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### Miscellaneous

**Some other sites**

http://www.virtualweberbullet.com/
http://www.smoking-meat.com/

**Forums**

Avatar: gmebey

### My Smoke times

<table>
<thead>
<tr>
<th>What</th>
<th>Note</th>
<th>Temp</th>
<th>Time</th>
<th>Finish Temp</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Chicken</td>
<td>Cut in half with cavity down</td>
<td>250-270</td>
<td>4 – 4.5 hours</td>
<td>180 F Breast</td>
</tr>
<tr>
<td></td>
<td>Brine 8-12 hours</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Drum Sticks</td>
<td>Brine 1 hour</td>
<td>250-270</td>
<td>2.5 – 3.0 hours</td>
<td>180 F</td>
</tr>
<tr>
<td>Chicken Wings</td>
<td>Brine 1 hour</td>
<td>250-270</td>
<td>2.0 – 2.5 hours</td>
<td>180 F</td>
</tr>
<tr>
<td>Chicken Leg</td>
<td>Brine for 2-4 hours</td>
<td>250-270</td>
<td>3.5 – 4.0 hours</td>
<td>180 F</td>
</tr>
<tr>
<td>Whole turkey</td>
<td>Breast down ½ time</td>
<td>250-270</td>
<td>40 minutes per pound at 250</td>
<td>180 F Breast</td>
</tr>
<tr>
<td></td>
<td>Breast up last ½ with foiled wings and legs</td>
<td></td>
<td>Must be fully thawed!</td>
<td>167 F Thigh</td>
</tr>
<tr>
<td></td>
<td>Brine 1-2 days</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cornish Game Hens</td>
<td>~22oz</td>
<td>250-270</td>
<td>x3 = 3 – 3.5 hours</td>
<td>180 F Breast</td>
</tr>
<tr>
<td></td>
<td>Brine 1 hour</td>
<td></td>
<td>x6 = 5.0 hours</td>
<td></td>
</tr>
<tr>
<td>Salmon (6oz 1.25 thick stakes)</td>
<td></td>
<td>190-200</td>
<td>2 – 2.25 hours</td>
<td>135 – 140 F</td>
</tr>
<tr>
<td>Trout (large)</td>
<td>12” inches without head, skin on</td>
<td>190-200</td>
<td>1.5 – 2 hours</td>
<td>150 F</td>
</tr>
<tr>
<td>Pulled Pork</td>
<td>Complex process, see text</td>
<td>225-250</td>
<td>1.5 hours per pound + 2 hours rest</td>
<td>See Text Below</td>
</tr>
<tr>
<td>Pork Loin</td>
<td></td>
<td>225-250</td>
<td></td>
<td>145 F</td>
</tr>
<tr>
<td>Beef Brisket Tip Pulled</td>
<td>Complex process, see text</td>
<td>225-250</td>
<td>1.5 hours per pound + 2 hours rest</td>
<td>See Text Below, same as the pulled Pork</td>
</tr>
<tr>
<td>HAM Cooked and Cured (Spiral Cut)</td>
<td>Mop every 30 minutes</td>
<td>~200 (LOW and SLOW) Adding Smoke, not cooking</td>
<td>~5 pound ham is 2 –2.5 hours</td>
<td>Reheating ~120F</td>
</tr>
<tr>
<td>Pork Ribs (Loin back ribs, aka baby back ribs)</td>
<td>2-2-1</td>
<td>225-230</td>
<td>~ 5 hours</td>
<td>Finish is 172F Meat pulls back on small bone</td>
</tr>
<tr>
<td></td>
<td>2 hr smoke</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 hr foil</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 hr un-foil</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>German Sausage</td>
<td>Do not cut</td>
<td>170 to 190</td>
<td>~2 hours</td>
<td>160 F</td>
</tr>
</tbody>
</table>
Other Smoke times

Meat Stall and Temperature Change

When meat is cooked at low temperature the internal temperature will slowly climb and at about 150 to 165 F the temperature will stop or “Stall”. Don’t panic, and don’t increase the temperature! This is normal, and is part of the process of braking down the fats. While the fats are breaking down the meat doesn’t cook, and won’t until fats are broken down. Once the fats are broken down the internal temperature will start to rise again.

Keep in mind that the time of and temperature of the stall varies a bit from meats. Just wait, be patient allow the meat to do it thing.
USDA cooked temperatures
Food Temps are based on the USDA site: http://origin-www.fsis.usda.gov/

Types of Woods
For my smoking I prefer to use Apple Wood about 90% of the time and rest of the time Hickory.

