

Catalyst for Great Debate

Like politics, barbecue stirs passionate, absolute, unshakable on-the-spot opinions from North Carolinians, who don't give a hoot what else they eat in their lives. For decades, folks have been fighting over where barbecue is best — Eastern North Carolina or Western North Carolina.

A "scientific survey" by the School of Journalism at the University of North Carolina at Chapel Hill tried to quantify preferences. Folks argue over:

1. Whether barbecue is a noun or a verb.
2. Whether to cook the whole pig or just the shoulder (favored by the West).
3. The merits of chopping versus slicing, shredding, chunking or even mincing. (The general rule of thumb is that East means chopped, the West also offers sliced.)
4. Making clear sauce with vinegar, pepper and salt (East) or red sauce with all of the above plus catsup and sugar (West).
5. Cooking with gas vs. cooking with wood, charcoal or hickory.

North Carolinians generally agree on one thing: the three dishes that go with barbecue—potatoes, coleslaw, and some kind of cooked cornmeal.

PIG-PICKIN'

In its purest form a true celebratory event at which one or more dressed pigs are slow-roasted over coals and basted with a sauce of cider vinegar and crushed hot peppers. The succulent meat is picked, chopped, or sliced and eaten with great gusto.

bar•be•cue
noun or verb

1. the premiere ethnic food of North Carolina 2. pig pickin' 3. catalyst for great debate
4. a method of cooking 5. pig as culinary art 6. a culinary rite 7. all of the above

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This brochure provided by:
Our NC Pork Council and
The Many Barbeque Experts Across the State

bar•be•cue

Pig Pickin'

1 (75- to 100-pound) dressed pig (no head, no feet & split)
1/2 pound salt
60 pounds charcoal briquets, divided
Barbecue sauce (recipe follows)

Trim and discard any excess fat. Sprinkle salt inside cavity. Set pig aside.

Place 20 pounds charcoal in pork cooker. Pour 1 quart charcoal lighter fluid over top, and ignite. Let burn until charcoal has turned ash-grey. Place heavy gauge wire, about the size of pig, over pork cooker, 13 inches from coals.

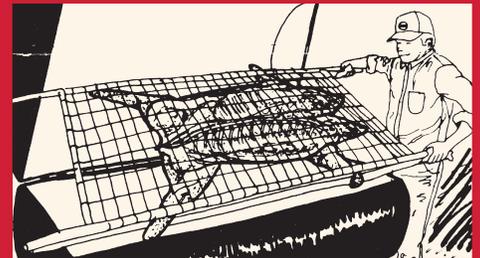
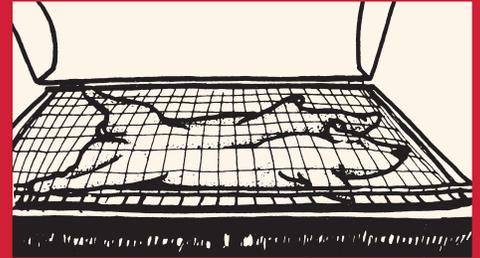
Place pig flat, skin side up, on wire surface. Close lid of cooker; cook at 250° for 6 hours, adding additional lighted coals as needed to maintain temperature in cooker.

Place a second piece of wire over pig, sandwiching pig between the 2 layers of wire. Turn pig over; remove wire from top. Insert meat thermometer in thigh, do not touch bone.

Baste meat with barbecue sauce; pour sauce in rib cavity to measure 1 inch. Close pork cooker lid; cook at 250° for 2 hours until meat thermometer registers at least 180° and no pink meat is visible when hams and shoulders are cut.

Slice or chop meat or allow guests to pull (pick) meat from bones. Serve with barbecue sauce. Yield: 70 servings.

Note: Meat may be cooked and frozen for up to 3 months.



Dishes on the Side to Complement the Perfect Pickin'

EASTERN-STYLE SLAW

- 6 medium heads cabbage (about 36 cups) finely shredded
- 1 1/2 cups green onion, sliced
- 1 1/2 quarts mayonnaise or salad dressing
- 3/4 cup sugar
- 3/4 cup vinegar
- 2 to 4 tablespoons celery seed
- 2 tablespoons salt (or to taste)

In large bowl, combine cabbage and onion. In small bowl, blend mayonnaise, sugar, vinegar, celery seed and salt. Mix well. Drizzle mayonnaise mixture over cabbage mixture in bowl. Toss lightly to mix well. Refrigerate until serving. Yield: 50 servings.

