

# SIDES & SAUCES

# Barbecue

January 2016 - Issue 1 - Vol. 1

19 Tasty  
Recipes  
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**Sauce It!**  
The ESSENTIAL  
sauce recipes  
you need to  
know.

**Simple &  
Sweet**  
Banana  
Pudding  
and easy  
desserts

**Salads & Slaws**

Paper plate bending favorites!



# SIDES+SAUCE Barbecue

There is more to the world of BBQ than just the meat. Please enjoy this special look at some of the side items that make a cook out over the top great. If you enjoy this collection please visit [BarbecueTricks.com](http://BarbecueTricks.com) for more.

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*Thanks for reading this first edition publication from BarbecueTricks.com. Visit the website for more, including a full BBQ recipe and cook book coming soon.*



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# Taking Sides.

► What is the ultimate BBQ side dish? Everyone has their opinions and favorites. Personally you can load me up with a heavy slaw; others want a super sweet pond of bacony baked beans. At BarbecueTricks.com we spend a lot of time on the meat roasting and perhaps not enough time on some of the plate bending sides and sauces. So to make up for lost time, here's a collection of some essential sides and sauce recipes. Some from our videos. Some



*So many sides... so little time! We love that Lockhart's BBQ in Texas knows how to load a tray with Mac and Cheese and an assortment of pickled goodies like jalapenos and red onions. From the fluffy white bread to the tart pickles there's a perfect combination of meat, sauce, and sides for everyone out there.*

► What is the most popular side dish in America? Some would argue Mac and Cheese. It is said that the most popular of all the recipes on The Food Network's website (and they have a lot of recipes) is not some fancy or exotic, gourmet extravaganza. It's Alton Brown's Mac and Cheese recipe that gets the most web traffic.

According to the American Cheese Society, macaroni and cheese has remained on America's top ten comfort foods for decades. In any given 12-week period, approximately one-

third of the American population will eat macaroni and cheese at least once.

Here in Charleston, South Carolina, the annual "Mac-Off" is attended by thousands and has become one of the most popular food events of the year.

Plus there are so many different ways to make it. Pick your cheese. Pick a pasta. Egg or no egg? Is Mac and Cheese REGIONAL?

In the South the gooey side is often

baked in a cassarole dish and includes egg and cheddar.

In our video series "Starch Madness" I challenged my brother in barbecue, Jack Waiboer, in a "Mac-Off" of our own. Watch it at GrateTV.com. The results were so fantastic we had to take a nap after the video shoot.

But, maybe that was just carb overload. The two recipes differ wildly. One is made with a heavy creamy mascarpone and crab. The other is a super easy slow cooker cheat that never fails to get raves. Try 'em both.

## Crabby Mac

1 lb. cooked crab meat  
1 lb. pasta (any type)  
2 cups light cream  
8 Tbsp. butter divided  
4 Tbsp. flour  
16 oz. mascarpone cheese  
¼ cup sharp cheddar cheese  
2 shallots - minced  
1 clove garlic - minced  
1/2 cup panko bread crumbs  
1 Tbsp. olive oil  
1 Tbsp. fresh parsley - chopped (or 1 tsp. dried)  
1 Tbsp. fresh chives - chopped (or 1 tsp. dried)  
1 tsp. lemon zest  
2 Tbsp. parmesan cheese  
1 1/2 tsp. salt  
1 1/2 tsp. white pepper

**Crunchy Topping:** In a saucepan, melt 2 Tbsp. butter. Add the minced garlic and sauté for 1-2 minutes. Add the panko bread crumbs, parsley, chives, olive oil, lemon zest, 1/2 tsp. salt and 1/2 tsp. white pepper.

Mix together to blend. Add the parmesan cheese. Set aside.

**Pasta:** In another pot, cook the pasta in boiling water. While the pasta is cooking, make the cheese sauce.

**Cheese Sauce:** Over medium heat, Melt 4 Tbsp. butter in a large saucepan. Add 4 Tbsp. flour, 1 Tbsp. at a time, to the butter. Whisk the flour into the butter to blend. Slowly add the cream and whisk into the butter and flour mixture to create a white sauce. Continue heating until it

thickens. Add the mascarpone and cheddar cheeses to the white sauce and mix to blend. Add the 1 tsp. salt and 1 tsp. white pepper. Set aside.

