



NCBS WELCOMES MARCH



THE NORTH CAROLINA BARBECUE SOCIETY®

Good Food, Good Friends, and GOOD TIMES!

IN LIKE A LION, OUT LIKE A LAMB

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THE WARS OF THE TAR HEEL STATE

First a brief history of Tar Heel Barbecue

“The earliest recorded pig pickin’ in the Tar Heel State occurred on or about June 20, 1584. Recently discovered entries from the ship’s log of the Elizabeth, captained by Thomas Cavendish, revealed that upon tying up at the Manteo Marina and Yacht Club, he and his men were met by a small group of bronze skinned individuals wearing Speedos, loin cloths and flip flops.

Historians differ as to whether this group was Native Americans or college boys spending their summer at the beach as lifeguards. In any event this tanned contingent invited the sailors to a keg party.



Eastern North Carolina “Pretty Pig”

When Capt’n Tommy and his merry men arrived at their hosts’ encampment, they were amazed to see several whole hogs roasted to perfection on a wooden grid over hickory coals spread in an earthen pit. One crew member was heard to remark, “Now that’s a pretty pig.” Their hosts were most apologetic that the home-brew was a bit warm, a fact that went largely unnoticed by the Brits. Capt’n Tommy made special note that the pulled pork was the most succulent dish that he had ever encountered and the banana pudding

was “killer.” By some accounts the malted beverage served that night later became known as “Bud Light.” There is little to support this theory, however Capt’n Tommy did mention in his log that the leader of this congenial group rode a “bitchin” Clydesdale. Except for the addition of ice and extending the guest list to include girl-type settlers, little has been done in the last 400 plus years to improve upon the tradition that was started that night.

Shortly after the momentous event described above, settlers began to make their way westward across the Old North State. This is the most plausible explanation of what happened to the Lost Colony. The opening of Interstate 40 from Wrightsville Beach to Tennessee provided easier passage for the settlers on the coast to hang out with friends in the mountains and vice-versa. Soon this well-known trail became a virtual gridlock of covered wagons and pony carts especially around the settlements of Greensboro and Raleigh-Durham. Still that did not deter those hearty souls in pursuit of the casual food holy grail. They spread across the state faster than Kudzu, bringing with them thongs, shag music, Pepsi™ and barbecue recipes.

In Lexington, a small number of these barbecue gypsies set up shop on street corners and in front of the courthouse. In order to stay mobile and move fast (they had no vender’s license), they cooked on Weber Cooking Kettles. These early barbecue journeymen, unlike their eastern cousins, cooked pork shoulders because they were easier to pick up and run with than a whole hog.



Lexington-style shoulders (Photo courtesy of Chip Stamey)

These pork-roasting troubadours also monkeyed a bit with the Eastern North Carolina vinegar-base sauce.

THE WARS OF THE TAR HEEL STATE (cont.)

They had the audacity to put ketchup, brown sugar and God knows what else in a perfectly good barbecue sauce and call it dip. Ever looking for a marketing edge, settlers in Salisbury “tweaked” the Lexington-style dip. In desperation, settlers further south, in an effort to retain market share, adopted the strange habits of their southern neighbors and infused their barbecue dip with mustard. If that were not enough, settlers from Florida would visit the mountains in the summer. Some stayed. They brought with them funny clothes and strange barbecue taste.

They smoked their meat like Plains Indians and slathered it in a thick molasses, brown sugar rib sauce. Is it any wonder settlers in the east shook their heads, rung their hands and muttered, “Is nothing sacred?” The results were inevitable. War!

For years now, war has raged across the Tar Heel State between barbecue aficionados and purists as to which is better – vinegar-base barbecue or tomato-base barbecue. This battle is renewed annually and makes the Civil War pale in comparison. The passion of this cause has divided families, set brother against brother, father against son and mother against daughter. My family is no exception.” *(Excerpts from The Best Tar Heel Barbecue Manteo to Murphy by Jim Early)*

This is not the only war of passion among the citizens of the Tar Heel State. It seems that in 1891 a fellow named Dr.



James Naismith was an instructor at a YMCA Training School in Springfield Mass. Naismith was requested by his superior to create a vigorous recreational sport that could be played indoors during the cold winter



months. Naismith conjured up a recipe calling for equal parts soccer, football, lacrosse and a dash of Duck-on-a-Rock. The dish-**BASKETBALL!** The first game was played December 1891. Teams consisted of 9 players. There was no dribbling. The goal was peach

baskets attached 10 feet off the floor. There were 13 Rules. A number of US colleges adopted the game in the early 1890s. The first college games were played in 1934 at Madison Square Garden. By the 1950s basketball had become a major college sport. Basketball like BBQ is native to the USA.