PIEDMONT-STYLE SLAW (Red Slaw)

Using the basic recipe above omitting green onions and celery seed, add approximately 1/4 catsup plus enough of the Lexington-style Barbecue sauce to taste, mixing well.

Best-Ever Brunswick Stew

- 1 lb. country ham, chopped
- 2 lbs. ground chuck
- 1 large hen
- 2 pods hot pepper
- 1 (14 oz.) bottle catsup
- 2 quarts tomatoes, crushed
- 1 (6 oz) can tomato paste
- 1 (10 3/4 oz.) can tomato soup
- dash of worcestershire sauce
- hot sauce
- salt
- 1/2 lb. butter
- 2 pkgs. frozen shoe peg corn*
- 2 pkgs frozen butter beans*
- 2 pkgs frozen green beans*
 * 10 oz. each package
- 4 large onions, sliced
- 1 large pkg. great northern white beans, cooked, drained and mashed (optional)
- 8 large potatoes, cooked and mashed

Cook the ham, chuck, and hen together in a large stewing pot until tender. Add the pepper pods. Remove chicken from the pot and bone; cut into small pieces and return to pot. Add catsup, tomatoes, tomato paste, tomato soup, dash of worcestershire and hot sauce to taste. Salt and pepper to taste. Add butter, corn, butter beans, green beans, and onions. Cook over low heat for 1 1/2 hours, stirring occasionally. Add white beans and potatoes. Yield: 8 quarts.

ALMOST NORTH CAROLINA PORK BARBECUE

(short-cut, small family style)

Start with a pork Boston butt that weighs 4 to 5 pounds; place in a slow cooker. Splash in about 1/3 cup cider vinegar and a tablespoon or two of molasses. Slow cook by cooker directions for about 10 hours. Cool; debone, remove skin and excess fat. Chop meat and add barbecue sauce (Eastern, Piedmont or Western-style).

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Carolina Style Barbecue Sauces

North Carolina barbecue sauce recipes are numerous, reflecting the personal seasoning preference of thousands of barbecue "experts" across the state. The sauce used predominately in the East is a clear type of sauce of vinegar, pepper, and salt mixed in various proportions. Western sauces use catsup, sugar, and a variety of spices in addition to vinegar and pepper. The best way to arrive at a barbecue sauce is to select from the following categories the ingredients that suit your own taste:

Sweet — sugar, both brown and white, honey, molasses, catsup, sherry.

Sour — vinegar or lemon juice

Hot — chili sauce, tabasco, cayenne pepper, crushed red pepper, black pepper, hot pepper sauce.

Spicy — mustard, onion, garlic, ginger, cloves, worcestershire sauce.

Salty — salt or soy sauce.

NOTE: As a rule of thumb, allow 2 quarts of barbecue sauce per 75 pounds of pork.

BASIC EASTERN

Hot Vinegar Barbecue Sauce

- 2 quarts cider vinegar
- 1 1/4 to 1 1/2 ounces of red pepper, crushed
- salt to taste
- black pepper to taste

Mix all ingredients well. After basting pig, pour remaining sauce in small jars to serve with cooked pig.

Yield: 2 quarts.

PIEDMONT

Lexington-Style Sauce

- 1 1/2 cups distilled white or cider vinegar
- 10 tablespoons tomato catsup
- Salt to taste, if desired
- 1/2 teaspoon cayenne pepper
- Pinch of crushed hot red pepper flakes
- 1 tablespoon sugar
- 1/2 cup water
- Freshly ground pepper to taste

Combine all ingredients in a small saucepan and bring to a simmer. Cook, stirring, until the sugar dissolves. Remove from the heat and let stand until cool. Spoon a small amount of the sauce over barbecued meats. Yield: 3 cups

EASTERN

Pig Pickin' Sauce

- 1 gallon vinegar
 - 3/4 cup salt
 - 2 tablespoons red pepper
 - 3 tablespoons red pepper flakes
 - 1 cup firmly packed brown sugar or 1/2 cup molasses
- Combine all ingredients; mix well. Allow to stand 4 hours before using. Yield: about 1 gallon.

