

www.fiseb.com



E-Cookbooks Barbecue Recipe Sampler

VJJE Publishing Co.

Table of Contents

<u>Introduction.....</u>	<u>1</u>
<u>Personalized Cooking Aprons.....</u>	<u>2</u>
<u>Beer Barbecue Sauce.....</u>	<u>3</u>
<u>Honey Spiced BBQ Sauce.....</u>	<u>4</u>
<u>Jack Daniel's Grilling Sauce.....</u>	<u>5</u>
<u>Watermelon Barbecue Sauce.....</u>	<u>6</u>
<u>Tennessee BBQ Sauce.....</u>	<u>7</u>
<u>Molasses Orange Barbecue Sauce.....</u>	<u>8</u>
<u>Carolina BBQ Rub.....</u>	<u>9</u>
<u>Cajun Blackening Spices.....</u>	<u>10</u>
<u>Chili Paste.....</u>	<u>11</u>
<u>Kansas City Rib Rub.....</u>	<u>12</u>
<u>Maple Barbecued Chicken.....</u>	<u>13</u>
<u>Cinnamon Honey Wings.....</u>	<u>14</u>
<u>Barbecued Orange Chicken.....</u>	<u>15</u>
<u>Grilled Key Lime Chicken.....</u>	<u>16</u>
<u>Apple Smoked Barbecue Ribs.....</u>	<u>17</u>
<u>Memphis–Style Barbecued Ribs.....</u>	<u>18</u>
<u>Baby Back Ribs With Mustard Sauce.....</u>	<u>19</u>
<u>Grilled Leek And Sweet Pepper.....</u>	<u>20</u>
<u>Mediterranean Grilled Vegetables.....</u>	<u>21</u>
<u>Shrimp On The Barbie.....</u>	<u>22</u>
<u>Grilled Halibut With Oriental Sauce.....</u>	<u>23</u>
<u>Barbecued Chuck Roast.....</u>	<u>24</u>

Table of Contents

<u>Bourbon Steak</u>	25
<u>Marinated Steak Kabobs</u>	26
<u>Turn Your Grill Into A Smoker!</u>	27

The E–Cookbooks Library
"Home To Over 100.000 World Class Recipes!"



Barbecue Recipe Sampler

Get 2,000 More BBQ Recipes:
[Visit The E–Cookbooks Library](#)

We encourage you to pass along this e–cookbook
to a friend ... Show them you have good taste!

Free Recipes In Your Email!
Subscribe to the **VJJE Recipe Weekly**
and enjoy new recipes each week.

It's fun and it's FREE!

[Click Here To Subscribe](#)

Personalized Cooking Aprons

***"Make a mess –
protect the dress!"***

We'll inscribe two lines of YOUR text in a variety of colors YOU choose. You can be like a professional chef with a name and title! Create a personalized cooking apron for yourself or as a great gift idea for anyone that cooks.



- * Quality Material *
- * Durable Construction *
- * Cut Wide and Long *
- * Extra-Long Ties *
- * One Size Fits All *

**[Click HERE For
Cooking Aprons](#)**

Beer Barbecue Sauce

1 cup Prepared barbecue sauce
1 cup Ketchup
2/3 cup Beer
1/4 cup Honey or Molasses
2 tablespoons Lemon juice
2 tablespoons Red wine vinegar
2 tablespoons Dijon mustard
1 tablespoon Worcestershire sauce
1 teaspoon Hot pepper sauce
1/2 teaspoon Pepper
2 Garlic cloves, minced
2 Onions, finely chopped

In large bowl, combine barbecue sauce, ketchup, beer, honey, lemon juice, vinegar, mustard, Worcestershire sauce, hot pepper sauce, pepper, garlic and onions. Place food in marinade and let stand at room temperature for up to 2 hours or in refrigerator overnight. When ready to cook, remove food and place marinade in saucepan and cook for 10 minutes or until thickened. Use as sauce for basting or serving with cooked food.

Honey Spiced BBQ Sauce

1 1/4 Cup Catchup
2/3 Cup Salad oil
3/4 Cup Vinegar
5 Tablespoons Worcestershire sauce
1 Cup Honey
2 Tablespoon Dry mustard
3 Teaspoon Ginger, fresh grated
1 Lemon, sliced thinly
3 Tablespoons Butter

Combine all ingredients in a saucepan and heat to blend together.
Remove lemon peel before basting.