Two hundred years after the Elizabeth docked the University of North Carolina was founded. UNC was the nation’s first public university opening its doors for students in 1795. UNC has earned a reputation as one of the best universities in the world. It has also earned the reputation as a basketball powerhouse. The UNC men’s basketball team recorded their first win on January 27, 1911. On March 4, 1924 UNC’s men’s basketball team won the Southern Conference tournament championship. With a record 26-0, the Tar Heels earned the Helms Foundation National Championship, the teams first. The Heels 100th win in 1927 was against; you guessed it, Duke University. On March 23, 1957 the nation witnessed a perfect season-“McGuire’s Miracle”. The UNC men’s basketball team finished the season 32-0 outlasting a Wilt Chamberlain – led UK team in a triple overtime win. This was the first of The Heels five (5) NCAA national championships. On March 2, 1974 in one of the most famous comebacks in NCAA basketball history, The Heels rallied from an 8 point deficit with only 17 seconds left to force the game into overtime against Duke. Heels

THE WARS OF THE TAR HEEL STATE (cont.)

won 96-92. These seasons, these games have forged one of the most intense rivalries in sports.

About 8 miles up the road from the town of Chapel Hill in the City of Durham is the other North Carolina basketball powerhouse-The Duke University Blue Devils. Duke got the jump on The Heels starting their basketball program 5 years before UNC. In 1906 Wilbur Wade Card the AD of Trinity College (class of 1900) introduced the game of basketball to the school. Trinity lost that first game to Wake Forest 24-10. The Trinity team won its first title in 1920 beating the school now known as NC State 25-24. Earlier that year Trinity beat UNC in its first matchup between the two schools.

Trinity College then became Duke University. Since its early beginnings in the Angier B. Duke Gymnasium (The Ark) Duke men's basketball has risen to one of the premier programs in the country. Its games are now played in Cameron Indoor Stadium (home of the "Cameron Crazies") some of the most ardent fans in

college sports. Duke has won five (5) NCAA championships and appeared in 11 championship games and 16 Final Fours. To say that the "Cameron Crazies" are not fond of The Heels is like saying it snowed "a smidge" at Valley Forge.

MARS was the Roman God of War. The month of March was named for Mars. Therefore March is the month of WAR! We hear TV sports casters refer to March as "March Madness". This term to me sounds too politically correct. March is not a malady that comes upon one that causes one to retreat to one's fainting couch. March is WAR. It is blood, sweat and tears. It is Gladiators going at it tooth and nail – toe to toe. It is NC BASKETBALL. It's that other war when we are not busy "discussing" BBQ.

As we approach the cusp of the ACC Tournament and The Road to the Final Four, other teams will play, but when The Heels and the Blue Devils face off, it's SHOW TIME! - *Jim Early*



All basketball photos courtesy of Jeff Camarati, UNC-Chapel Hill

STEP UP FOR SOLDIERS ~ MARCH 5th, 2016

This past weekend some of our staff and I had the pleasure of assisting the Step Up For Soldiers BBQ Event at Carolina Beach, NC. Step Up for Soldiers (hereinafter SUFS) has been in operation about 12 years. For the last five years they have put on a BBQ as one of their fund raisers. The event coordinator asked if I would lend a hand with the judging of this event this year. After learning a bit about SUFS I said I would be delighted to help. I thought our membership would be interested in learning what I learned. The following is a description of what SUFS is and its Mission Statement.



all volunteer 501 c 3



*Tom Russell
Founder/President
Step Up for Soldiers*

Step Up For Soldiers: An All Volunteer Group Providing Renovations, Recreation, and Recognition for Recently Disabled Veterans.

Mission Statement: To provide disabled veterans who experienced loss of limb and mobility problems with the resources necessary to adjust in a post-war

environment. As a result of the events and fundraisers, sponsored by Step Up For Soldiers, we strive to not only enhance their lives and those of their families but also help to restore their confidence and positive self image.

Below is a small list of recent achievements that SUFS has provided for the area disabled veterans:

1. Completed a house for a veteran.
2. Getting house modifications for a veteran needed because of his combat injuries.
3. Provided food for dozens of veteran families for the holidays.
4. Helped college and high school students working toward graduation requirements.
5. During the holidays made sure veterans families that need assistance received food and gift cards.
6. Organize and help with memorial services for fallen soldiers.
7. Supply volunteers for the Pleasure Island Chamber of Commerce.
8. Organize and produce dozens of events including Step Up For Soldiers BBQ, their largest fund raiser.



STEP UP FOR SOLDIERS ~ MARCH 5th, 2016 (Cont.)

The SUFS BBQ event Saturday March 5th was held on the shores around the lake in downtown Carolina Beach. There were tons of BBQ vendors, fair food vendors, sea food vendors and clothing vendors. The event was attended by 100's of young military men and women in uniform as well as honor guards, bands, and 1000's of good folk in support of SUFS.