WESTERN

Catsup-Based Barbecue Sauce

- 1 cup tomato catsup
- 1 cup brown sugar
- 1/2 cup lemon juice
- 1/2 stick butter
- 1/4 cup minced onion
- 1 teaspoon liquid hot pepper sauce
- 1 teaspoon worcestershire sauce

Place all ingredients in heavy saucepan and bring to a boil. Reduce heat and simmer for 30 minutes. Yield: 3 cups

POTATO SALAD

- 10 to 12 pounds potatoes
- 24 hard cooked eggs, chopped
- 2 large bunches celery, chopped
- 1 quart salad pickles, chopped
- 5 small cans pimiento, chopped
- 3 medium onions, chopped
- 3 to 4 green peppers, chopped
- 1/4 cup salt
- 1 tablespoon pepper
- 1 quart mayonnaise
- 1 jar (6 ounces) mustard

Wash potatoes. Cook covered with water for 30 to 40 minutes or until tender.

Remove potatoes from water and cool. Peel and dice. Add next 6 ingredients. Add salt and pepper. Mix. Blend mayonnaise and mustard. Add to potato mixture and mix well. Chill at least an hour to permit flavors to blend. Yield: 50 servings.

LONG AND LEAN HUSH PUPPIES

- 3 1/2 cups water
- 2 cups cornmeal
- teaspoon baking powder
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 medium onion, finely chopped
- 1/4 cup butter, softened, or lard

Bring water to a boil. Combine cornmeal, baking powder, sugar, salt, and onion; slowly add to boiling water, stirring constantly until mixture is smooth. Remove from heat; add butter, stirring until melted. Cool mixture 10 minutes.

Shape batter into 2 x 1 inch oblong rolls. Deep fry in hot oil (375°) cooking only a few at a time. Fry until hush puppies are golden brown. Drain well on paper towels. Serve hot. Yield: 3 1/2 dozen.

ROUND AND FLUFFY PUPPIES

- 5 lbs. self-rising corn meal
- 1/2 cup self-rising flour
- 2 tablespoons sugar
- 2 1/2 quarts (or more) water and buttermilk (or 2 1/2 quarts of either)
- 1/2 cup shortening, melted (optional)
- 3 tablespoons onion, minced (optional)
- 4 eggs (optional)

Stir liquid into dry ingredients, making a thick batter. (Addition of shortening improves texture. Onion adds flavor. Eggs improve texture and flavor.) Drop from spoon into fat which has been heated to 350°F -375°F. Fry to a golden brown. Yield: 125 to 150 hush puppies.

WHERE to START

1. Select Your Menu

2. Select A Method of Preparation:

(for whole hog or shoulders, etc. using wood, charcoal or gas)

Weight of Pig	Charcoal	Amount of Gas	Wood	Cooker Temperature	Approx. Cooking Time
75 lbs.	60 lbs.	40 lb.	1/3 cord	225° - 250°	6 to 7 hours
100 lbs.	70 lbs.	Cylinder	1/3-1/2 cord	225° - 250°	7 to 8 hours
125 lbs	80 lbs.		1/2 cord	225° - 250°	8 to 9 hours

*ImPorkant! DO NOT EXCEED 225° COOKING TEMPERATURE FOR THE FIRST 2 HOURS OF COOKING

- If using an "open" grill allow 1 hour per 10 pounds of pork.
- In order to achieve maximum tenderness an internal temperature of 180° or above must be reached.
- If using gas cooker, read manufacturer's instructions
- When using charcoal or wood distribute more coals under the hams and shoulders and less in the center for more uniform cooking. Additional coals started outside of cooker should be added as needed to maintain proper temperature.

3. Determine number you plan to serve - allowing 1½ lbs. of carcass weight per person.

This will tell you the amount of pork needed to purchase + Cooking time
(Dressed pig; no head, no feet and split to lay flat.)

A Guide for Purchasing

- 75 lbs. dressed pig = approximately 30 lbs. cooked, chopped pork
- 100 lbs. dressed pig = approximately 40 lbs. cooked, chopped pork
- 125 lbs. dressed pig = approximately 50 lbs. cooked, chopped pork
- 14 lbs. uncooked Shoulder = 10 lbs. cooked 6-7 hours
- 6-7 lbs. uncooked Boston Butt = 3 lbs. cooked 3½-4 hours
- 14 lbs. uncooked Ham = 6-7 lbs. cooked 6-7 hours

4. Where to purchase:

1. At a State inspected establishment.
2. A 7 days notice for a local super market, or grocery store, or meat packer is often needed.

5. Basic Equipment needed:

- Large container such as icechest, suitable for keeping a temperature of 35° or less up to 24 hours prior to cooking.
- Large grill surface suitable for method of cooking - wood, charcoal, or gas.
- Meat thermometer to insure 180° internal temperature for optimum tenderness.