

Barbeque Baby Back Pork Ribs

Serving size is 1/3 to 1/2 of a rack per person

1. Remove the membrane on the back side of each rack of ribs (the membrane is very thin and difficult to remove, but this is a worthwhile exercise since it allows flavor to penetrate the underside of the ribs).
2. Apply 2 or more tablespoons of Doug's Memphis Style Barbeque Rub to both sides of each rack. Spread evenly over the ribs and let sit for at least 30 minutes but no more than 8 hours.
3. Prepare your barbeque by placing the coals off to one side of the grill. Place a 1 to 2 quart disposable container full of water across from the coals (this will help regulate the temperature). Preheat the grill to 275 degrees.
4. Place soaked hickory chips on the coals (replenish hickory chips as necessary during cooking).
5. Place the racks on the grate above the water furthest from the coals.
6. Cook the ribs for at least 3 hours or until the meat begins to recede from the bones.
7. During the last ½ hour of cooking, you may brush the ribs with a mixture of equal parts apple cider vinegar and yellow mustard.
8. Remove the ribs from the grill and apply more Doug's Memphis Style Barbeque Rub to taste.

Side Dishes

The following recipes make 4 servings:

Cornbread

1. Preheat oven to 325 degrees.
2. Prepare 2 boxes of Jiffy corn muffin mix in a large bowl as directed on the box.
3. Stir in 4 tbs. melted butter and let stand for 10 minutes.
4. Place the mix into a greased 8 ½ inch loaf pan and bake for 25 minutes or until an inserted toothpick comes out clean.
5. Brush the top of the bread with 2 to 3 tbs. of honey and bake for another 5 minutes.
6. Let cool, slice and serve.

Potato Salad

1. Clean and peel 2 lbs. of red potatoes. Cut into 1" pieces. Cook the potatoes in boiling water until fork tender. Drain the water and let cool.
2. Hard boil 2 eggs. Separate the whites from the yolks and set yolks aside.
3. In a large bowl chop the egg whites, and stir together with the potatoes and a ¼ tsp. of kosher salt and 1 tbs. of diced scallions.
4. In a separate bowl mash the yolks with a fork. Add:
 - a. 2 tbs. of Memphis Style Barbeque Rub
 - b. ¼ tsp. of kosher salt

- c. 1/2 cup of mayonnaise
- d. 1 tbs. sweet pickle relish
- e. 2 tsp. of yellow mustard

Mix all of the ingredients until well blended.

5. Fold the potatoes and seasonings together.
6. Cover and refrigerate for at least 2 hours before serving.

Grilled Pineapple and Onion Salsa

1. Trim and quarter, length wise, 1 medium ripe pineapple. Remove the core from each quarter and brush lightly with olive oil.
2. Remove the outer skin from one large Mayan sweet onion and cut slices horizontally ¾ inches thick. Make sure the rings do not become separated. Brush lightly with olive oil.
3. Preheat grill to high. Place the pineapple and onion on the grill and cook 3 to 4 minutes per side. Remove from the grill when the pineapple and onions have softened and show grill marks.
4. In a large non-metallic bowl mix together the following ingredients:
 - a. The juice from 2 limes
 - b. 1 tbs. extra virgin olive oil
 - c. ½ cup of cleaned and finely chopped fresh mint
 - d. ½ cup of cleaned and finely chopped fresh cilantro
 - e. ½ tsp. kosher salt
 - f. 1 tbs. honey
5. When the pineapple and onion cool, roughly chop into ¾ inch pieces, add to the bowl with the other ingredients and mix well.
6. Let stand for 2 hours and serve.

Shopping List

Approx. 4 Servings:

- 1 jar of Doug's Memphis Style Barbeque Rub
- enough charcoal or propane for 3-4 hours of cooking
- 2 racks of baby back ribs
- hickory chips
- 2 lbs. red potatoes
- 1 bunch of scallions
- 1 medium to large ripe pineapple
- 1 large Mayan sweet onion
- 2 limes
- 1 bunch of fresh mint
- 1 bunch of fresh cilantro
- olive oil

- mayonnaise
- orange blossom honey
- yellow mustard
- apple cider vinegar
- sweet pickle relish
- kosher salt
- 2 packages of Jiffy corn muffin mix
- eggs
- butter
- milk

Suggested Wine and Beer Pairings

- Wine - Merlot
- Beer - German or Belgian Lager

Shrimp and Pineapple Skewers

Single serving estimate is (6 to 8) 16-20 count shrimp and ½ cup of cubed pineapple per person

1. Remove the shells and de-vain shrimp.
2. In a bowl add shrimp and mix in 2 tbs. of Doug's Memphis Style Barbeque Rub per serving.
3. Alternately skewer shrimp and pineapple. Be sure to leave a ¼ inch of space in between the pineapple and shrimp on the skewers.
4. Brush lightly with olive oil.
5. Grill over high heat until the shrimp are cooked through and the pineapple chunks have noticeable grill marks.

Side Dishes

The following recipes make 4 servings:

Tomato Couscous

1. Cook 1 cup couscous according to the package directions.
2. Mix the following ingredients in a non-metallic bowl:
 - a. ¼ cup olive oil
 - b. 4 ripe Roma tomatoes chopped coarsely
 - c. ½ cup finely chopped fresh mint
 - d. 2 tbs. red wine vinegar
3. Mix the cooled couscous in the bowl with the other ingredients. Add kosher salt and fresh ground black pepper to taste. Serve chilled.