This event was billed as Step Up For Soldiers Back Yard BBQ Cook –Off. There was no big purse. Most of the cookers were from the area and some had BBQ Pits. Some of the cookers had nice BBQ rigs, some nice backyard cookers and one had a neat cinder-block pit. Some of the cookers used gas and some used wood and/or charcoal. They all cooked only Boston Butts provided by the event.



The Judge's tent was on an island in the lake with a wooden bridge out to it. The Judges pondered over 21 entries. Our table was served 7 entries, after the judging was over and our table of Judges had turned in our scores, the Judges at our table were of the opinion that a couple of offerings were reeeeeealy good, a couple were "not quite" in the good category and most were just average good. All in all, we Judges found this to be a fine representative offering of the area. Congratulations Cookers!



At the SUFS volunteer/Judges supper Saturday night, Tom Russell shared with the group that SUFS had raised over \$31,000 that day. All of the monies raised by SUFS go directly to meet the needs of disabled soldiers. Also the needs of the event are donated. These are good people doing good things, in the right way, for all of the right reasons.

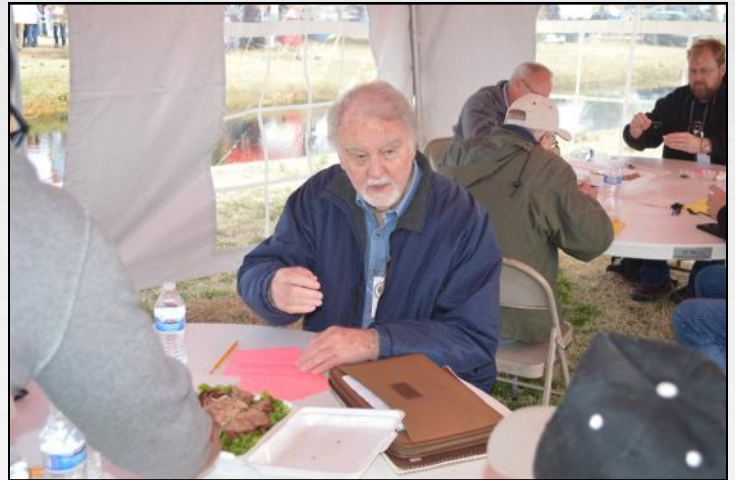
NCBS will be supporting SUFS in the future.

Jim Early

STEP UP FOR SOLDIERS EVENT GALLERY



STEP UP FOR SOLDIERS EVENT GALLERY



STEP UP FOR SOLDIERS EVENT GALLERY



STEP UP FOR SOLDIERS EVENT GALLERY



STEP UP FOR SOLDIERS EVENT GALLERY



Tom Russell presents award to Robert Farmer



*Lisa Ritter
Event Coordinator ~ Step Up for Soldiers*

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NCBS CELEBRATES MARDI GRAS

Jim Early's Cajun Salad

Ingredients:

- Paprika
- Head of fresh Romaine Lettuce
- 2 large fresh beefsteak type (red) tomatoes
- 2 smaller tomatoes of same type
- Balsamic Vinegar
- Bean sprouts
- Seedless black ripe olives
- Jar of Texas brand mild or hot Okra
- A bundle of fresh Asparagus spears
- A jar of medium pimento stuffed olives
- 4 oz. Prosciutto ham
- 8 oz. blue Cheese
- 1 lb. large boiled shrimp with tails on
- 4 to 6 oz. pine nuts
- A medium-sized cooked crayfish for each salad
- 1 cup dried green Parsley or 1 cup dried Dill Weed

On a dinner plate (preferably white) spray the outside edges for approximately one-inch with a fine water mist and then sprinkle the outside edge with a dried green such as parsley or dill lightly as this is for presentation. You can then very, very lightly dust paprika if you wish another color or effect. Wash and stem the large part of the stem from three leaves of Romaine Lettuce and arrange in a Y shape on the plate so that the two forks of the Y extend to the edge of the plate and the stem of the Y extends and curls over the edge of the plate. Then, place a slice of large tomato that has been soaking in balsamic vinegar on the lettuce where the main part of a lobster's body would be. Next, place a slice of a smaller tomato which has been soaked in balsamic vinegar behind the larger slice, slightly overlapping to form the rest of the lobster body. Next, form a tail for the lobster figure with bean sprouts with the heads facing toward the rear. Place the ends of the bean sprouts under the back edge of the smaller tomato and make a ring of black ripe olives, approximately four. Next, place a large pod of pickled Texas brand mild or hot (your taste) okra on the two lettuce leaves forming the top of the Y or claws of the lobster figure. Next, place two stems of asparagus that has been lightly steamed and the white base removed under the front lip of the large tomato to form the antennae. Next, take two medium pimento stuffed olives and place in the large tomato to form the eyes of the lobster figure. You may need to take an ice tea spoon and remove a little of the tomato to form a socket for the olive eye. Next, place a strip of chopped Prosciutto ham down the middle of the two tomatoes. On either side of the