Woods for Smoking:

<table>
<thead>
<tr>
<th>Wood</th>
<th>Characteristics</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hickory</td>
<td>Pungent, smoky, bacon-like flavor</td>
<td>Pork, chicken, beef, wild game, cheeses.</td>
</tr>
<tr>
<td>Pecan</td>
<td>Rich and more subtle than hickory, but similar in taste</td>
<td>Pork, chicken, lamb, fish, cheeses.</td>
</tr>
<tr>
<td>Mesquite</td>
<td>More delicate flavour than hickory</td>
<td>Most meats, especially beef. Most vegetables.</td>
</tr>
<tr>
<td>Alder</td>
<td>Delicate flavor that enhances lighter meats.</td>
<td>Salmon, swordfish, sturgeon, other fish.</td>
</tr>
<tr>
<td>Oak</td>
<td>Pleasant flavor. Blends well with a variety of textures and flavors.</td>
<td>Beef (particularly brisket), poultry, pork.</td>
</tr>
<tr>
<td>Maple</td>
<td>Mildly smoky, somewhat sweet flavor</td>
<td>Poultry, vegetables, ham.</td>
</tr>
<tr>
<td>Cherry</td>
<td>Slightly sweet, fruity smoke flavor</td>
<td>Poultry, game birds, pork.</td>
</tr>
<tr>
<td>Apple</td>
<td>Slightly sweet but denser than cherry, fruity smoke flavor.</td>
<td>Beef, poultry, game birds, pork (particularly ham).</td>
</tr>
<tr>
<td>Peach or Pear</td>
<td>Slightly sweet, woody flavor.</td>
<td>Poultry, game birds, pork.</td>
</tr>
<tr>
<td>Grape vines</td>
<td>Aromatic, similar to fruit woods.</td>
<td>Turkey, chicken, beef.</td>
</tr>
<tr>
<td>Wine barrel chips</td>
<td>Wine and oak flavors. A flavorful novelty that smells wonderful, too.</td>
<td>Beef, turkey, chicken, cheeses.</td>
</tr>
</tbody>
</table>
My Smoking notes

1) Wood Type:
Since I’m using a basic Brinkman Electric Water Smoker (Google ECB, which stands for El Cheapo Brinkman) I prefer to use wood chips instead wood chucks. If you are collecting your wood from trimmings, it is important to remove as much as the bark as possible since it can have pesticides.

2) Wood Soak:
The wood chips should be allowed to soak for at least 30 minutes, but not longer than 60 minutes. After the initial soak I remove the chips from the water, and let rest on a paper towel for a bit.

3) Water Pan:
I adjust the starting temperature of the water depending on the ambient temperature. On colder days (<50F) I will start with HOT water and cool water on hotter days. I have used the water from soaking the wood chips in the water pan. The myth is it adds some flavor, I don’t know if this is true or not, but it doesn’t hurt. Foil the pan to make a quick and easy clean up.

If doing jerky using water is an issue, but without it heat control is difficult. To achieve temperature control, fill the water pan with sterile play box sand, and foil it to keep grease out of the sand. I found this trick to work OK, but temperature control is still tough, but not impossible.

4) Prestart:
I start the smoker 30 minutes early to allow preheating and the smoke to start before adding food.

5) Adding Wood:
After some experience I found that the chips are truly used up when there is nothing left but ash. So just check them and add more if needed about every 60 minutes.
My Recipes

Atomic Buffalo Turds (ABTs)
What are ABTs? The best answer is addictive!
When I describe them to people I get the blank stare like they are looking at a crazy person. But once they try one they are hooked and there is no turning back!

An ABT is traditionally a stuffed jalapeno pepper wrapped in bacon and smoked. The stuffing is typically cream cheese with added flavoring. The combinations are endless; here is a good place to start researching all the various types and methods: http://www.smokingmeatforums.com/forum/list/176.

Low Fat Version: We made a low fat version and couldn’t really tell much difference in the flavor.
Use reduced fat cream cheese spread
Use turkey bacon

1) Prepare the filling.
   After much experimenting I found my favorite is Veggie Cream Cheese Spread

2) Core or split the peppers and remove as much as the seeds and membrane as possible
   I prefer splitting the peppers instead of coring them. But consider the filling, if it melts easy them make sure to leave the ends on to prevent the cheese from melting out of the pepper. However I have never had this problem with the basic Veggie Cream Cheese Spread.
   I have also used sweet peppers and split bell peppers for people that can not tolerated spicy food.

