

History of American Barbecue

No one is really sure where the term barbecue originated. The conventional wisdom is that the Spanish, upon landing in the Caribbean, used the word barbacoa to refer to the natives' method of slow-cooking meat over a wooden platform. By the 19th century, the culinary technique was well established in the American South, and because pigs were prevalent in the region, pork became the primary meat at barbecues. Barbecue allowed an abundance of food to be cooked at once and quickly became the go-to menu item for large gatherings like church festivals and neighborhood picnics.

Barbecue varies by region, with the four main styles named after their place of origin: Memphis, Tennessee; North Carolina; Kansas City; and Texas. Memphis is renowned for pulled pork-shoulder doused in sweet tomato-based sauce (eaten on its own or as a sandwich). North Carolina smokes the whole hog in a vinegar-based sauce. Kansas City natives prefers ribs cooked in a dry rub, and Texans ... well, Texans dig beef. Eastern Texas' relative proximity to Tennessee puts it in the pulled-pork camp, but in the western segment of the Lone Star State, you're likely to find mesquite-grilled "cowboy-style" brisket.

<https://time.com/3957444/barbecue/>



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Barbecue Rub Spice World Kit



Next Kit: August 3
Garam Masala



Ingredients

Spices (including paprika, chipotle, and turmeric) dehydrated onion and garlic, salt, brown sugar, natural hickory smoke, maltodextrin, citric acid, crystallized lemon juice and less than 2% silicon dioxide added to prevent caking.

Uses

Pork Ribs

Beef Ribs

Chicken Thighs

Chicken Wings

Chicken Breasts

Steaks

Burgers

Pork Tenderloin

Pork Chops

Roasted Potatoes

Roasted Cauliflower

Tofu

Re-fried Beans

Fish marinade made with mixing rub with lemon juice and olive oil

Pasta topping mixed with coarse breadcrumbs and grated Parmesan
Salad Dressing mix made with mixing rub with ranch dressing or vinaigrette

How to use dry rubs

1. Use them as their name indicates.

Dry! Simply rub and press the spices onto your meat. This will give you a nice “crust” on your meat. And if your rub has sugar, that crust will caramelize a bit as well.

2. Add a dab of oil.

Mix a small amount of oil with the rub to form a paste that you can easily spread over your meat. The result won't give you a crusty topping, but it will give you plenty of flavor.

How much to use:

- 1 tbsp. rub for every lb. of meat.
- 1 to 1 ratio between rubs and liquid are a good place to start when using wet rubs. You can adjust from there.


How to apply dry rubs:

1. Pat your meat dry with a paper towel. You want to make sure as much moisture is removed as possible from the surface of the meat.
2. Sprinkle the dry rub onto the meat.
3. Using your hands, rub the spices onto the meat. Rub over the surface like you are trying to rub cream into your own skin. If you want a thicker coat, you can also press the spices onto the meat. This will give you a crisper texture in the finished meat.

What is a Barbecue Rub?

It's a wet or dry mix of seasonings applied before barbecuing meat or poultry



from  the spruce

The Spruce Eats / Marina Li

Wet or dry?

- **Dry** – Great for meats that will cook for shorter amounts of time at higher temperatures, or don't need to tenderize a lot during cooking. These can sit on the meat for 30 minutes or less to impart flavor.
- **Wet** – Great for longer cooking at lower temperatures. Wet rubs can be used more like a marinade and sit on the meat for longer periods.

Cooking methods:

Using dry rubs doesn't automatically mean you have to grill your meat. Dry or wet rubs can be used in many different methods of cooking. But what rubs are best used with which methods?

- Grilling – Dry rubs
- Slow cookers – Wet rubs
- Oven – Dry rubs
- Dutch oven – Dry rubs
- Pressure cookers – Wet rubs

<https://www.thegraciouspantry.com/how-to-use-dry-rubs/>