Prosciutto place a Tbsp. of crumbled blue cheese forming a white stripe on either side of the Prosciutto. Next, place three large boiled but not deveined shrimp with tails on, on either side of the tomatoes to create the legs of your lobster form. Next, sprinkle the entire salad with a Tbsp. of garlic roasted pine nuts. Then, place a warm cooked crayfish atop the Prosciutto with its claws and tails extended in the same shape as your salad. Because crayfish tails often curl when they are cooked you may need to uncurl the tail and score it with a sharp knife on the underside to make it stay extended. Serves six.

Note: Salad can be served with additional balsamic vinegar for those who would eat the lettuce and also with a seafood dip for the shrimp which can be dipped with the tail or eaten with a fork.

This salad goes well with a good red or white wine of your choice.

This salad serves as a nice prelude for fish and fowl entrees and seafood mulligan.

Mardi Gras Recipes

When Mardi Gras comes to New Orleans it brings a feeling of PARTY! This BSL (below sea level) Bash is akin to a gigantic Pig Pickin', Fraternity Toga Party and The World's Largest Chittlin' Strut Club gathering. After some time in The Big Easy, I readily confess that I do not have the iron clad stomach or the granite liver to eat hot spicy food and drink exotic concoctions day and night for more than three days in a row - perhaps its birthdays. Friends report that I am markedly improved in my efforts at dancing to funky zydeco music laid down by a Cajun band, or perhaps the libations colored their assessment of my progress. For those who missed the party I have shared one of my original recipes and some recipes I found while searching the internet for good Mardi Gras type food that had to do with BBQ or the Devine Swine. Enjoy!





NCBS CELEBRATES MARDI GRAS (Cont.)

www.razzledazzler.recipes.com

- New Orleans Style BBQ Shrimp
- Pork Gumbo
- Chicken, Pork and Smoked Sausage Jambalaya

www.epicurious.com

- Braised Chile-Spiced Short Ribs with Black Beans from *Gourmet*, February 2009 by Maggie Ruggiero; also see below
- Pork Tenderloin with Caramelized Pears and Pear Brandy Cream from *Bon Appétit*, February 1996

www.associatedcontent.com

- Cajun Style Barbecued Chicken with Orange Sweet Potato Casserole and Lime Pineapple Salad
- Grilled Pork Tenderloin with Bourbon Peach Barbecue Sauce

Mardi Gras Theme Song

If Ever I Cease to Love

Chorus: If ever I cease to love,

If ever I cease to love,

May fish get legs and cows lay eggs

If ever I cease to love.

The above verse is the chorus from the Theme Song for the Rex portion of the Mardi Gras. It is a bit silly, but it expresses a sentiment I embrace and a feeling I pray I never experience.