Jack Daniel's Grilling Sauce

1/2 cup pineapple juice
3 tablespoons soy sauce
1–1/2 teaspoon garlic powder
1/4 cup Jack Daniel's Whiskey

Combine all ingredients and mix well. Dip meat in sauce and place on grill over hot coals. When meat is turned, brush with sauce. Grill to desired degree of doneness. Just before meat is removed from grill, brush again with sauce. Makes enough for 8 servings.

Watermelon Barbecue Sauce

1 – 6 Pound Seedless Watermelon chunk
8 Ounces Tomato Paste
1 Tablespoon Onion Powder
1 Tablespoon Garlic Powder
2 Cups Firmly packed brown sugar
1/2 Cup Sherry
2 Teaspoons Lemon juice
1 Teaspoon Liquid smoke

Cut the melon into pieces and place in a saucepan. Cook it uncovered over medium heat until the melon is the consistency of applesauce (approximately 2–3 hours). Stir it occasionally. Add remaining ingredients. Simmer uncovered over low heat for 2 hours. Allow to cool to room temperature before using.

Tennessee BBQ Sauce

1 Cup Catsup
1/2 Cup Vinegar
1/4 Cup Worcestershire sauce
2 Cup Water
1 Onions, chopped
1/2 Cup Brown sugar
1 Teaspoon Celery seed
1/2 Teaspoon Salt

Combine ingredients in small saucepan and bring to boil. Simmer until reduced to thick sauce, stirring occasionally.

Molasses Orange Barbecue Sauce

- 1 Can Tomato soup, condensed (10 3/4 Ounce)
- 1 Can Tomato sauce, 8 Ounce can
- 1/2 Cup Molasses, light
- 1/2 Cup Vinegar
- 1/2 Cup Brown sugar, packed
- 1/4 Cup Vegetable oil
- 1 Tablespoon Minced onion, instant
- 1 Tablespoon Seasoned salt
- 1 Tablespoon Dry mustard
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon Orange peel, finely shredded
- 1–1/2 Teaspoon Paprika
- 1/2 Teaspoon Pepper, black
- 1/4 Teaspoon Garlic powder

In a saucepan, combine all ingredients. Bring to a boil; reduce heat and simmer uncovered for 20 minutes. Use to baste beef or poultry last 15 minutes of grilling.

Carolina BBQ Rub

2 tablespoons salt
2 tablespoons sugar
2 tablespoons brown sugar
2 tablespoons ground cumin
2 tablespoons chili powder
2 tablespoons freshly ground black pepper
1 tablespoon cayenne pepper
1/4 cup paprika

Combine all ingredients in a small bowl and mix well; use as a dry rub on beef, chicken, lamb or pork.

Cajun Blackening Spices

5 teaspoons paprika
1 teaspoon ground dried oregano
1 teaspoon ground dried thyme
1 teaspoon cayenne pepper
1/2 teaspoon finely ground black pepper
1/2 teaspoon finely ground white pepper
1/2 teaspoon garlic powder

Mix together and store in an air-tight container.

Chili Paste

1 Lemon (and zest)
1 Lime (and zest)
1 orange (and zest)
1/2 green chili, or more to taste (chopped with or without seeds)
5 garlic cloves (finely crushed)
3 tablespoons mild chili powder
1 tablespoon olive oil
1 tablespoon paprika
1 teaspoon ground cumin
1 teaspoon salt
1/2 teaspoon dried oregano
1/4 teaspoon ground cinnamon

Mix 1/2 teaspoon of each fruit zest and all the juices with other ingredients. Add more spices if desired. Let stand at least 30 minutes before using (should thicken).

Kansas City Rib Rub

1/2 cup brown sugar
1/4 cup paprika
1 tablespoon black pepper
1 tablespoon salt
1 tablespoon chili powder
3/4 tablespoon garlic powder
3/4 tablespoon onion powder
1 teaspoon cayenne

Mix all ingredients together and store in an air tight container.

Maple Barbecued Chicken

- 4 skinless chicken thighs
- 3 tablespoons maple syrup
- 3 tablespoons chili sauce
- 1 tablespoon cider vinegar
- 1 tablespoon canola oil
- 2 teaspoon Dijon mustard
- 1 cup Apple Wood Chips

Soak Apple Chips in water for 30 minutes. Preheat grill. Combine syrup, chili sauce, vinegar and mustard together in a saucepan. Let simmer for 5 minutes. Brush chicken with the oil and season with salt and pepper. Add wood chips to coals. Place chicken on grill and cook for 10–15 minutes or until fork tender. Turn occasionally and brush generously with sauce in the last few minutes before they are done.

