



RECIPES – TRIED AND TRUE

Recipes are best thought of as culinary frameworks within which to experiment. As you add in your ideas, the recipe becomes your own. So I will offer these frameworks as fundamentals to be built upon. We will deal with some basic ideas for barbeque in general and then with experience-based concepts for pork, beef, poultry, seafood, and lamb.

Keep in mind that fish and seafood for the most part are more delicate and will not take as long on the smoker. Be prepared to monitor the cooking process more closely as the overall cooking times may only be 1-2 hours or even less for shellfish.

BUDDY FOSTER

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RECIPES – TRIED AND TRUE

The All-Purpose Rub

One of the most basic spice preparations for barbeque is a rub. It is a blend of ingredients that you actually rub into the meat or poultry, hence the name. The rub is to be used before you start the cooking process and can be done the day before. Rubs can be made more effective by painting the meat to be smoked with oil prior to sprinkling on the rub. Olive oil, vegetable oil, lemon juice, or other fruit juice could be used, but the point is to make the rub stick to the surface of the meat.

8 Tbs. light brown sugar	1 tsp. onion powder	¼ tsp. cayenne pepper
3 Tbs. Kosher salt	1 tsp. garlic powder	½ tsp. ground cumin
1 Tbs. Chili powder	1 tsp. dry mustard	½ tsp. ground coriander
1 Tbs. paprika	1 tsp. black pepper	

Mix all ingredients in a large mixing bowl and sprinkle over meat, fish, or poultry. With clean hands, rub the mixture onto all exposed surfaces of the meat to coat thoroughly. Except for fish, which is more delicate, allow meat to marinate with the rub applied overnight and place on the Smoke E Z the following day.

This is a good basic recipe that you can adjust to your own taste for different food types, a little more mustard when you're cooking pork, lemon zest when you're cooking chicken or fish. You can change the texture of the rub by running it through a coffee grinder to create a powder.



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Pork Shoulder (about ½ lb. per person)

TWO DAYS BEFORE you intend to serve the pork shoulder, rub the pork shoulder on all exposed surfaces with the All-Purpose Rub (see other card) and allow to marinate overnight in the refrigerator. Cover the shoulder with plastic wrap to prevent it drying out.

The day before smoking the shoulder, pre-cook in the oven at 250 degrees for 4 hrs. Refrigerate over night. The following day, place on the top position in the Smoke E Z and smoke for 11-12 hours at 200-250 degrees. Baste with a sauce made from your favorite barbeque sauce cut 50-50 with a mixture of white balsamic vinegar and water. At this point the pork should be "pull-able" for sandwich making purposes. That is it can be shredded using forks (or fingers) and the interior meat mixed with the "bark" that has formed on the outside of the pork while smoking.

In the South the common construction of a pulled pork sandwich is to place a generous portion of pork on a bun, ladle on some barbeque sauce, top with cole slaw and a dash of hot sauce.



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Beef Brisket (1/2lb. per person)

Note: You can reduce overall cooking times by pre-cooking items like briskets in the oven inside.

Select a brisket with a good fat cap and liberally salt and pepper all sides. If pre-cooking in the oven, place the brisket on a rack in a large pan so that it lies flat but is elevated above the bottom of the pan. Seal the pan tightly with aluminum foil and bake at 250 degrees for 3 hrs. Transfer the brisket to the Smoke E Z, reserving the juices that are in the bottom of the pan.

Baste the brisket with a sauce made by mixing the reserved juices with your favorite barbeque sauce 50-50. Smoke the brisket with aluminum foil underneath to preserve its moisture. Place on the top position in the Smoke E Z and allow to smoke for 10 hrs at 200-250 degrees.



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Beef Tenderloin (1/2lb. per person)

Marinate and refrigerate the night before cooking. Place the meat on the top rack of the Smoke E Z and allow to smoke for 2 hrs. Baste with a mixture of melted butter and lemon juice to keep the outside of the tenderloin from becoming too dry. Just before serving, remove the smoker from the grill and grill the beef tenderloin over high heat on the kettle grill for about 5 minutes, turning frequently, depending on how done you wish your beef.

