

TEXAS BBQ – MEAT, SMOKE AND LOVE



Contents:

What is BBQ?

Part 1: BBQ basics

Part 2: Central Texas

Part 3: East Texas

Part 4: West Texas

Part 5: Sides

A BBQ sauce sticky journey through Texas

Index

TEXAS BBQ – Kött rök och kärlek

Jonas Cramby

190x240, 144p

There is only one state in the US which lives up to the epithet 'The best BBQ in the world', and that is of course Texas. But what actually is BBQ?

Well, while traditional grilling means cooking a piece of meat as quickly as possible with a high heat, BBQ is exactly the opposite... what happens here is slow cooking at low temperatures. There are several advantages with preparing food in this way. To start with, the low temperature means that the meat doesn't dry up but instead remains super-juicy, and the slow cooking makes even cheap and chewy (but often tasty) cuts tender and tasty. And when the heat source is charcoal and wood shavings or wood, you automatically get an unbeatable spice in the form of smoke.

In *Texas BBQ*, you will get to learn all these techniques. It is an easy-to-understand, step-by-step guide to how to make the perfect Texas-type BBQ at home, regardless of whether you have a completely ordinary outdoor grill or a professional smoker. You get to learn about what sort of wood (shavings) is suited to a particular meat, exact grilling times and smoking temperatures. But first and foremost, you will of course discover how to achieve a perfect tender, juicy and smoked 'pulled pork' or 'brisket'. How to get the right resilience in your Texas hot guts (smoked sausages) and *hotdogueros*, or how to smoke-poach lamb and serve in tacos, and which side dishes you really should have to accompany the divine meat – everything from grilled corn salad via three varieties of Mac'n cheese to a cheesy *chile con queso*.

About the author:



Jonas Cramby works as a freelance writer and chronicler. His blog on the magazine *Café* has 20,000 unique readers every month. In 2009 he was awarded the title Chronicler of the Year by Sweden's magazines, and he has recently become the restaurant critic for *Metro*. His blog is often about American food.



BENNET AGENCY

SÖDER MÅLARSTRAND 21
118 20 STOCKHOLM
SWEDEN

MOBILE: +46 704 67 42 70

WWW.BENNETAGENCY.COM