Grilled Corn on the Cob

1. Preheat grill to high.
2. Soak 4 ears of corn in water for 30 minutes with husks intact.
3. Place the corn on the grill in the husks and cook covered for 10 to 12 minutes. Rotate the ears to cook evenly.
4. Once cool enough to handle, remove the husks.
5. Serve with butter and salt to taste.

Shopping List

Approx. 4 Servings:

charcoal or propane for 1 hour of cooking
1 jar of Doug's Memphis Style Barbeque Rub
1.5 lbs. 16-20 count uncooked shrimp
1 medium ripe pineapple
4 Roma tomatoes
1 bunch of fresh mint
4 ears of corn
olive oil
red wine vinegar
kosher salt
black pepper
skewers

Suggested Wine and Beer Pairings

Wine – Dry Riesling

Beer – Hefeweizen or Belgian Wheat Beer

Crockpot Pulled Pork

A pork shoulder roast typically weighs between 6 and 8 lbs. Estimate 6 oz. of uncooked meat per person.

1. Remove excess fat from the roast. However, be sure not to remove all of the fat.
2. Apply approximately 2 tbs. of Doug's Memphis Style Barbeque Rub for each pound of meat.
3. Place the roast in the crockpot with enough water to cover $\frac{1}{2}$ of the roast.
4. Cook on the low setting for 8 hours depending on the size of the roast.
5. Remove the roast from the crockpot. Remove as much fat as possible and shred the remaining meat.
6. Place the meat back in the crockpot with at least $\frac{1}{2}$ of the reserved juices.
7. Apply more Doug's Memphis Style Barbeque Rub and 6 oz. or more of pineapple juice to taste.
8. Heat the pulled pork on the low setting and serve on a Kaiser roll.

Side Dishes

The following recipe makes 8 servings:

Asian Coleslaw

1. In a large non-metallic bowl mix together:
 - a. 1 cup of canola oil
 - b. $\frac{1}{3}$ cup of white wine vinegar
 - c. $\frac{1}{2}$ cup of sugar
 - d. 1 of the packages of beef seasoning from the Ramen noodles
2. Add the following ingredients to the bowl:
 - a. 1 bag of cleaned coleslaw
 - b. 1 cup of sunflower seeds
 - c. 1 cup of almond slivers
 - d. 2 tbs. chopped scallions
 - e. The noodles from 2 packages of beef Ramen noodles
3. Sprinkle the 2nd package of beef seasoning on top and mix together thoroughly.

Shopping List

Approx. 8 Servings:

- 1 jar of Doug's Memphis Style Barbeque Rub
- bone in pork shoulder around 6 to 8 lbs. (you will have leftovers)
- 1 bag of coleslaw
- 1 bunch of scallions
- $\frac{1}{2}$ lb. of sunflower seeds
- $\frac{1}{2}$ lb. of almond slivers
- canola oil
- white wine vinegar
- (1) 6-pack of pineapple juice
- (2) packages of Ramen beef noodles
- sugar

Suggested Wine and Beer Pairings

Wine – Red Zinfandel

Beer – Pilsner

Baked Salmon Filets

Single serving estimate is (1) 6 oz. skinless filet

1. Preheat oven to 375 degrees.
2. Apply 2 tsp. of Doug's Memphis Style Barbeque Rub to each salmon filet. Spread the spice rub evenly on the filets.
3. Place salmon filets in a baking dish that has been lightly coated with cooking spray.
4. Cook for 15 - 20 minutes or until internal temperature is 135 degrees and serve.

Side Dishes

The following recipes make 4 servings:

Roasted Potatoes

1. Preheat oven to 375 degrees.
2. Wash and pat dry 4 russet baking potatoes.
3. Cut into approximately 1 inch pieces.
4. Place potatoes in a shallow baking pan.
5. Apply 2 tbs. of olive oil.
6. Sprinkle the potatoes with the following ingredients:
 - a. 1½ tsp. kosher salt
 - b. 1 tsp. fresh ground pepper
 - c. 1½ tsp. dried thyme
 - d. 1 tsp. dried rosemary
7. Bake for approximately 30 minutes. Make sure to turn them over at least once during cooking.
8. Once fork tender remove from the oven and serve.

Spinach, Apple and Strawberry Salad

1. In a large mixing bowl place ¼ - ½ cup of your favorite balsamic vinaigrette (I make mine by mixing ¼ cup of a quality balsamic vinegar, ¼ cup of a quality extra virgin olive oil, approximately ¼ cup of light olive oil and kosher salt to taste).
2. Add 10 cups of triple washed baby spinach to the bowl.
3. Cut a medium granny smith apple into small bite size pieces.
4. Cut 1 cup of strawberries into small bite size pieces.
5. Add the apple, strawberries and a ½ cup of chopped walnuts to the bowl and mix well.
6. Serve and add fresh ground pepper to taste.

Shopping List

Approx. 4 Servings:

- 1 jar of Doug's Memphis Style Barbeque Rub
- 4 skinless salmon filets
- 4 russet potatoes
- 1 medium granny smith apple
- 1 small container of ripe strawberries
- (2) 6 oz. bags of baby spinach
- 1 package of chopped walnuts
- olive oil
- balsamic vinaigrette
- kosher salt
- black pepper
- dried thyme
- dried rosemary

Suggested Wine and Beer Pairings

Wine – Syrah or Pinot Noir

Beer – Stout or a Bohemian Pilsner