**For the Crab:** Melt 2 Tbsp. butter in a sauce pan. Add the minced shallot and sauté for 1-2 minutes. Add the crab meat and toss to cover and heat - about 1-2 minutes. Do not overcook - this is just to lightly heat the crab meat. Add this mixture to the cheese sauce and mix together.

Drain the pasta. Spoon the pasta into the large saucepan of cheese and crab. Mix well. Spoon portions into pasta bowls and top with the seasoned panko crumbs. Serve immediately.

## SlowCooker Mac & Cheese

12 oz can evaporated milk  
1 1/2 cups milk  
1/2 stick of butter  
1/2 tsp. salt  
1/2 tsp. pepper  
1/2 tsp. onion powder  
1/2 tsp. garlic powder  
1/2 tsp. dry mustard  
8 oz elbow macaroni  
3 cups grated cheddar cheese  
1 cup grated Monterey Jack cheese  
1/3 cup grated parmesan cheese  
2 medium eggs



*These two Mac and Cheese recipes are worlds apart. One features the creamy taste of crab with a crunchy bread crumb topping. (top) The other keeps it simple but satisfying with the help of an easy slow cooker.*

Start by using a non stick spray on the interior of your slow cooker. It will minimize the sticking as your mac and cheese sets at the end of cooking. In a bowl mix/beat/whisk eggs and then add both evaporated and regular milk. Add all dry spices to the bowl

and mix well. Dump UNCOOKED dry macaroni noodles into the slow cooker (Crock Pot) and pour milk mixture on top. Stir completely and then add all of the cheeses. Mix again until fully coated. Cover Crock Pot and slow cook on low

setting for 5 hours. Stir one time after approximately two hours and try to resist opening the lid until done. Stealthily peek in at the end if you don't have a transparent lid. This recipe triples nicely in a large slow cooker.

**Act Fast**

*Banana Pudding is the first thing to disappear at a cook out. Still keep it cool over a bowl of ice.*

# Simple & Sweet

## Classic Banana Pudding

1 (14 oz.) can Sweetened Condensed Milk  
 1 1/2 cups cold water  
 1 (4 oz.) package instant vanilla pudding mix  
 2 cups (1 pint) heavy cream, whipped  
 36 vanilla wafers  
 3 medium bananas, sliced and dipped in lemon juice

Yields: 10 Servings

Whisk sweetened condensed milk and water in large bowl.

Add pudding mix. Whisk 2 minutes or until well blended. Chill 5 minutes. Fold in whipped cream.

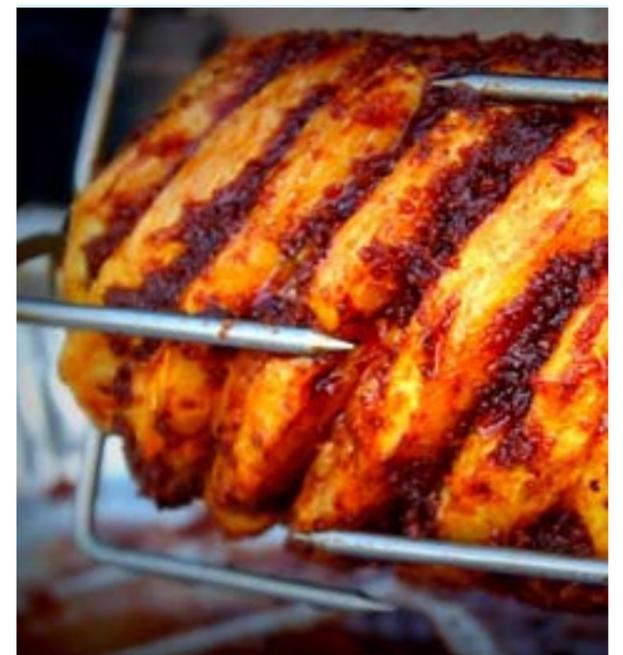
SPOON 1 cup pudding mixture into 2 1/2 quart glass serving bowl. Top with one-third each of the vanilla wafers, bananas, and remaining pudding.

Repeat layering twice, ending with the pudding mixture.

CHILL thoroughly. If possible keep cold (as shown on opposite page) in pan or bowl of ice.

Garnish as desired.