Jim Early

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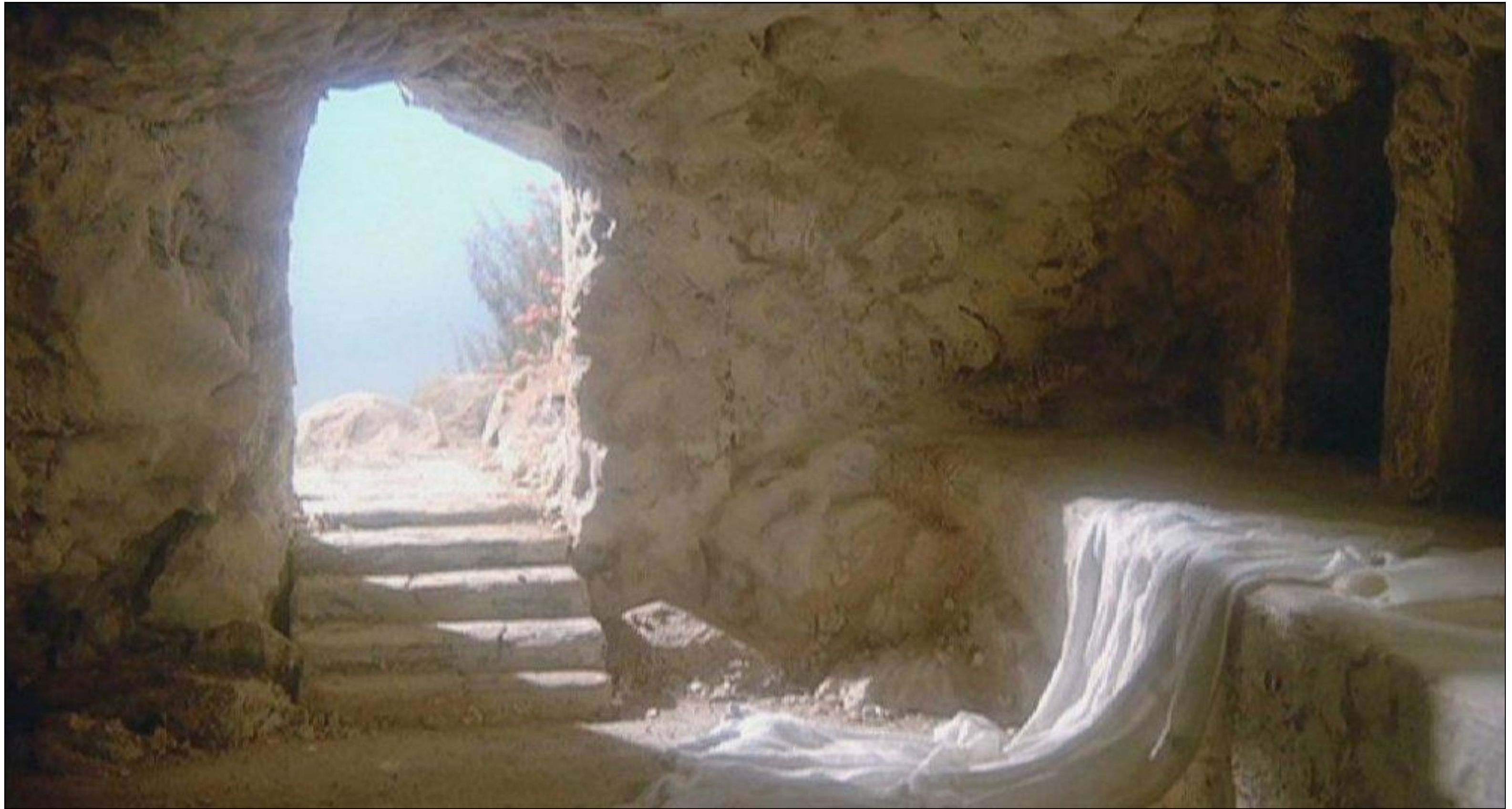
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BARBECUED PIG TAILS

From birth (1939) to age six I lived in the small eastern North Carolina town of Henderson. I hold many wonderful memories from this time. Some people say I have an old soul. This is probably so, due to the amount of time I spent with my maternal grandparents who lived next door and the time spent in Hicksboro with my great Aunt Pearl, the matriarch of the Hicks family.

For those of you too young to remember 1943, these were difficult times for our country. We were in the midst of The Great War (WW II). Everything was rationed, coffee, sugar (people used saccharin), food of almost any kind was scarce, meat was a sometimes luxury (unless you raised your own) and gas was very difficult to obtain (people had to use gas coupons issued by the government, and could not drive out of county without being stopped and questioned). Almost all of our nations' resources went to the



Photo from www.bbqaddicts.com

Henderson was the home of the Harriett-Henderson Cotton Mills, the largest cotton mills in the world. The mills made the cloth for military uniforms and was considered a German target. The German U-boats were camped off our coast. I will never forget the black-out air raid drills at night. Mother would draw all the blinds, cut off all the lights and take me to an interior hallway and read me Bible stories by candle light while the sirens screamed into the night and patrol planes droned overhead. People bonded during those times. One of my history professors at Wake Forest, Dr. Smiley proffered that nations were not made of a common language or geographical boundaries' (rivers, mountains and such) , but by a group of people united because they had shared a great victory or suffered through a great defeat or trauma. I believe this to be true. I believe also that we are on the cusp of such an experience as a nation.



war effort. Our family, as well as our neighbors, had a Victory Garden where you grew as much as you could to sustain your family. You bought war bonds, took the foil off gum wrappers and turned it in at the Post Office to be recycled and generally did all you could to be a good, responsible and productive citizen. Children from an early age were taught these values.

All of my memories of this time are not grim. I got to accompany Papa Hicks daily on his rounds in Vance and the three surrounding counties as he called on the farmers for their fuel oil needs to cure their tobacco and heat their homes. We "burd" hunted every afternoon and all day Saturday from Thanksgiving to March and fished

BARBECUED PIG TAILS (Cont.)

every afternoon and Saturday when the weather got warmer. Life was good for a four year old red headed, freckled face Opie-looking cowboy. Any outing with Papa was an adventure for me.

I vividly remember going with Papa to our neighborhood meat cutter, who had a converted garage in back of his house for a meat market. Though simple in outward appearance, this man's place was OR clean. It was there that I first saw dressed wild rabbits with the fur on one foot from the elbow to the toes. I thought this furry foot was where they got the rabbits feet for the key chains. It was explained to me that there were certain less than scrupulous men that were killing and dressing cats and selling them as dressed rabbits and that leaving the furry foot on identified the animal as a rabbit.