3) Fill the peppers to the edge/rim, or above if the filling doesn’t melt.
   Depending on what cheese is used for the filling it may melt and run out the ends. I have never experienced this problem when using Philadelphia Reduced Fat Garden Veritable Cream Cheese.

4) Wrap with bacon.
   After trying many types of bacon I found that thin cut crisps up the best.
   Also cheaper bacon works as well as the expensive for ABTs.
   Wrapping depends on how the pepper was prepared. For the boats (split) peppers I use a half slice per pepper, wrap it around the pepper and use tooth picks to hold if needed.

5) Smoke at 225-250
6) Smoke using Apple Wood throughout the cook time.
7) Smoke 2-3 hours.
   The peppers are done at 2 hours, but going longer will make the outer skin of the pepper much tenderer.
Whole Chicken

1) Clean and half chicken
   Half so there is a left and right side, cut down center of breast and back
   I have tried to whole chicken breast side down, it was OK, but I like the split birds better.
2) Brine 8-12 hours using the “Chicken Brine” below
3) Rinse and pat dry with paper towels
4) Apply the Chicken Rub (below) and wrap in plastic wrap
   I even put some under the skin for a bit more punch.
5) Let rest 1-3 hours in the refrigerator.
6) Smoke at 250-270
   Side note, Start cooler and finish hotter for bite through skin.
   250 for 90% (Breast = 160F) hours and finish out hot, even as high as 300.
7) Smoke wing side up
8) Smoke using Apple Wood throughout the cook time.
9) Finish temp is when the breast reached 180F in about 4-5 hours

Chicken Drumsticks

1) Clean
2) Brine 1 hour using the “Chicken Brine” below
3) Rinse and pat dry with paper towels
4) Apply Chicken Rub (below) and wrap in plastic wrap
   I even put some under the skin for a bit more punch.
5) Let rest 1-3 hours in the refrigerator.
6) Smoke at 250-270
   Side note, Start cooler and finish hotter for bite through skin.
   250 for 1.5 hours and finish out hot, even as high as 300.
7) Smoke using Apple Wood throughout the cook time.
8) Finish temp is when the internal temperature reaches 180F in about 2.5-3 hours.

Chicken Wings

1) Prepare the same as the drumsticks.
2) Finish temp is when the internal temperature reaches 180F in about 2.0-2.5 hours.
Chicken Leg Quarters
1) Clean
2) Brine 1 hour using the “Chicken Brine” below
3) Rinse and pat dry with paper towels
4) Apply Chicken Rub (below) and wrap in plastic wrap
   I even put some under the skin for a bit more punch.
5) Let rest 1-3 hours in the refrigerator.
6) Smoke at 250-270
   Side note, Start cooler and finish hotter for bite through skin.
   250 for 1.5 hours and finish out hot, even as high as 300.
7) Smoke using Apple Wood throughout the cook time.
8) Finish temp is when the internal temperature reaches 180F in about 3.5 to 4.0 hours.

Bacon Wrapped Chicken Breast
A Jeff recipe from www.smoking-meat.com

1) Clean
2) Brine 1 hour using the “Chicken Brine” below
3) Rinse and pat dry with paper towels
4) Apply Chicken Rub (below) and wrap in plastic wrap
5) Wrap bacon
6) Added peppers
7) Smoke at 250-270
8) Smoke using Apple Wood throughout the cook time.
9) Finish temp is when the internal temperature reaches 180F in about 2.5 hours.
Whole Turkey

Important note: Choose a turkey that is no more than 12 pounds. Too large of a bird takes too long to transition through the danger zone (45F to 140F).

1) Clean
2) Brine 24-48 hours (overnight is OK) using the “Turkey Brine” below
3) Rinse and pat dry with paper towels
4) Apply Turkey Rub (below), do not wrap in plastic.
5) Smoke at 250-270
   Side note, Start cooler and finish hotter for bite through skin.
   250 for 90% (Breast = 160F) hours and finish out hot, even as high as 300.
6) Smoke breast side up at 4 hours and then foil the legs and wings to keep them from drying out.
   Side note, last time I did a bird I tied it so the wings and legs were pulled in tight to the body and didn’t foil them. It turned out OK, but it is better using the foil.
7) Smoke using Apple Wood throughout the cook time.
8) Finish temp is when the breast reached 180F is about 40 minutes per pound. [11-21-12] 13 lbs took ~10 hours
**Cornish Game Hens**