If you are cooking for a group that's fond of garlic, try spearing the tenderloin with slivers of garlic at the beginning of the marinating period.

Marinade:

- ½ cup olive oil
- 1 Tbs. garlic pepper
- 1 Tbs. Worcestershire sauce
- 1 tsp. hot sauce

Place the beef and all ingredients in a large plastic bag and mix thoroughly. Marinate in the refrigerator overnight, turning occasionally.



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Pork Ribs (7-8 bones per person)

While many would say it's a sacrilege, I suggest that you boil your ribs before putting them on to smoke. It makes them tender and at the same time renders off some of the fat.

In the water that is used for boiling, pour a dark beer, salt, garlic pepper, and a Tbs. of Worcestershire sauce.

Make sure the water level is sufficient to cover the ribs. Bring to a boil and simmer for one hour. Sprinkle liberally with the RUB from above and place on the top position of the Smoke E Z, bone side down. Smoke for 6 hours at 200-250 degrees, turning occasionally. Baste toward the end of the cooking period with your favorite barbeque sauce.



RECIPES – TRIED AND TRUE

Meatloaf

This is a simple version of the classic comfort food that very well lends itself to slow cooking on the Smoke E Z. (Will feed 6 people)

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| 1 Tbs. Worcestershire sauce | 1 Bell pepper finely chopped | 1 lb. ground pork (or sausage) |
| 1 tsp. hot sauce | 1 yellow onion finely chopped | 2 lbs. ground beef (or venison) |
| 1 tsp. soy sauce | 2 eggs beaten | Salt and Garlic Pepper |
| 1 Tbs. minced garlic | 1 lb. ground veal | |

In a large mixing bowl combine all ingredients thoroughly. Dump out onto a sheet of aluminum foil and shape into a loaf approximately 6"x 10"x 4"h. Paint the top of the loaf with olive oil to prevent it from drying out. Place the meatloaf and the foil onto the Smoke E Z, with the grill rack in the lower position for 4-5 hours.

Blend 1 cup ketchup with ¼ cup Chipotle peppers and spoon over top of meatloaf during last hour of cooking time. Good stuff!



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Green Chicken (1/4 chicken per person)

This is an especially tasty roasted chicken recipe for spring and summer months when fresh herbs are plentiful.

1 handful fresh mint	2 Tbs. fresh lemon juice
1 handful fresh basil	1-2 cloves minced garlic
1 handful fresh parsley	½ cup olive oil
1 Tbs. fresh thyme	Kosher salt and white pepper

Place all ingredients in a blender and blend until smooth. Paint onto chicken that has been dried of excess moisture. Smoke for 3 hours at 250 degrees, basting every 30 minutes with herb mixture. Cooking times will vary with the size of the chicken that you are smoking, pieces will cook more quickly than a whole chicken. Cook extra; the leftovers are great!



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Red Chicken (¼ chicken per person)

This recipe is spicy but delectable! The level of heat in the dish can be adjusted by the brand of hot sauce that you use; some are hotter than others.

Slide your finger between the skin and flesh of the chicken and insert several slices of butter into the pocket you created, one above each side of the breast and one above each thigh. Dry the chicken with paper towels, coat the dried chicken with hot sauce, and pat on a generous coating of the RUB from above. Open a beer and dispose of half the contents in whatever manner suits you. Place the remaining half can of beer, can and all, into the body cavity of the chicken. Smoke upright on the top rack position of the Smoke E Z for 2-3 hours at 250 degrees. Plug the opening at the neck of the chicken with a pepper, onion, lemon, or a piece of fruit. Baste occasionally with a 50-50 mixture of olive oil and hot sauce. You can use barbeque sauce if you prefer.