For individual serving pudding desserts, prepare mixture and layer in dessert dishes.



## Rotisserie Pineapple

2 Tbsp. Cocoa Powder  
 1 Large Pineapple  
 1 stick of butter  
 1 Cup Cane Sugar (Sugar In The Raw or Demerara Sugar)

Yields: 7 Servings/Slices

Peel your pineapple with a sharp knife and create a spiral pattern to remove all the thorny “eyes” along the flesh of the fruit. These ridges not only look really cool they act as a receptacle for the butter, sugar and cocoa “rub.”

We used a crystal cane sugar because it has a higher burn temperature and it will create a caramel crust. Skewer and clamp firmly on rotisserie and roast until golden brown.

Slice in rounds right off the spit or slice and serve with a dollop of ice cream.



# Starch Madness

*Easy Peeling  
Tater Tip:  
Score potato  
around the center  
with a knife before  
boiling 15 minutes.  
Then plunge in a  
bowl of ice water  
until cool enough  
to handle. The  
skin should now  
slip off easily!*



## Hot Off The Grill

*These beautiful beef ribs were smoked over low heat. Finish them off over high heat a quick char.*

## Smashed Potatoes

4 potatoes  
1 cup shredded cheddar cheese  
4 Tbsp. grated parmesan cheese  
To Finish:  
4 Tbsp. BBQ sauce  
4 Tbsp. brown sugar

Yields: 4 Servings

We roasted up low and slow beef ribs with the smashed potatoes pictured above.

The ribs were seasoned with simple salt, pepper and smoke. After cooking in a 250 degree smoke we utilized the Texas Coffee Mop Sauce on page 13. Cook the beef ribs longer with more smoke at 250 degrees as needed (until the meat pulls back from

the ends of the bones) and finish with the sweet Worcestershire Sauce on page 12.

### For The Potatoes:

Just leave the spuds in (along with the ribs) for the 2 hour slow cook. Then smash and add cheddar and parmesan cheeses before the direct heat blast.

## Potato Salad

8 large red potatoes  
6 hard boiled eggs, chopped  
1 lb. bacon  
1 large white onion, chopped  
2 c. mayonnaise  
1 c. sour cream  
3 tbsp. milk  
2 ½ c. shredded lettuce  
2 large tomatoes, chopped  
2 c. Shredded cheddar cheese  
Yields: 8-10 Servings

1. Wash and boil potatoes until tender. Let cool.  
2. Chop and cook bacon and onion together, until bacon is crispy. Drain grease into a bowl and reserve.  
3. In a small bowl mix mayonnaise, sour cream, bacon drippings and milk. In a large bowl, combine potato, eggs, and the onion-bacon mixture. Add mayo mixture to potato mixture and toss. Cover with plastic wrap and refrigerate for 2-3 hours.

4. Served topped with lettuce, tomatoes, and cheese

### Secret Ingredient: BACON

*Both the bacon drippings and the bacon pieces make this recipe a secret weapon. Crumble the bacon bits fine enough and your guests wont be able to figure out just why it's so good!*



# North & South

## North Carolina Vinegar Sauce

1 Cup cider vinegar  
 1/2 Cup Ketchup  
 1 Tlbs. crushed red pepper  
 1/2 tsp. black pepper (secret: McCormick's Worcestershire flavored)  
 1 tsp. kosher salt  
 1/2 tsp. ground mustard  
 1/2 tsp. celery salt  
 1 tsp. Plum Sauce (option: substitute dark molasses)  
 1 tsp. brown sugar  
 1 tsp. Worcestershire sauce

Use an 16oz. bottle from cider vinegar for this sauce to store and serve. Simmer ingredients in a small to medium pot for ten minutes. Let cool before serving:

The Palmetto state is home to a different kind of Barbecue sauce. It's Northern brethren in Western North Carolina have staked their claim in a vinegary thin and spicy sauce that cuts the fattiness of whole hog pulled pork. But South Carolinian's like to keep their options open and are in fact one of the only places you can find a different – mustard based style of barbecue sauce.

The origins of the mustard infusion is said to have been passed down from German influences from settlers on the Carolina coast. In the mid 1700 the British Colony of South Carolina brought in thousands of families to the area to settle in and make the state their home. They brought with them

a traditional German fair in food with the common use of mustard. To this day most of the biggest names in South Carolina are of German decent including the Bessinger family who still wave the mustard flag in their BBQ joints in the Columbia and Charleston area.