1) Clean  
2) Brine 1.0 (NO MORE THAN) hours using the “Chicken Brine” below  
3) Rinse and pat dry with paper towels  
4) Apply Rub using Chicken Rub (below) and wrap in plastic wrap  
   I even put some under the skin for a bit more punch.  
5) Let rest 1-3 hours in the refrigerator  
6) Smoke breast side up  
7) Smoke at 250-270  
   Side note, Start cooler and finish hotter for bite through skin.  
   250 for 90% (Breast = 160 to 170F) hours and finish out hot, even as high as 300.  
8) Smoke using Apple Wood throughout the cook time.  
9) Finish temp is when the breast reached 180F in about 3.5 hours (1-4 hens) 5.0 hours (5-7 hens).
Pulled Pork Shoulder Roast (10)

1) Clean and trim some fat (if desired)
   I prefer to trim the fat since I use some of the juices to moisten the pork prior for serving
2) Rub down with French’s Yellow Mustard
3) Apply Rub and wrap in plastic wrap
   On the pork I used Bad Byron’s Butt Rub, which is available at Mountain Mist Spas in Ft Collins
5) Let rest 10-12 hours in the refrigerator
6) Remove from plastic and apply more rub if wanted
7) Smoke fat side up at 225-250
8) Smoke using Apple Wood
9) Smoke untouched until meat reaches 100F
10) Apply spray (aka MOP) on 30 minute intervals
    Spray is 3:1 Apply Juices / Spice Rum, for a total of 1 cup.
11) Continue smoking at 225-250 and spraying until meat reaches the stall (~165F)
    The stall temperature varies from meat to meat and cut to cut. See above about the Stall.
12) At the stall, spray heavily with mop and double foil meet
13) Continue slow cook (no smoke) at 225-250 until meat reaches 192-197F.
    This can be done in the oven if needed.
    Be careful of a second stall, pushing through a second stall makes the meat mushy.
14) Remove foiled meat from heat and leave foiled (DO NOT PEEK)
    Longer the better, I have even gone 3 hours and the meat is still too hot to the touch.
16) Put meat in a 2” pan (Add some juices if wanted)
17) Pull and remove fat.
18) Add BBQ sauce is desired
    I suggest the “Rocky Mountain Barbecue Sauce” below
19) Estimated time is about 1.5 hours per pound + 2 hours rest time
Pulled Pork Sirloin Roast (10)

Key notes:
- Prep time: 1 hour brine
- Smoke time 4.2 lbs loin roast took 7.5 hours at 225

The “Pulled Pork Sirloin Roast” was done in the same way as the “Pulled Pork Shoulder Roast” recipe above with following notable differences.
- Smoked with the fat cap up.
- Did not mop
- Pulled at 190F

The outcome:
While pulling I noticed that the meat is much leaner than the traditional pork shoulder and there is much less fatty taste to final product. With the reduce fat the meat is not as moist and the pulling process was harder.

Thoughts for Next time:
Since the meat was dryer than expected I would consider brining it.
**Smoked Pork Loin Roast (8)**

Key notes:
- Prep time: 16 hour brine
- Smoke time 3 lbs loin roast took 4.5 hours at 225

After much research the consensus of smoking a Pork Loin among the experts is to treat as a pork loin and to only smoke it until the center is at 145F, which should produce a light pink center. The USDA use to recommend cooking pork to 160F to minimize the risk of the parasitic disease Trichinosis (also known as trichinellosis, or trichiniasis). Trichinosis is caused by undercooked pork and gain meat. The USDA has revised their standards to state that whole muscle pork is safe to consume when the center reaches 145F for 3 minutes at the center.

Another interesting finding of my research was that smoking a pork loin is not for the novice! In preparation I research and polled the smoking community on Smoking Meats forum ([http://www.smoking-meat.com](http://www.smoking-meat.com)), and based on their recommendations I chose the following process.
- Brine 12 to 24 hours.
- Smoke to 145F
- Let rest

**The Brine:**

The Brine recipe chosen was from [http://www.grillingcompanion.com/pork-loin-roast-on-grill/](http://www.grillingcompanion.com/pork-loin-roast-on-grill/) with some minor variations, which are state below the original article.