Well... you can imagine what a 4 year old thought when I saw my first dressed pig tails with bristly tail attached. The butcher had a tray of pig tails atop the counter with the tails draped over the tray and hanging down. The tails were attached to a piece of fat back about 8 inches long, 3 inches wide and about 3 inches thick. I whispered to Papa, "They are selling rats." Again, more education. Now I am crazy about good barbecue, country ham, bacon etc.. I have on several occasions eaten souse meat (head cheese to some), pickled pig's feet with my Dad, fried pork skins, crack'ns and pork brains and eggs. However, I knew the first time I smelled chittl'ns cooking that I was not going to be a fan. Since age four I have put pig tails in the same category with chittl'ns.

But for you more adventurous souls, I did find (on the internet) a couple of recipes for barbecued pig tails. It seems that this dish is a piggy biggy with the Mennonite folk of Ontario and is served at picnics and stag parties. I do not know if this dish is supposed to have the same effect as

oysters. Should you make the dish and find this to be the case, please do not share details. These recipes are available at

http://recipes.recipelands.com/recipes/recipe/show/Barbecued_Pig_Tails_4266

and

<http://allrecipes.com/recipe/84740/southern-style-pig-tails/>


Enjoy!

My good friend and NCBS member Shields Pittman of Raleigh sent me a link to another pork treat that reads delicious. The link is <http://www.bbqaddicts.com/blog/recipes/bacon-explosion/>

As good as this dish sounds, I would suggest those of you who attempt to make it alert your cardiologist prior to lighting your fire and have the local EMT Unit on speed dial. You may also want to inquire of Weight Watchers about their Life Enrollment Plan. Bon Appétit!

By Jim Early

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COOKING BOSTON BUTTS

Have your butcher prepare you an eight-to-nine pound fresh pork shoulder Boston Butt.

Rub the exposed side of the meat (not skin side) with a fair amount of salt. Set aside at room temperature. Place half of a 10-pound bag of charcoal in a charcoal chimney, add dollop of lighter gel and light. Do not use lighter fluid, gas or other substance that might impart flavor to the charcoal. When the briquettes are covered with light gray ash, transfer to kettle cooker. Arrange

seven or eight briquettes in a circle at the center of the grill on the grate and divide the remaining briquettes into two piles positioned on opposing sides of the grill. Place several hickory wood chunks on top of each pile of briquettes. This is the same principle my grandfather taught me as a child. He called it “banking your

fire.” When the wood chunks begin to smoke, put well cleaned and oiled cooking rack on the kettle. Set the pork butt, skin side up on the center of the grill. Place lid on the grill and leave the vent holes top and bottom open. Light another dozen or so briquettes in charcoal chimney. When briquettes in chimney are covered with ash, add five or six briquettes to each pile on either side of grill. You do not have to replenish the circle of briquettes during the cooking process. Place a couple of hickory wood chunks on each of the two piles of charcoal. This process is repeated every 30 minutes from the time you initially place the meat on the grill. Replace grill lid quickly each time you add coals and wood. Do not need to check meat between replenishing briquettes and wood chunks. After meat has cooked for 6-1/2-7 hours, turn meat skin side down on the grill. If meat is cooking too quickly, only add four or five



briquettes plus wood chunks to each side of grill each half hour for the next two-hour cooking period. If meat does not appear to be brown, continue with adding six briquettes plus wood chunks every half-hour for the next two-hour cooking period. Entire cooking time should be eight to nine hours. Wearing heavy rubber gloves, grasp meat with both hands and squeeze it firmly. The meat should “give” if it is sufficiently done. The meat should have 170° internal temperature.

If you do not feel “give” or the meat has not attained an internal temperature of 170°, replace the meat on the grill, cook for another hour and try again. When the meat is done, remove from the grill to the cutting board, remove skin, trim away any fat. Pull meat from bone in chunks and chop with cleavers or sharp chef’s knives into the consistency you like. You may wish to finely chop a tiny bit of fat (no gristle) and some crisp pork skin and mix with your chopped meat. Either or both of these additions add great flavor to your offering. Douse meat lightly with sauce or dip and turn until all meat has some exposure to the sauce or dip. Do not over-sauce at this point. Guests can add additional sauce to suit their particular tastes. If you are not ready to serve at this point, place the meat in a warm stockpot and cover with heavy foil, keeping airtight. Do not set the stockpot on the grill, as the meat will continue to cook and the meat in the bottom of the pot will scorch.

Above text excerpt from pages 333-334 of Jim Early’s book *The Best Tar Heel Barbecue Manteo to Murphy*.

