 5 hours until the meat separates from the bone. Finally, remove the meat from the Traeger, take it out of the pan and let cool until cool enough to shred meat with fingers. Drain pan drippings into gravy separator and pour the delicious juices back over the shredded meat. Yum !

Lately, I have been cooking two butts at a once. This saves me another long day of cooking and I get " free miles " back from my pellet investment. I do one traditional flavored butt and a second with a Mexican Rub (Amigo Recipe) and peppers for flavor. I get a bunch of pulled pork sandwiches from one, and maybe a pulled pork hash on Sunday morning. Plus, I have taco and burrito meat for half a dozen meals. Two butts can really make a difference in my overall grocery bill.



Serve It Up

Now you are ready to have a " Pork Pull Party ". I like to serve them on slider rolls with a drizzle of my BBQ Finish Sauce, and if they want it, a little of my Cole Slaw. Yum ! These recipes are included in this guide

Finally, you are going to have a load of pulled pork, especially if its just two folks you're cooking for. Take enough for another meal, drizzle a little pan drippings over it (if there is any left) and freeze it for another day ! Enjoy !

**Your
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Skip's Recipe For BASIC COLESLAW

For me, the best coleslaw in the world is KFC. I have been trying to duplicate its deliciousness for years, tweaking it a little each year. So far, this is very close to on the money. Enjoy !

Grate Cabbage and Carrot

- 1 head grated cabbage (green, red, or both) medium fine
- 1 large grated carrot, medium fine

In A Large Stainless Bowl Mix These DRY Ingredients

- 1/2 tsp kosher salt
- 1/8 tsp ground black pepper
- 1/3 cup white sugar
- 1/4 tsp celery seed

Stir In These WET Ingredients

- 2 tbsp minced yellow onion
- 1/4 cup whole milk
- 1/2 cup mayonnaise
- 1/4 cup buttermilk (optional, otherwise 4 tbsp vinegar)
- 3 tbsp white vinegar
- 3 tbsp fresh squeezed lemon juice

Mix all dressing ingredients thoroughly.

Slowly add in the cabbage and carrots until you get the consistency you desire when they are added to the dressing.

Chill for 1 hour.

There's not much left to tweak. But, if you discover something that gets us

CLOSER TO THE REAL THING

TEXT me a 916-316-0130.

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Traeger Adventures Pulled Pork

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Selection and Preparation

First you need to select your Pork Butt (Boston Butt) portion. I favor the bone-in cut from the upper shoulder of the pig. The bone adds extra flavor and it's a foolproof indicator your butt is done, when the bone separates from the meat. Farmer John's is my pork brand of choice. Watch for it on sale.

Unwrap and examine the butt. There will likely be a sizable " fat cap " on one side. With a very sharp boning knife, slice away all but the thinnest possible layer of fat. Save the fat scraps. [I tuck the scraps in that open area around the edge of the pan and render them into the savory drippings.] Don't worry, we will be separating the fat from the pan drippings just before we pull the pork.



Liberally apply your favorite rub (my recipe is included in this guide) to all surfaces of the butt. massage the rub into the meat for the promise of more flavor. Now you have the option of going right to the Traeger or putting the butt in refrigerator overnight. I prefer to season it up and put it, uncovered, on the low smoke setting and go to bed !

Slow Cooking

There are two approaches to bringing the meat to the Traeger. First, you can put the butt directly on the grate. Or, and this is my preference, you can put it in a 3 in deep aluminum pan large enough to give some space on all sides. My goal for Pulled Pork is to capture all the juices and drippings (liquefied fat) from the meat. Plus, all the basting liquid that flows off the meat during cooking. I want two things from my pulled pork. moist meat and tender " burnt ends ". To add a little insurance to my very long smoke (usually about 12-14 hours) I put a cup of apple juice, heated in the microwave, in a clean large tuna can. Any shallow tin can will do. When I'm done, I throw the can away.

Continued . . .

Your BBQ



Skip's Recipe For BBQ MEATLOAF

I've been eating Meatloaf my whole life. It is one of my favorite "comfort foods". But, you haven't had great meatloaf until you taken it from your Traeger on a cold winter day. I purchase two pound each of GROUND beef and pork with no more than 20% fat in each. This recipe is for TWO Meatloaf. I make one, and freeze another to smoke later on a busy weekend.

Wisk In A Small Bowl

- 1/2 cup COLD water
- 1 TBSP Worcestershire Sauce
- 1 TBSP Catsup
- 1 TSP Garlic Granulated
- 1/2 TSP Liquid Applewood Smoke
- 1 Envelop Lipton Onion Soup Mix
- 2 Eggs Eggs
- 3/4 cup Panko Bread Crumbs

Wisk until thoroughly blended. Set Aside.

Combine In A Large Bowl

- 1 lb Finely Ground 80/20 Beef
 - 1 lb Finely Ground 80/20 Pork
- Blend with your hands dipped in very cold water, until you have a reasonable incorporation of both meats. Careful NOT to over-work the meat.
- Will make -1 two lb loaf, or 2 one lb loafs.

Gently pour liquid into meat, and mix with your hands, until thoroughly blended. Cover large bowl with plastic wrap and set in refrigerator for 1-2 hours. After the mixture has firmed, remove and form a "loaf", and set on a Silicon BBQ Mat. This "resting time" will allow the bread crumbs to absorb the excess liquid and the seasonings to marry with the meat. Sprinkle top and sides with Skip's BBQ Rub.