Although the thought of a mustard sauce is foreign to many. Barbecue fans tend to like this tangy take on a thick sweet sauce. There are hundreds of variations that can be created with different variety of mustard but tradition leans to a simple affordable yellow blend that we've adapted below. This mainstream blend of mustard and vinegar makes for another tangy way to cut through fatty pulled pork at your next pig pickin'.

## South Carolina Mustard Sauce

- 1 Small White Onion, Minced, 2 Tablespoons Butter, 1 Clove of Garlic, Minced, 1 Cup Yellow Mustard, 3/4 Cup Brown Sugar, 3/4 Cup Pickle Juice or Cider Vinegar, 1 Teaspoon Kosher Salt  
 1 Teaspoon Fresh Ground Black Pepper, Hot Sauce To Taste. Saute garlic and onion until translucent. Add mustard and remaining ingredients and simmer for ten minutes until thickened. Strain out onion pulp (optional).





*This a sweet and hot BBQ sauce that is a hit with pork, chicken, and beef. But one ingredient may leave you wondering “What’s this here...”*

#### What's This Here Barbecue Sauce?

*Some purists think sauce stays on the side. This tangy and sweet favorite could change their minds.*

## What's This Here Sauce?

2 Tbsp. vegetable oil  
1 large clove of garlic, minced  
1 medium onion, minced  
1 Chipotle pepper, minced  
1 tsp. chili powder  
1/4 tsp. Cayenne pepper  
1 cup ketchup  
2 Tbsp. Dijon Mustard (Grey Poupon)  
5 Tbsp. dark molasses  
3 Tbsp. Worcestershire sauce  
1/2 tsp. fresh ground black pepper  
2 tsp. Texas Pete

Yields: 5 Servings

This Worcestershire (what's this here?) based sweet and tangy red barbecue sauce is my favorite of all the sauces. Serve it hot on the side or slather it on wings or any meat at the end of the grilling process to add a superior glaze and tasty char.

Heat the oil in a deep sauce pan and add garlic and onions until they soften. Add all peppers and heat for 20 seconds before stirring in the remaining ingredients. Cook on low heat for 20 minutes until thickened. When cool, strain out onion and garlic “chunks” if desired.



#### Well Isn't That Special

*Fast food made it famous but making it at home is more fun.*

# Mops & Sauces

## Texas Mop Sauce

1 cup Dark/Strong Coffee  
1 Tbsp. sugar  
1 cup ketchup  
1 full Tbsp. fresh coarse ground black pepper  
1 Tbsp. kosher salt  
1/4 cup butter  
1/2 cup Worcestershire sauce

Mix ingredients in large pot with room to add mop without overflow. Simmer lightly for 20 minutes. Sauce (mop) should be used thin to baste meat. Allow to thicken for a spicy “sop” to serve plate-side.



History has it that President Johnson’s barbecue master, Walter Jetton, (yep. he had a BBQ master) made the mop famous in his 1960’s era book. When used in Texas sized PITS sometimes a real household mop is re-purposed for this task to handle the huge quantity. More likely you’ll want to use a normal-sized brisket and a commercially available “drawer-sized” bbq mop like the one shown. Yields: 2 cups

## Special Sauce For Burgers

1/4 cup real mayo  
1/4 cup Miracle Whip  
3 Tbsp. creamy French salad dressing  
1/2 Tbsp. sweet pickle relish  
1 and 1/2 Tbs. dill pickle relish  
1 tsp. white Sugar  
1 tsp. dried minced onion  
1 tsp. distilled white vinegar  
1 tsp. ketchup  
1 dash of Salt

“TwoAllBeefPattiesSpecialSauceLettuceCheesePicklesOnionsOnASesameSeedBun.” I don’t have any connections at the golden arches but I’m pretty sure we’ve cracked the code on the Big Mac “special” sauce. It was a real treat on a homemade burger. But after \$12.50 in ingredients maybe I should have just gone to McDonald’s.

Still, give this McDonald's Special Sauce recipe knockoff a try. It rocks.

#### Instructions:

Combine all ingredients in a plastic microwave safe bowl and mix. Microwave for 30 seconds.

Mix again.