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COLONEL'S CUPBOARD



Chef Valerie Mason

Chef Valerie Mason is my friend and the Lead Instructor, Culinary Technology, Cape Fear Community College, Wilmington, NC. This immensely talented lady has brought a bevy of her culinary students to our Coastal NCBS BBQ Boot Camp at Wilmington for the last six years. Chef Mason and her students produce the sea food and steak classes at this camp. Her classes are always a hit and attendees want to scrape the bowls and lick the spoons when she is done. I thought our readers might enjoy a few of the recipes Valerie has so kindly shared with us.

Chili Rubbed Steaks with Caramelized Berry Sauce

Add the veal stock and bring to a boil. Lower the heat and simmer until reduced by half. Strain through a fine chinois or strainer.

Serves 4 - Beef 2 T chili powder, 2 T chili powder, 1 tsp salt, 1 tsp black pepper, olive oil to sauté or grill. Mix up the dry spices and rub into meat to coat. Grill meat to desired temperature and let rest before cutting.

Chimichurri Sauce **1 pint yield**
Beef or Pork or Fish

Caramelized Berry Sauce **2 qt yield**

- 6 oz granulated sugar
- 4 oz water
- 7 oz strawberries, sliced
- 11 oz raspberries
- 14 oz blackberries
- 7 oz blueberries
- 4 qt veal stock

- 8 garlic cloves, peeled
- 4 oz onion, chopped
- 1 ½ fl oz lemon juice
- 2 T oregano, crushed
- 1 bunch fresh parsley, well washed
- 6 fl oz olive oil
- 2 fl oz Sherry wine vinegar
- 1 tsp salt
- ½ crushed red pepper flakes
- ½ tsp black pepper

Combine sugar and water in a large saucepot. Bring to a boil and cook to a rich, golden brown. Add in all the berries to the caramelized sugar. Cook for one minute.

Combine sauce ingredients in a food processor and pulse until the ingredients are thoroughly blended, but not pureed. The mixture should be slightly coarse.

COLONEL'S CUPBOARD (Cont.)

Beef with coffee beans and chile sauce

6 servings Beef

1 tsp salt, 1 tsp pepper, oil to coat.

Mix together salt and pepper and sprinkle over meat. Rub meat with olive oil or spray with oil. Combine the next three ingredients well, and liberally coat/rub into meat. Let sit 15-30 minutes.

- 2 T ground coffee beans, very fine
- 1 T cocoa powder
- 1/8 tsp ground cinnamon

Pasilla chile broth

- ½ oz whole butter
- 8 oz white onions, diced
- 6 garlic cloves, peeled
- ½ oz pasilla chiles, stemmed, seeded, and torn into pieces
- ¾ oz of white corn tortilla, shredded
- 20 oz chicken stock
- 2 oz heavy cream
- 1 tsp salt
- 1 tsp brown sugar

Heat butter in saucepan over medium heat. Add the onions and garlic and cook until browned. Add the pasilla chile and tortilla and continue to sauté until brown. Add in the stock and bring to a boil. Reduce heat and simmer for 10 minutes. Strain sauce and add to a blender. Do not throw out the liquid. Add heavy cream and brown sugar to blender and puree. As required add liquid to get blades to spin. Finish adding in the rest of the liquid. Taste and test for consistency. Should be about as thick as heavy cream.

Orange Gastrique

- 8 oz granulated sugar
- 4 fl oz water
- 2 T orange zest
- 1 pint orange juice
- 2 star anise
- 2 quart brown stock
- 3 T honey
- 1½ whole butter

Combine the sugar and the water and cook over medium heat until lightly caramelized. Add the zest, juice and star anise and stir together until the sugar is dissolved and the sauce is smooth. Add the stock and reduce until the sauce thickens and coats the back of a spoon. Stir in honey and monte au beurre.

Pepper crusted Tuna with Nuoc Cham Sauce

- 2 oz granulated sugar
- 1.5 oz water
- 2.5 oz fish sauce
- 4 oz fresh lime juice
- 1 garlic clove crushed
- 1 Thai chile, seeded and minced
- 1 shallot, minced

Whisk all together in small bowl and allow to stand for 30 minutes at room temperature.

Thank you, Val!

Jim Early



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COUNT YOUR BLESSINGS

If we could shrink the earth's population to a village of precisely 100 people, with all the existing human ratios remaining the same, it would look something like the following:

There would be:

57 Asians

21 Europeans

14 from the Western Hemisphere, both north and south

8 Africans

52 would be female

48 would be male

70 would be non-white

30 would be white

70 would be non-Christian

30 would be Christian

89 would be heterosexual

11 would be homosexual

6 people would possess 59% of the entire world's wealth and all 6 would be from the United States.

80 would live in substandard housing

70 would be unable to read

50 would suffer from malnutrition

1 would be near death; 1 would be near birth

1 (yes, only 1) would have a college education

1 would own a computer

When one considers our world from such a compressed perspective, the need for both acceptance, understanding and education becomes glaringly apparent.