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If you have never brined your meats before cooking, you don’t know what juicy and tender is all about! Brining is the trick many professional cooks use to produce tender and juicy meats. I first tried brining with my last Thanksgiving turkey and I felt like immediately calling every former Thanksgiving guest to apologize for cheating them on past turkeys. Well this week, I wanted to cook a pork loin roast on the grill. Pork loin is very lean and lean meats have a tendency to dry out if not cooked properly. To counter-act this tendency, I decided the roast would be a good candidate for brining. I am so glad I decided to brine this pork loin roast because the result was awesome! Most of our simple grilling recipes don’t require a lot of prep time, but this one requires a little more planning. Plan on at least 12 hours of brining, overnight and up to 24 hours is optimal. Trust me on this one though, it is worth it!

**What is brining?**

Brining is the unsung hero of meat cooking, in my opinion. The actual brining process is similar to marinating. Both processes submerge the meat in a solution and allow it to absorb for some period of time. Unlike marinating though,
brining actually packs the cells of the meat full of moisture. In other words, brining actually hydrates the meat. We all know that the opposite of hydration is dehydration, which unless we are making jerky, is a griller’s worst nightmare! The result is an extra juicy and extra tender hunk of meat!

The most common and most important component of brining is salt. In many cases brown sugar is also used to offset some of the saltiness of the brine solution. Once you have the main components (salt, water and sugar), you can pretty much throw any herb in there you want. Here’s my basic brining solution (good for about a 4 pound pork loin roast in this case):

Ingredients and Directions for Making the Brine:

4 – 5 pound pork loin roast (ask the butcher, you want the nice fat layer on the top as well!)
6 cups water
1/2 cup salt
1/2 cup Dark Brown Sugar
2 Bay leaves
1 handful of peppercorns
4 sprigs of Thyme
2 sprigs of Rosemary

1. Combine the brown sugar and salt in the water and bring to a boil.
2. Stir until dissolved and then add the rest of the brine ingredients.
3. Lower heat and simmer for about 5 minutes.
4. Turn off the heat and allow to cool completely to room temperature.
5. Once the solution has completely cooled (we don’t want to start cooking the meat!), add the pork loin roast and brine solution to a Ziplock type bag. Seal and squeeze out as much air as possible.
6. Put the sealed bag with the now brining pork roast into a pot or large bowl, one that can hold all of the liquid in case something happens to the bag (speaking from experience here!). Place the bowl containing the brining meat into a refrigerator for at least 12 hours, up to 24 hours.

How to Cook a Pork Loin Roast on a Gas Grill:

Ok, so now we know about brining and we have soaked that pork loin roast in the brining solution for at least 12 hours. It’s time to start thinking about how to cook this bad boy on the grill. Given the fact that these roasts are a little on the large side, we definitely want to cook them over indirect heat for a longer amount of time. The process of roasting a pork loin on the grill is similar to roasting one in the oven, except for the smoke! So don’t forget about the smoke pouches for this one! Let’s take a look at the process in detail:

1. Remove the pork roast from the refrigerator at least 45 minute prior to cooking. We want to give it a little time to warm to room temperature, so remove it from the brining solution and leave it on a platter on the kitchen counter while we prep the grill and smoke pouches.
2. Prepare at least 2 smoke pouches worth of wood chips by soaking them in water for about 30 minutes. Once soaked, form the smoke pouches as detailed in this article.
3. After about 45 minutes, rinse and pat the pork roast dry.
4. Rub the pork loin with fresh ground black pepper.
5. Light the grill to high.
6. Once the grill is heated up, add the smoke pouches to the sides of the grill so they can start to smolder.
7. Sear the pork loin roast on all sides and create some of those nice grill marks that make us look like we know what we are doing!
9. Once the pork roast is seared, turn off the middle burner(s) on your grill to prepare for indirect grilling.

10. We want to elevate the pork roast a little so that we can place a drip pan underneath. If you are able to fit one under the grates, go ahead and do so. My grill doesn’t have a separate middle grate, so I use a rack (from a roasting pan) to elevate the roast. As you’ll notice in the photo, I didn’t have an aluminum drip pan so I made one out of aluminum foil 😊.

11. Place the seared pork loin on the grate (or rack) fat side up! Roasting meats fat side up also aides in keeping them juicy!

12. We have mentioned this before, but don’t trust your grill’s built in thermometer. We want to roast this pork loin at around 300 degrees, so go ahead and place the thermometer right next to the pork loin on the grill.

13. Now close the lid and your job is done for at least an hour! Make sure you monitor the thermometer for the first 20 minutes or so to get the temperature right. Adjust the “on” burners to get the thermometer to 300 degrees. Also, keep an eye on the smoke pouches and add more if needed to keep that smoke going!