Refrigerate until serving.

# Hushpuppies & Slaw

*Seafood lends itself to special sides and sauces. Hushpuppies and Cole Slaw seem to straddle the worlds of both seafood and barbecue.*

► Hushpuppies have a unique place on the plates of foodies.

The golden fried cornmeal balls are sometimes sweet, sometimes savory- and always deliciously filling. As all the great sides in this book there are a lot of variations. In some areas the hushpuppies are shaped more like sticks. In Puerto Rico they consider a hushpuppy a short sausage also called "sorullitos." In the Caribbean foods like traditional Jerk Chicken is served with a side of "festivals." Jamaicans shape the sweet hushpuppy like a hotdog bun.

Some say the hushpuppy also has some roots as a Native American maize dumpling.

The name "hushpuppy" is its own legend. The first recorded reference to the word is 1899. Usually the origins are attributed to hunters, fishermen, Civil War soldiers, and Southern cooks who would placate their dogs with chunks of fried corn bread to shut them up.

This recipe is adapted from the late great Justin Wilson a guy who knew a thing or two about good food.

1 cup cornmeal  
1/2 cup flour  
1 tsp. baking powder  
1 tsp. salt  
1/2 tsp. baking soda  
1/2 tsp. garlic powder  
1/2 tsp onion salt  
1 egg, beaten  
1/4-1/2 cup minced green onion  
3/4-1 cup buttermilk (more or

less, adding a bit at a time to avoid getting too thin.)  
vegetable oil ( for frying)

Combine all dry ingredients.  
Add egg, buttermilk and onions.  
Mix well.  
Drop in deep hot oil by spoonful and brown on all sides.

## Hush Y'all

*Once these puppies are golden drain on paper towels and serve immediately.*



## Cole Slaw

Chick-Fil-A recently removed Cole slaw from the menu in most of its stores. No worries... The company decided to release the recipe for the first time ever so bereft customers can make the slaw at home:

4 tsp. vinegar  
1/4 cup sugar  
3/4 tsp. dry mustard  
1/4 tsp. salt  
1 cup mayonnaise  
2 bags (10 oz. bags) fine shredded cabbage, chopped to 1/8 inch  
1/4 cup finely chopped carrots

Whisk vinegar, sugar, mustard and salt together until sugar is dissolved. Add mayonnaise and whisk to mix. Add cabbage and carrots. Mix to combine. Chill for 2 hours and serve.

## Cabbage Steaks

Cabbage and cauliflower "steaks" cut from the stalk to the top as half inch thick disks are a spectacular blank canvas for zesty sauces and marinades.

We used a bottled buffalo wing sauce (below) on purple cabbage and later topped with blue cheese crumbles and swiss cheese for a satisfying - and meatless side.

Mix it up with green cabbage, and cauliflower "steaks" for visual variety.



# Baked Beans & Corn

## Bacon Baked Beans

8 slices bacon, halved  
1 onion, chopped  
1/2 green pepper, chopped  
3 large cans (28 ounces each) flavored baked beans  
3/4 cup prepared barbecue sauce  
1/2 cup brown sugar  
1/4 cup distilled or cider vinegar  
2 tsp. dry mustard or 2 Tbsp. prepared

Serves 8 to 10

Preheat oven to 325 degrees.

Fry bacon in large sauté pan until bacon has partially cooked and released about 1/4 cup drippings.

Remove bacon from pan and drain on paper towels, reserving 1-2 Tbsp bacon grease.

In a large mixing bowl, mix barbecue sauce, brown sugar, reserved bacon grease, vinegar and mustard.

Gently stir in flavored beans, chopped onion and green pepper together and pour into a greased 13x9 pan.

Top with bacon, then bake until beans are bubbly and sauce is the consistency of pancake syrup, about 2 hours.

Let stand to thicken slightly and serve.

## Mexican Street Corn

▶ 6 ears fresh corn  
3 Tbsp. softened salted butter  
3 Tbsp. real mayo  
1/2 cup cotija cheese  
chili powder, to taste  
lime wedges

Grill corn on open flame (husks tied back) until slightly charred. In a small bowl, stir butter and mayonnaise together until smooth. Brush generously onto corn, sprinkle with cheese and chili powder and serve with lime wedges.

