

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Barbecue Sauce For A Perfect Barbeque

By Robert Thatcher

When someone mentions barbecue images comes to the mind like cooking at the backyard grill, a social gathering, cooking outdoors and cooking meat slowly over wood and smoke that adds flavor to the food.

Different cooks have different preferences and style in their cooking. Some prefer rubbing the seasoning whether wet or dry prior to cooking and some prefers to soak the meat first in special marinades that could be sops, mops and finishing. The preparation and ingredients for marinating may differ from region to region the preferred wood to be used can also differ. However, no perfect barbecue will taste as good without the perfect barbecue sauce.

Barbecue sauces can generally be categorized by what they are based on. Common examples are tomato, vinegar and mustard based sauces. To give the barbecue its distinctive taste and prevent the meat from burning easily, barbecue sauces are applied to the meat while being cooked with the exemption of tomato based barbecue sauces as tomato based sauces burns easier than the other kinds of sauces.

Barbecue sauce preparation can either be sweet, sour, tangy, spicy, hot, thick or thin. The varieties are almost endless which makes barbecues popular because anyone can make his own special preparation depending on taste and anyone can create his own way of serving the barbecue.

Recipes for barbecues can also be guarded. And good barbecue sauces can be purchased at almost any store. But the only perfect barbecue sauce is the one that you can create for yourself. Remember whatever works for you and your family can be a great barbecue sauce. So start experimenting that is the only way to start good cooking.

The basics of Barbecue sauces...

Tomato based barbecue sauce is the most widely used. Some say that it is the most popular. Its popularity however may be due to the simplicity of preparation and besides; tomatoes are ingredients that could easily be found. The point to remember in preparing tomato-based barbecue sauces is to

Barbecue Sauce For A Perfect Barbeque

cook the tomatoes very well in order for the flavor to blend with the other ingredients.

Tomato based barbecue sauces are acidic. Because of this, it has the property to breakdown all the flavor of other ingredients blending them with its own. But because of its propensity to burn, limit the usage of tomato based barbecue sauce while cooking. To make it even more flavorful, prepare tomato barbecue sauces a day in advance.

Mustard based sauces are preferred in North Carolina. The mustard based barbecue sauce is great for grilling pork.

Vinegar is great meat tenderizer. It is also more acidic than tomatoes. Because of its acidic content, vinegar based sauces has a tendency to penetrate deep into the meat. To make this barbecue sauce more flavorful, experiment mixing it with chili, cider vinegar or red pepper, sugar salt and all the other ingredients that you want it to have.

Barbecue sauces today has different uses departing from its traditional purpose. It now serves as a condiment that is present on almost any table like ketchup, salsa, salt, pepper and Tabasco. However, if experimenting with food is not your greatest strength, you can always find great sauces in any store. To make great barbecues, one rule to follow is not to place too much weight on the "with smoke flavor" label that many bottled tomato sauces advertise itself. Smoke flavor is what is barbecuing all about. The flavor has to come from the wood not the bottle.

Robert Thatcher is a freelance publisher based in Cupertino, California. He publishes articles and reports in various ezines and provides information about BBQ sauces on

<http://www.about-bbq-sauce.info>

Famous Names In Barbecue

By Chris McCarthy

They are grilling celebrities in their own right. You've seen them on TV and you see their cookbooks lined along the shelves of your local bookstore. They may have different backgrounds and a variety of cooking styles, but just like you, they all share the same passion and that is for grilling and barbecues.

Bobby Flay is one of the most successful chefs who specialize in grilling and barbecues. In 1991, Flay's restaurant, Mesa Grill opened and was dubbed as the Best Restaurant by New York magazine. In 1993, Chef Bobby Flay was voted as James Beard Foundation's Rising Star Chef of the Year. It was during the same year that his other restaurant, Bolo opened. Bobby Flay's love affair with the grill can be best experienced through his TV shows, BBQ with Bobby Flay, Hot Off the Grill with Bobby Flay, and Boy Meets Grills, as well as his cookbooks Boy Meets Grill, and its sequel, Boy Gets Grill.

Larry Gerber a.k.a. The BarBeQue Man. Dubbed as the BarBeQue Man or simply Que, Larry Gerber has become the face and voice of virtually anything related to grilling and barbecues. His company,

Barbecue Sauce For A Perfect Barbeque

Barbeque Man, does endorsements and promotions of various barbecue-related products, events, and issues. Apart from being a personal chef, he also writes for different national culinary publications, hosts a TV show called Culinary Adventures, and can be heard on many radio stations in the upper Midwest as he talks about the fine art of barbecuing and grilling.

Mike Mills is often referred to as The Legend in the world of grilling and barbecuing because of his family's treasured barbecue sauce. Between 1989 and 1994, his team, the Apple City BBQ team won hundreds of awards and accolades in various barbecue competitions. They even hold the record for being four-time World Champions and for being three-time Grand World Champions, which no other team has ever been able to beat so far. Today, Mike Mills owns 17th Street Bar & Grill in Murphysboro, IL and has published a book entitled, Peace, Love, and Barbecue: Recipes, Secrets, Tall Tales, and Outright Lies from the Legends of Barbecue in 2005.

Steve Raichlen is a journalist, cooking teacher, award winning author and PBS TV host. His best-selling Barbecue Bible cookbook series (more than 2 million copies in print) and Barbecue University TV show on PBS has changed the American barbecue for the better. In August, 2003, Raichlen defeated Iron Chef Roksburu Michiba in a bbq battle on Japanese television. Some other famous quotes about Raichlen include: Oprah called him the "Gladiator of Grilling" and "Howard Stern hailed him as the "Michael Jordan of Barbecue."

Now, aren't you just inspired to get out there and cook the most amazing barbecue recipes yourself? Not a problem - get your grill ready, hit your local meat shop or grocery store and log on to InsaneChicken's BBQ Sauce Catalog and get their delicious recipes ranging from barbecue to vegetarian recipes. And of course, check out their wide range of sauces and marinades to further make your grilling dishes insanely bold and daring.

Chris McCarthy is the owner of InsaneChicken's Hot Sauce and BBQ Sauce Catalog. Check out the large selection of hot sauces and bbq sauces at

<http://www.insanechicken.com>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!