14. After about an hour, insert a meat thermometer into the thickest part of the roast and then close the lid.

15. Continue cooking until the meat thermometer measures around 150 degrees. Â This is where a good instant read meat thermometer in invaluable. Â Don’t use one of those metal dial thermometers, treat yourself to the highly accurate and splash-proof Thermopen. Â It will last you a lifetime and never needs calibrated. Â I must have for cooking and grilling. A Get it here. Â If you are an iPhone owner, check out our free MeatTemps reference app that allows you to easily look up the proper internal temperatures for meat.

16. Remove the pork loin roast from the grill, place on a platter and cover with a tent of aluminum foil and allow to rest for about 15 minutes before carving.

I have done my share of grilling pork and I seriously do not recall ever eating a more delicious pork roast. The brining definitely kicked up the juiciness and tenderness of the pork loin. Taking the time to cook the pork slow over smoke adds just that much more flavor to this grill recipe. I made a lot in this case and I was happy to eat pork leftovers for about a week. I had sandwiches and even pork quesadillas and was upset to come home and find that my wife had thrown the rest of the roast away. I know it was getting old, I just didn’t want to let go!

My variations:
- Used dried Tyme
- Used dried Rosemary
- DID NOT grill it….see below
Smoking:
Smoking the pork loin was to a recipe from Smoking Meats forum (http://www.smokingmeatforums.com/t/95434/pepper-jelly-glazed-loin) with some minor variations, which are state below the original article.

So I picked up this jar of Tabasco Brand pepper jelly and I was going to make some sort of sauce with it. I changed my mind and decided to just use it as a straight glaze to see what happens.

I dusted a loin with some creole seasoning and tossed it in the GOSM over a light applewood smoke. At 115 I pulled it out and smothered it with the jelly...

Out of the smoker at 160
The loin came out juicy and very tender with just the right amount of spice to make your brow sweat a little. I had a real nice smoke ring where the fat wasn't covering the meat.

My variations:
- The finish temperature was 145F
- Wrapped in foil and wrap with towels in a cooler to rest for 30 minutes
- For the record we used the Tabasco Pepper Jelly 50% Hot and 50% Mild
The outcome:

It turned out moist and tasty. The combination of the brine and smoke gave it a ham taste, and the pepper jelly had a mild bite. Only give this recipe an 8 due to the fact I was not expecting such a ham taste. The speculation is the brine recipe is heavy on sugar that leads to giving the ham taste. Another key observation is that the meat was almost too moist.

Thoughts for Next time:
The total smoke time was 4.5 hours @ 225F for a #3 loin
Next time I plan to reduce the sugar by half to 1/4 cup.
Reduce the brine time to 12 hours per 3 pounds.
Beef Brisket

- A brisket has two parts; the flat and tip (Google the details), but key point is the flat is great for slicing into strips and the tip is good for pulling since it has a lot of gristle.
- The finish temperature for slicing the flat is ~193F.
- The finish temp for pulling the tip is ~198F

1) Clean and trim fat
2) Apply Rub and wrap in plastic wrap
   On the brisket I used the “Colorado Cache Cookbook” rub (below)
3) Let rest 10-12 hours in the refrigerator
4) Remove from plastic and let rest 1-2 hours at room temperature
5) Smoke fat side up at 225-250 using Apple Wood
6) Smoke untouched until meat reaches 100F
7) Apply spray (aka MOP) on 30-minute intervals
   Spray is 3:1 Apply Juices / Spice Rum, for a total of 1 cup.
8) Continue smoking at 225-250 and spraying until meat reaches the stall (~165F)
9) Heavily spray with mod and double foil meet
10) Continue slow cook (no smoke) at 225-250 until meat reaches desired temp.
    Be careful of a second stall, pushing through a second stall makes the meat mushy.
11) Remove foiled meat from heat and leave foiled (DO NOT PEEK)
12) Wrap in two towels and let rest in cooler for 1-2 hours.
    Longer the better, I have even gone 3 hours and the meat is still too hot to the touch.
13) Slice or pull
    If pulling remove fat in the process.
14) Serve with Sauce
    I suggest the “Rocky Mountain Barbecue Sauce” below
15) Estimated time is about 1.5 hours per pound + 2 hours rest time.
Smoking a Spiral cut Ham.
First is important to understand that smoking a cooked ham is done to add additional smoke flavor and not to re-cook it. So adding smoke is done at a LOW temperature!