Cinnamon Honey Wings

2 1/2 pounds Chicken wings
4 each Garlic cloves, chopped
1/4 cup Olive oil
2 tablespoons Soy sauce
1/4 cup Vinegar, rice
1/4 cup Honey, mild
1–1/2 teaspoons Cinnamon, ground
1 teaspoon Thyme
1/2 teaspoon Ginger, ground
1/2 teaspoon Mustard, dry
1 cup Apple Wood Chips

Mix all ingredients (except chips) in a plastic bag then knead occasionally for 2 hours. Soak wood chips in water for 30 minutes. Prepare fire in grill. Add chips to hot coals. Cook wings on the grill for about 10 minutes on one side, then turn and baste with the marinade. Continue cooking 10 minutes or until done. Serve immediately or refrigerate until needed.

Barbecued Orange Chicken

2 1/2 lbs chicken parts

BBQ Sauce:

1/4 cup vegetable oil
1/4 cup frozen orange juice concentrate
1/2 cup white wine vinegar
1/4 cup tomato paste
1 orange zest, removed with grater, orange
slices reserved for salad

Salad:

1 large, ripe tomato
1 orange, sectioned (without rind, see above)
2 scallions, chopped
1 Tablespoon vegetable oil
1 Tablespoon white wine vinegar
1/8 Teaspoon salt
1/8 Teaspoon pepper

Prepare grill; heat coals. In medium bowl, mix together all barbecue ingredients until smooth. Place chicken on grill away from center heat, skin-side-down; cook 15 minutes. Turn chicken and grill for 10 additional minutes. Brush chicken pieces with sauce and turn occasionally; cooking for additional 10 minutes. Cut tomato into wedges and place in medium bowl. Use sharp paring knife to cut out white pith off orange. Remove orange sections and add them to tomato. Sprinkle with oil, vinegar and scallions; toss. Season with salt and pepper and toss again. Serve chicken with salad on the side.

Grilled Key Lime Chicken

3 pounds Chicken breasts; boneless, skinless
1 cup Key lime juice
1 tablespoon Honey
3/4 cup Water
1/2 teaspoon Fresh ground black pepper
1/2 teaspoon Ground thyme
2 tablespoons Vegetable oil
1 tablespoon Fresh ginger; peel, grated

Combine all ingredients except chicken in blender or food processor. Process until combined well. Pour over chicken. Cover and let marinate in the refrigerator overnight. Grill over hot coals, turning once, until done. Garnish with cilantro and lime slices.

Apple Smoked Barbecue Ribs

- 2 slabs baby back ribs, or spareribs
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon pepper
- 1 cup Apple Wood Chips
- barbecue sauce (recipe follows)

Preheat oven to 400F. Rub cinnamon, cloves and pepper into both sides of ribs. Place ribs on wire rack on baking pan. Bake for 3 hours until tender.

Soak wood chips in water for 30 minutes. Prepare grill. Place apple wood chips directly in the center of hot barbecue coals. Baste ribs and place on grill above wood chips. Cover, grill and cook for 10 minutes. Turn ribs, baste again and cook another 10 minutes or until ribs are browned but still moist.

Barbecue Sauce:

- 2–15 oz. cans tomato sauce
- 1/2 cup molasses
- 10 cloves garlic
- 2 tablespoons ground cumin
- 2 tablespoons dry mustard
- fresh ground pepper
- 1/2 teaspoon cinnamon
- 1/4 teaspoon hot pepper flakes
- 1/2 cup red wine vinegar

Combine all ingredients except vinegar in saucepan. Simmer, covered, on low heat for 1 hour, stirring occasionally. Add vinegar to taste and simmer for another 15 minutes. Chill at least 24 hours, or until ready to use.

Memphis–Style Barbecued Ribs

3 Pound Racks baby back ribs
2 Teaspoon Salt
2 Teaspoon Coarse ground black pepper
Apple Juice for Basting
1 Cup Red wine vinegar
2 Cup Onion, chopped
2 Garlic, cloves, minced
1/4 Cup Mustard, yellow prepared
1/2 Cup Brown sugar, packed
2 Cup Ketchup
2 Lemons, thinly sliced
1 Teaspoon Louisiana hot sauce

Trim as much fat as possible from ribs. On bone side, work knife tip beneath membrane that covers bone until finger tips can be worked beneath rack membrane, loosening enough to get firm grip. Then peel membrane off rack. With paring knife, scrape any fat away from bone.