*The Goodness of Corn  
Mayo on corn? You'll never want it any other way again!*



# Atomic Sweet Pickles and Peppers

46 oz. jar of Vlasic Baby Kosher Dills

1/2 cup white wine vinegar

1 3/4 cups sugar

6 large jalapeno peppers

2 Fresh Tabasco, small red chile peppers or “experimental” peppers for red color and sharp heat

Here’s a way you can create your own signature pickle or pepper without all the traditional pickling hassles. Plus no boiling jars here. Use inexpensive store bought pickles (I experimented with different brands and prefer the crunchy snap of Vlasic Baby Kosher Dills) and add in any variation of peppers you like. I mixed jalapenos and fresh Tabasco peppers (might be tough to

we had a few in the garden) but any chile will work. You can even remove the peppers for zero scoville heat. But what fun would that be?

I found I like the sweet jalapeno chips best of all... but the heat in the pickles will make your guests remember the meal.

In a large bowl reserve pickles and the jar’s liquid. Slice the pickles in 1/4 to 1/2 inch slices (for sandwiches) or chunks (for snacking). Clean peppers thoroughly and slice jalapenos into 1/4 inch disks.

Slice Tabasco peppers or extremely hot peppers lengthwise (or just score them).

Leave the stems on for looks.

Return the pickle chips back to the jar in layers along with even portions of peppers and sugar until full. Use all the sugar and peppers and reserve any leftover pickles for another use. Slowly add the vinegar and then fill the jar with the remaining original juice.

Let the sugar dissolve and cover with the lid and allow the sugar to dissolve with the jar at room temperature for about an hour. Shake and rotate the jar occasionally to expedite.

Refrigerate overnight.



## Sweet Pickles and Peppers

*There’s something about pickles that can add that extra touch to any BBQ plate.*



# Grilled Jalapeno Poppers

First, cut off the tops of your jalapenos and scrape out the seeds and membrane.

Combine cream cheese, cheddar cheese, chopped ham, hot sauce, and garlic salt. Stuff the peppers and roast in foil on the grill grate or use “pepper grill stands” that prop them up for a uniformed char without less dripping.

Roast on indirect heat with the lid down, around 25 minutes.

# Cheese Biscuits

1 butter cake mix

1 box Jiffy Corn Muffin Mix

1 cup CAKE flour!

1 ½ sticks unsalted butter

3 ½ cups shredded cheddar cheese

2 eggs

2 ¼ cups buttermilk

Toppings: light corn syrup, melted butter

Preheat oven to 400 degrees (350 for convection). Pour cake mix, Jiffy and cake flour in a large mixing bowl. Slice butter into ½ inch pieces and cut into dry mix. Add cheese to dry ingredients and mix thoroughly.

In a separate mixing bowl, combine eggs and buttermilk and whisk together. Add wet ingredients to dry ingredients and mix well by hand. Spray mini muffin tins with oil spray, and spoon ¼ cup batter into muffin tins. Bake 12-15 minutes until golden brown. Remove from heat and brush tops with light corn syrup and melted butter.

Makes 3 ½ dozen. Batter can be made a day ahead and refrigerated.

# BBQ Sauces & Sides

## Editor Notes

Bill West

Editor-in-Chief

BBQ Tricks

Food Blog & Video Channel



Barbecue is a state of mind. A low and slow, feel good, process that should be savored. That’s what Barbecue Tricks – the site <http://BarbecueTricks.com> and the YouTube channel – want to encourage. To date the channel has attracted over twenty two thousand subscribers.

The site was started by Country Radio DJ, Bill West, to help share some useful foodie tips he was collecting hanging around South Carolina’s best Pit Masters. West is on air host and Operations Manager of Charleston’s leading radio stations and has interviewed some of entertainment’s biggest celebrities in the world from Taylor Swift to Darius Rucker, Paula Deen, and Alton Brown.

The tips and tricks caught on because they simply helped backyarders with grilling and BBQ problems. In 2010 he launched a weekly video podcast called GRATETV (<http://GrateTV.com>) along with Pit Master friend, Jack Waiboer, and really started to build a tribe of fans. Says West, “The show is exactly a beer in length and is all about BBQ, recipes, learning, and a low and slow good time.”

West lives in Mount Pleasant, SC with his wife MJ, and teenage, guitar slinging son, Jack.

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