1) Tie the ham using butcher string to help prevent the slices from separating.
   My method is like putting a ribbon on a present where the two string cross on the bottom and tie at the top.
   I even leave 6-8" extra at the top to use like a handle.
2) Rub down ham with French’s (Honey Dijon Mustard also works well)
3) Apply Rub and wrap in plastic wrap if it allowed to rest.
   I used Bad Byron’s Butt Rub, Which is available at Mountain Mist Spas in Ft Collins
   A rest is not needed, but is desired let it rest in the refrigerator and not at room temperature.
4) Remove from plastic and apply more rub if wanted
5) Smoke with the slices flat (parallel to the grate) at 200 – 225F
6) Smoke using Apple Wood at heavy smoke throughout the smoke time.
7) Apply spray (aka MOP) on 30-minute intervals to help prevent the ham from drying out.
   Spray is 3:1 Apply Juices / Spice Rum, for a total of 1 cup.
8) Continue smoking and spraying until meat reaches ~120F (or about 2.5 hours)

Smoking Pork Ribs (Loin back ribs, aka baby back ribs)

Using the 2-2-1 method (2-hours smoke, 2-hours foiled, 1-hour unfoiled)
1) Prep the ribs by pulling the backing membrane
2) Rub down with French’s plane yellow mustard
3) Apply Rub and wrap in plastic wrap if it allowed to rest.
   I used Bad Byron’s Butt Rub, Which is available at Mountain Mist Spas in Ft Collins
4) Place in refrigerator overnight.
5) Remove from plastic and apply more rub if wanted, I do.
6) Smoke with the curve side up at 225 – 230F for 2 hours.
7) Smoke using Apple Wood at heavy smoke throughout the smoke time.
8) Remove and double foil, seal it tight.
9) Return to smoker with no chips at 225 – 230F for 2 hours.
10) Remove foil.
11) Baste with sauce if wanted.
12) Return to smoker with chips at 225 – 230F for 1 hour.
   Finish temp is 172F or …. Better
   When the meat starts to pull away from the bones at the tips.
Smoked Trout

Preparing the Trout
In cleaning the trout it is best to cut the fish's head off and then make a shallow incision from the anus to the gills. You can then hold the fish up with one hand and use the other hand to gut the fish making sure to get the bloodline that runs along the length of the fish.

Wash the fish in some salty water to help get rid of any bad flavors and lay the fish aside for brining.

Brining Trout
I use a pretty basic brine that basically consists of the following:
- 2 Cups Water
- 2 TBS Kosher Salt
- 1 TBS Cajun Seasoning (I use Bayou Shakedown)

Feel free to add some hot sauce, wine, pepper, low sodium soy sauce, etc.

Let the fish brine completely covered for about an hour making sure the brine is able to get into the inside of the fish as well as the outside.

Once brining has completed, lay the fish on a paper towel and let the skin dry a little while you get the smoker ready.

Smoking the Trout
Prepare the smoker for about 150 degrees with a mild wood such as pecan, apple, oak or alder. Regular smoking woods like hickory and mesquite can be a little strong for fish in my opinion.

Lay the trout directly on the grate leaving space between them and laying them open so the smoke can access all parts of the fish.

Let the fish smoke for about 25-30 minutes at this low temperature to help dry the outside of the fish so that it can be firmer in the later stages of smoking.

After about 30 minutes raise the temperature on up to about 225 degrees to finish the smoking process.

Most fish is safe to eat at 145 degrees and much beyond this the fish will start to dry out too much.

Here in Oklahoma the fish range from about 8 to 10 inches on average and this size will be ready to take out of the smoker in about an hour.

Eating the Trout
The trout can be eaten as is with some good sides like hush puppies and cole slaw or the meat can be removed from the skin, flaked and used as a dip like the recipe below.

Remove bones and flake the fish. Combine all ingredients mixing thoroughly. Chill. Serve with assorted crackers, chips or vegetables.
My Collections of Brines, Rubs and Sauces

About The Brine
The power of the brine can make or break a dish!

The basic brine works through an osmosis process that pulls in water along with flavoring, and at the same time seals the outside of the meat to keep the moister in.

A brine is made up of salt and water at a 1:16 ratio, that is 8 oz of salt to 1-gallon of water.

Two basic mistakes that can ruin a dish is poor quality salt and over brining. It is important to use good quality salt such as course kosher salt. Avoid using basic table salt (iodized) or sea salt because these salts can vary a lot in flavor. By over brining in terms of time or mix ratio can lead to meat that is mushy or overly salty. From firsthand experience it is better to have under brined meat that is a little dry, than mushy salty meat.

Another important step to brining is rinsing, which removes the excess salt on the exterior of the meat.