Sprinkle ribs on both sides with even, light coating of salt and pepper. Place ribs, bone–side–down on grill. Grill over low fire 1 1/2 hours, turning every 15 to 20 minutes, replenishing fire as necessary. Baste with apple juice at every turn during first half of cooking period either by brushing on, or simply spraying apple juice from spray bottle. If smoking with indirect heat, turn at 1 hour intervals, cooking 4 to 6 hours.

Combine vinegar, onion, garlic, mustard, sugar and hot sauce in blender. Blend until smooth. Place in saucepan and add ketchup. Simmer 20 minutes. Add lemon slices. Stir occasionally to keep from sticking. Use sauce as frequent baste for last half of cooking period, whether grilling or smoking, being careful not to burn ribs. Serve remaining sauce on side.

Baby Back Ribs With Mustard Sauce

1/3 cup Brown sugar
1/4 cup Onion, finely chopped
1/4 cup Vinegar
1/4 cup Mustard
1/2 teaspoon Celery seed
1/4 teaspoon Garlic powder
4 pounds Pork spareribs, or pork loin ribs, cut into pieces

For sauce, in a saucepan combine brown sugar, onion, vinegar, mustard, celery seed and garlic powder. Bring to boiling, stirring till sugar dissolves. Preheat grill. Adjust heat for indirect cooking. Place ribs on grill rack over medium heat. Cover and grill for 1 1/4 to 1 1/2 hours or till ribs are tender and no pink remains. Brush occasionally with sauce the last 15 minutes of grilling.

Grilled Leek And Sweet Pepper

2 medium leeks, green tops trimmed, split up to the root ends, cleaned
1 Tablespoon olive oil
1 large red bell pepper
1 large yellow bell pepper
4 Tablespoon unsalted butter
1 large clove, garlic, minced fine
1/3 cup dry vermouth
salt and freshly ground pepper to taste
12 oz. fresh fettuccine
1 Tablespoon fresh thyme leaves
1 cup Apple Wood chips

Prepare a medium-hot fire in the grill. Coat the leeks with olive oil.

When the coals are covered in gray ash add the presoaked chips to the fire. When the chips start to smoke place the leeks and peppers on the cooking grid directly over the fire.

Grill, turning as needed, until leeks are tender and golden brown, about 10–12 minutes, and skin of peppers is charred, about 15 minutes. Remove the leeks from grill and let cool. Remove the peppers from the grill and place in a paper or plastic bag and seal; set aside and allow to steam.

When cool, trim root ends from leeks, then cut into thin strips. Peel and seed bell peppers and cut into thin strips.

Meanwhile, heat a large pot of water to boiling.

Heat butter in a large skillet over medium heat. Add garlic and cook, stirring frequently, until pale golden. Add vermouth, and reduce to syrupy consistency. Stir in leeks and peppers and season with salt and pepper.

Salt boiling water, add pasta, and cook until tender but still firm to the bite. Drain thoroughly, add to skillet and toss well. Sprinkle with thyme and serve hot.

Mediterranean Grilled Vegetables

1 pound Large onion
1 pound Red bell pepper
1 pound Green bell pepper
1 pound Yellow squash
1 pound Zucchini squash
1 cup Olive oil
1/3 cup Italian seasoning

Peel onions and cut top-to-bottom in large wedges. Cut tops from bell peppers, remove core, and cut in large top-to-bottom pieces. Trim ends from squash and cut in diagonal rounds, about 1/2" thick. Toss all vegetables in a large bowl with olive oil and seasoning, breaking up the onion wedges somewhat. Place in a single layer on a very hot grill (watch out for the flare-ups!) and grill, turning occasionally, until peppers are slightly charred and veggies are tender (about 5 minutes). Serve immediately. These are also good refrigerated, then microwaved to reheat.

Shrimp On The Barbie

12 Giant Prawns, shelled and heads and tails intact

1/4 cup Butter

1 cup Orange juice (freshly, squeezed)

2 tablespoons Sherry

1 teaspoon Orange Zest (grated)

2 each Green onions, tops and white

1 teaspoon Ginger root, (freshly grated)

Soak a dozen long wooden skewers in water for 30 minutes. Then push skewers through prawns, lengthwise, from head to tail with only 1 to a skewer. Combine all ingredients in saucepan and cook over medium to low heat, stirring, until butter is completely melted. Dip skewered prawns in the orange sauce and position on oiled grill rack about 4 inches above the coals. Baste liberally with sauce and grill for 2 minutes. Turn the prawn over and baste again, cooking for another 2 minutes. Smaller prawn will be done at this point, but continue basting and turning larger prawn until they are pink and cooked through. Remove from heat immediately when done, as they will get tough if overcooked. Use any remaining sauce for a dip for the prawns.