The following is also something to ponder...

- If you woke up this morning with more health than illness...you are more blessed than the million who will not survive this week.

- If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation...you are ahead of 500 million people in the world.

- If you can attend a church meeting without fear of harassment, arrest, torture, or death...you are more blessed than three billion people in the world.

- If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of this world.

- If you have money in the bank, in your wallet, and spare change in a dish someplace...you are among the top 8% of the world's wealthy.

- If your parents are still alive and still married...you are very rare, even in the United States and Canada.

- If you hold up your head with a smile on your face and are truly thankful...you are blessed because the majority can, but most do not.

- If you can read this message, you just received a double blessing in that someone was thinking of you, and furthermore, you are more blessed than over two billion people in the world that cannot read at all.

Source: UNKNOWN

(I received this from a friend years ago.)

Jim Early

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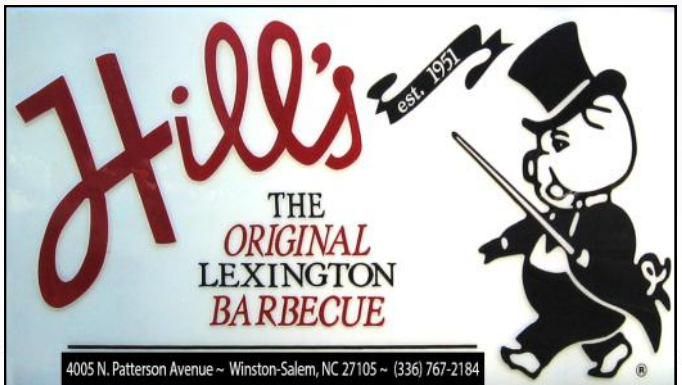
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If so, send us a letter of how you enjoyed it and it could be posted in an upcoming issue of *Pig Tales!* The same goes to any photographs! (Just remember, only Rated-G stuff)

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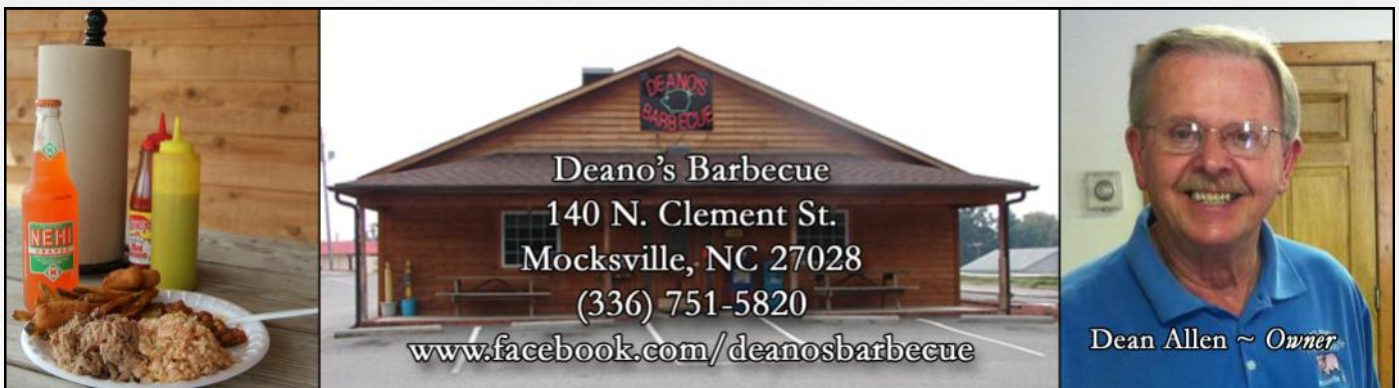
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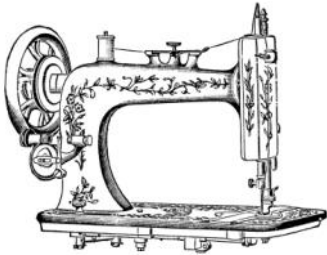


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The mission of the North Carolina Barbecue Society (NCBS) is to preserve North Carolina's barbecue history and culture and to secure North Carolina's rightful place as the Barbecue Capital of the World. Our goal is to promote North Carolina as "the Cradle of 'Cue" and embrace all that is good about barbecue worldwide. As we strive to achieve these lofty goals we will be guided by the polar star that barbecue is all about good food, good friends and good times.



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The recipes shared in this publication, unless they are excerpts from Jim Early's books *The Best Tar Heel Barbecue Manteo to Murphy*, *Jim Early's Reflections: The Memories and Recipes of a Southern Cook* and *Shining Times the Adventures and Recipes of Sportsmen* have not been kitchen tested by this publication.

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