The beer can speeds up the cooking time and imparts a remarkable flavor at the same time. Cooking racks that hold the chicken and the beer can steady are readily available. You can add herbs, spices, lemon zest, or any number of things to the beer can to create your own special taste sensation. Use caution when removing the beer can at the end of the cooking cycle.



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Fish Filets I

For fish filets the recipe is the same whether it's fresh water fish or salt water fish, just make sure that the fish itself is as fresh as possible. Brush each side of the filet with melted butter or oil and sprinkle with the All-Purpose Rub (see other card).

Put a sheet of aluminum foil and place on a grill rack in the top position in the Smoke E Z. Smoke at 200-250 for 30 minutes and check for done-ness; the fish should be opaque and flake easily. If it's not done allow to smoke for another 15 minutes and check again. A rule of thumb is about 30 minutes for each half inch of thickness of the filets. Toward the end of the smoking period, squeeze a fresh lemon over the fish. Garnish with chopped fresh parsley.



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Fish Filets II (one 8oz. filet per person)

An alternate method for preparing fish filets, especially catfish, is to paint each side of the filet with a mixture that's 75% mayonnaise and 25% poupon or grainy mustard (not yellow mustard).

Place on aluminum foil, sprinkle the top side of the filets with crushed pecans, salt and pepper, and cook for 45 minutes on the Smoke E Z. The finished fish should be opaque and flaky.



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Smoked Salmon (3 lb. filet)

This version of smoked salmon must be refrigerated; it is not for on-the-shelf storage. A key ingredient is the basting sauce. Recipe follows:

- ½ cup soy sauce
- ½ cup sugar
- 1 tsp. minced garlic (optional)

Reduce over medium heat to a syrup of approximately ½ the volume you began with.

Paint the filet with peanut or canola oil, salt and pepper (or All-Purpose Rub [see other card]). Sprinkle with fresh chopped dill and grated lemon zest; and drizzle lightly with the soy syrup. Smoke until the salmon is flaky. Garnish with a few capers and a few drops of the soy syrup.



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Smoked Oysters (in season)

Crack the oysters and free the oyster from its shell.

Sprinkle each oyster with a little of the All-Purpose Rub (see other card) from above, ¼ tsp. butter, and ½ tsp. fresh chopped parsley or spinach.

Place on top position of the Smoke E Z and smoke until the edges of the oysters begin to curl slightly.



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Lamb Loin Chops (3-4 per person)

Marinate the chops over night if possible in order for the marinade to have full effect.

Marinade:

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| Juice of 4 lemons | 1 Tbs. soy sauce | ¼ Cup olive oil |
| 1 Cup Ketchup | 1 Tbs. hot sauce | ½ Cup red wine |
| ¼ Cup Poupon mustard | 1 Tbs. Balsamic vinegar | |
| 1 Tbs. Worcestershire sauce | 1 Tbs. minced garlic | |

Place the chops and the marinade in a large plastic bag and seal tightly. Put the bag in a bowl to avoid any problems with spills, and refrigerate over night. The following day, salt and pepper the chops and place them in the Smoke E Z with the rack in the top position. Reserve the leftover marinade, bring it to a boil and then cool it down to use as a basting sauce. Smoke the chops for 1-2 hours at 200-250 degrees and check for done-ness.



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Leg of Lamb (1/2lb. per person)

De-bone the lamb or have your butcher do it for you. Unfold the roast and sprinkle with the RUB from above. Then spread liberally, inside and out with the paste described below:

Lamb Marinade Paste:

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| 1 Cup parsley leaves | Juice of 2 lemons |
| 1 Cup mint leaves | ½ Cup olive oil |
| 4-6 cloves of garlic, minced | Salt and Garlic Pepper |

In a blender, process until smooth, and spread over lamb.

Marinate in refrigerator over night if possible. Place the lamb roast on a grill rack in the top position of the Smoke E Z and smoke for 3-4 hours at 200-250 degrees. Serve roast medium rare.