Grilled Halibut With Oriental Sauce

1/4 cup orange juice
2 Tablespoons soy sauce
2 Tablespoons ketchup
2 Tablespoons vegetable oil
2 Tablespoons fresh parsley or 1 Tbsp dried parsley, chopped
1 Tablespoon fresh lemon juice
1/2 Teaspoon oregano
1/2 Teaspoon pepper
1 clove garlic, minced
4 6-oz. halibut steaks, cleaned
1 cup Apple Wood chips

Combine orange juice, soy sauce, ketchup, oil, parsley, lemon juice, oregano, pepper and garlic in a small bowl. Brush the mixture evenly on the steaks, refrigerate.

Brush the grill lightly with oil. Light the coals or gas grill. Soak the apple wood chips in water for about 45 minutes. When the coals turn white add the wood chips. When the chips start to smoke place the steaks on the grill rack and cook turning once, about 5 to 6 minutes per side, or until the steaks flake when tested with a fork.

Barbecued Chuck Roast

4 pounds Round (7-bone chuck roast), Cut 2" thick
2 teaspoons Meat tenderizer
3 each Green onions, chopped
1 each Garlic clove
1/4 each Green Pepper (diced)
2 each Stalks Celery, diced
1/2 teaspoon Oregano
1/2 teaspoon Rosemary
1 dash Cayenne
1 tablespoon Worcestershire sauce
3/4 cup Burgundy wine
3 tablespoons Peanut oil

Slash fat edges. Sprinkle both sides of roast evenly with meat tenderizer. Pierce meat deeply all over with fork.

Place in shallow dish and top with green onions, garlic, green pepper, celery, oregano, rosemary and cayenne.

Combine worcestershire, burgundy and oil and pour over meat. Refrigerate overnight, turning meat several times, each time spooning the chopped ingredients over top again.

Sear both sides over glowing coals. Raise grill and continue cooking, having meat about six inches from heat, until done as desired. Allow from 50 to 60 minutes for total cooking time. Brush frequently during cooking with any remaining marinade.

Bourbon Steak

1–1/2 pounds steak
1 teaspoon. sugar
1/4 cup bourbon
2 tablespoons soy sauce
2 tablespoons water
1 garlic clove, crushed
1 cup Apple Wood Chips

Mix all ingredients (except chips) together, place in ziplock bag and marinate steak 4 hours or over night. Soak wood chips in water for 30 minutes, and add to hot coals just before commencing to grill. Grill steak to desired doneness. This recipe is good with any cut of steak you like.

Marinated Steak Kabobs

1 cup Onion, chopped
1/2 cup Vegetable oil
1/2 cup Lemon juice
1/4 cup Soy sauce
1 tablespoon Worcestershire sauce
1 teaspoon Mustard, prepared
1 pound Sirloin steak, cut in 2" cubes
1 large Green pepper, cut in 1" pieces
2 medium Onions, quartered
2 medium Tomatoes, quartered
1 cup Apple Wood Chips

Saute onion in oil; remove from heat. Stir in lemon juice, soy sauce, Worcestershire sauce, and mustard; pour over meat and vegetables. Cover and marinate overnight in refrigerator. Remove meat and vegetables from marinade, reserving marinade. Alternate meat and vegetables on skewers.

Soak Apple Wood Chips in water for 30 minutes. Prepare fire in grill. When the grill is up to temperature, add wood chips; let them start smoking. Grill kabobs 5 minutes on each side over coals or until desired degree of doneness, brushing frequently with marinade.

Turn Your Grill Into A Smoker!

Be sure to soak wood chips in water for 30 – 60 minutes before putting on the grill.

When using gas grills it's best to put presoaked wood chips in a smoker box or wrap them in a piece of aluminum foil with a lot of holes in it. This keeps your grill from filling up with ash and clogging the jets. If you are using a charcoal grill or smoker then you can just put the wood directly on the coals (once they've heated up).

If you haven't used wood before, start small. Use a 1/4 cup of presoaked chips on your grill and see what it does for you. One of the great things about barbecue is the wide variety of experimentation available to the backyard cook. Wood is a great tool so don't be afraid to use it.

You can make a homemade smoker box by using a tin can. Poke some holes in the can, then open the lid not quite all the way and fill with wood chips that have been soaked in water for an hour. Position the can on the coals before grilling. Wait a little bit until the wood starts smoking, and commence with grilling.