Pre-heat your Traeger to 190° cool smoke. Place the meatloaf and mat in the Traeger. Insert the temp probe into the CENTER of the loaf and smoke, undisturbed, for 30-60 minutes depending on time available. After the smoking period, and before baking, baste the loaf with melted lard, or duck fat, for an extra crispy exterior. Raise the Traeger temperature to 375° and bake until the internal temperature reaches 160°. Remove from Traeger and let rest for 15 -20 minutes before slicing.

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Your BBQ



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Skip's Recipe For COBBLER Peach / Blueberry

This is the first of two Peach / Blueberry Cobbler recipes. This recipe is for the **Fruit Over Batter** approach to this yummy dessert on the Traeger and it's a definite crowd pleaser.

Preheat the Traeger to first setting (cool smoke)

Six (6) Ripe, White or Yellow Fleshed Freestone Peaches
Peel skin and pit peaches. Cut in half. Sprinkle halves with a dusting of Turbinado cane sugar. Place peach halves on silicon mat and place in smoky Traeger for 45 minutes of cool smoke (first smoke setting).
Remove and slice on cutting board, saving any juices.

Melt:

2/3 cup butter
1 cup sugar

Mix Batter:

1 1/2 c white flower
1 1/2 c sugar
3 tsp baking powder
1/2 tsp kosher salt
1/2 tsp ground nutmeg
1/2 tsp vanilla extract
1 c whole milk

Blend:

sliced peaches
1 c fresh blueberries
2 tsp brandy
1 tbsp fresh lemon juice

Preheat the Traeger to **375°**.

Drizzle butter into a 9 x 13 casserole dish.
Spread the fruit evenly in the pan.
Spoon the batter over the fruit.

Place cobbler in the Traeger for 45 min or until you achieve the desired browning.

Fight the urge to peek.

REMINDER: Each time you lift the lid you loose heat and extend the cooking time !

For the **Batter Under Fruit** version, just reverse the filling of the pan.

Try it both ways and see which makes your crowd the happiest.

Either way, top each **WARM** serving with a healthy scoop of **Vanilla Ice Cream**. Yum !

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Skip's Recipe For Fantastic BBQ BEANS

In a stainless steel* sauce pan, whisk together the DRY ingredients. Then, add the WET ingredients and gently stir until fully incorporated.

In A Large Bowl Mix These DRY Ingredients

- 1 tbsp Turbinado sugar
- 1 tsp granulated garlic powder
- 1 tsp granulated onion powder

Stir In These WET Ingredients

- 1 1/2 tbsp Worcestershire Sauce
- 1 tbsp apple cider vinegar
- 1 tbsp yellow prepared mustard
- 1/2 cup minced yellow onion
- 4 tbsp Skip's Texas Red BBQ Sauce
- 1 can 15 oz Cannelloni Beans (well drained)*
- 1 can 15 oz Pinto Beans (well drained)*
- 1 can 15 oz Black Beans (well drained)*
- 1 cup finely chopped Pulled Pork (or Beef Brisket)
- 1/2 cup boiling hot water

Once incorporated, pour mix into a 9 in. disposable aluminum baking pan.

Place uncovered into your Traeger set on smoke for one hour.
After one hour of smoke, cover with foil and bake at 350° for one hour.

This is a
NO SALT ADDED RECIPE

There is plenty of salt in the wet ingredients above.
To lower the salt content further, you can select low salt canned beans.

*This is not a soupy recipe. It is intended to be thicker than usual when served.

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TRAEGER
WOOD FIRED SMOKER GRILL

TIPS

Making The Most Of Wood Pellets

You can think of Pellets as an investment, rather than as an expense. I get more production out of the pellets I burn. So now, instead of smoking a single pork butt, I smoke TWO at the same time. One, a traditional Pulled Pork recipe, and the second prepared with Mexican spices to make it Amego. I have a substantial amount of Pulled Pork (and at least a cup of Meat Candy) for several meals, as it freezes just fine. Then from the Amego butt I will have enough juicy meat for several rounds of tacos, burritos, and enchilada for a couple of weeks. If, I smoke ribs, I smoke at least two slabs, and maybe a dozen chicken drum sticks for a quick meal during the week; or a couple Turkey legs for snacking. If I'm smoke/grilling say a Tri Tip, I can slide in a tray of cookies or a pan of brownies.

I'm often asked how much wood pellets does it take to cook on a Traeger. Looking back on many years of cooking, I can say that on average if I cook pork loin chops, a Tri-Tip, hamburgers, meatloaf or a "beer can" chicken, all graced with 60 minutes of cool smoke - and 20-30 on a grill setting of 375°F, I use about a quart (mayo jar) of pellets.

Some of you may live in areas that get considerable rain and moisture from excessive humidity. Like those of us with raining winters, take every precaution to keep your pellet supply DRY ! I rely on a pet food "vault" for mine. And, I keep my pellet supply low in the hopper until my next cooking session.

Finally, The Traeger Wood Pellet has long been perfected for the auger delivery system. Keep your Traeger working at peak efficiency with **TRAEGER** brand pellets, kept as dry as possible.



Your BBQ



Your RULES



Wishing You Every Success

I hope you have found this
Quick Guide To BBQ Recipes
valuable and inspiring.

BBQing, grilling and baking are just some of the interests enjoyed by my league of faithful followers who have shared many of my experiences through one of my personally authored publications:

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Better Outdoor Living With Every Visit !

is divided into these main areas of interest

**Yard and Garden
Outdoor Cooking
Patio Living**



Skip Batchelder

