

Simmonds Tyres

BRIDGESTONE



ANITA'S DRY RUB AND BBQ SAUCE RECIPES

Anita loves using her outdoor pizza oven for all sorts of things, and her spicy smoked pork roast with her bbq sauce has become a much requested item at pot luck dinners. When she brought in some extra bbq sauce the boys fell in love with it! The secret ingredient is the spice rub that is used to put on the pork also goes into the sauce mix. You can buy rubs from places like Vetro if you can't be bothered making your own, but the flavour will be different. Experiment!

The prep time is minimal, and if you have time to let it cook low and slow all afternoon you will end up with delicious pork!



DRY RUB FOR PORK & CHICKEN

Ingredients

1 cup brown sugar
½ cup rock salt
4 tbsp smoked paprika
2 tbsp peppercorns
½ tsp cumin
½ tsp garlic powder
1 tsp cayenne pepper

Optional: Toasted coriander and mustard seeds

Method

Toast the coriander and mustard seeds if using. Put the rock salt and peppercorns into a spice grinder or mortar and pestle and grind until nearly fine. Add the toasted seeds if using and continue grinding until fine. Put all ingredients into a bowl and mix thoroughly. You won't need all of this dry rub for one pork roast so store the rest in a sealed jar.

BBQ SAUCE – SWEET & TANGY , SPICY OR SMOKY

Ingredients

2 tbsp dark brown sugar
½ cup apple cider vinegar (or white distilled)
2 tbsp worcestershire sauce
1 tbsp mustard (I use whole grain)
2 tbsp honey
2 cups tomato sauce (I usually get the cheaper bulk 2 litre version and keep it for this recipe)
2 tbsp dry rub mix

Variations: Cayenne pepper, Liquid smoke

Method

Combine all ingredients in large saucepan and stir well. Bring to boil over medium heat. Reduce heat and simmer uncovered for 60mins, stir occasionally. Store in the refrigerator. Keeps for several weeks.

Variations:

Sweet and Tangy – original recipe

Smoky – add ½ tsp liquid smoke per 1 cup of sauce (available from Vetro)

Spicy – Add ¼ to 1 tsp ground cayenne pepper per 1 cup of sauce (according to how much heat you want)

Anita's favourite – spicy with a hint of smoke

Massage the dry rub into the pork and if you have time, let it sit for as long as possible before cooking in a slow oven, pizza oven, smoker or even a BBQ. If you have a spray bottle, fill it with apple juice and spray the meat about every hour to keep it moist. You can also baste the meat with some of the bbq sauce which will give it a type of bark (so no crackle) but gives it a great flavour. Serve the pulled meat with bbq sauce, coleslaw and rolls.