Brining large birds such as a 12 pound turkey, several chickens or several Cornish game hens can be a pain. My solution was a NEW 5-gallon bucket with a lid. Make sure to clean it well; even use bleach + water soak (1 cap of bleach to 1 gallon water).

One major drawback to the 5-gallon bucket approach is getting it back in a refrigerator. So my solution was to place ice in a plastic bag on top of the birds to cool and weight them down, and place the bucket (with the lid) in a cool room (garage or basement). Just remember to change out and add ice to maintain the water temperature below 45F.

The recommended brine time is based on a table I found in the “Green Egg” cook book.

<table>
<thead>
<tr>
<th>Meat</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole chicken (4-5 lbs)</td>
<td>8-12 hours</td>
</tr>
<tr>
<td>Chicken parts (drums, wings, breast)</td>
<td>1 hours</td>
</tr>
<tr>
<td>Whole Turkey</td>
<td>1-2 days</td>
</tr>
<tr>
<td>Turkey Breast</td>
<td>5-8 hours</td>
</tr>
<tr>
<td>Cornish Game Hens</td>
<td>1 hours</td>
</tr>
<tr>
<td>Pork Chops</td>
<td>8-16 hours</td>
</tr>
<tr>
<td>Pork Tenderloin</td>
<td>6-8 hours</td>
</tr>
<tr>
<td>Whole Pork Loin</td>
<td>1-3 days</td>
</tr>
<tr>
<td>Shrimp and Scallops</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Fish</td>
<td>30-60 minutes</td>
</tr>
</tbody>
</table>
**Turkey Brine**

<table>
<thead>
<tr>
<th>Neely’s Recipe</th>
<th>My Modifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 gal water</td>
<td>1 c Salt</td>
</tr>
<tr>
<td>2 c Salt</td>
<td>The bird was WAY to salty</td>
</tr>
<tr>
<td>3 c 100% Apple Juice</td>
<td></td>
</tr>
<tr>
<td>1 c Bourbon</td>
<td></td>
</tr>
<tr>
<td>1 tbl Black peppercorns</td>
<td></td>
</tr>
<tr>
<td>1/2 c Light brown sugar</td>
<td></td>
</tr>
</tbody>
</table>

**Turkey Rub**

<table>
<thead>
<tr>
<th>Neely’s Recipe</th>
<th>My Modifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tbl Salt</td>
<td></td>
</tr>
<tr>
<td>1-1/2 tbl Ground sage</td>
<td></td>
</tr>
<tr>
<td>1-1/2 tbl Dried thyme</td>
<td></td>
</tr>
<tr>
<td>1/2 tbl Black pepper</td>
<td></td>
</tr>
<tr>
<td>1/2 tbl Neely’s Seasoning (*1)</td>
<td>The Neely’s seasoning recipe below makes a large volume. The 1/16th is enough for about 5 mixes</td>
</tr>
</tbody>
</table>

Before applying rub, coat the turkey with olive oil.

(*1) Neely’s Seasoning

<table>
<thead>
<tr>
<th>Neely’s Recipe</th>
<th>My Modifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 c White Sugar</td>
<td></td>
</tr>
<tr>
<td>1-1/2 c Paprika</td>
<td></td>
</tr>
<tr>
<td>3-3/4 tbl Onion powder</td>
<td></td>
</tr>
</tbody>
</table>

**Chicken and Cornish Game Hens Brine**

<table>
<thead>
<tr>
<th>Tyler Florence Recipe</th>
<th>My Modifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 qt Water</td>
<td></td>
</tr>
<tr>
<td>2 tbl Kosher salt</td>
<td></td>
</tr>
<tr>
<td>1/4 c Brown sugar</td>
<td></td>
</tr>
<tr>
<td>2 cloves Garlic (smashed)</td>
<td>1 c 100% Apple Juice</td>
</tr>
<tr>
<td>4 sprigs Fresh thyme</td>
<td>2 squirts Minced garlic in the tube</td>
</tr>
<tr>
<td></td>
<td>2 tsp Dried thyme</td>
</tr>
</tbody>
</table>

**Chicken and Cornish Game Hens Rub**

<table>
<thead>
<tr>
<th>Neely’s Recipe</th>
<th>My Modifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tsp Salt</td>
<td></td>
</tr>
<tr>
<td>1 tsp Paprika</td>
<td></td>
</tr>
<tr>
<td>1 tsp Garlic powder</td>
<td></td>
</tr>
<tr>
<td>1 tsp Garlic salt</td>
<td></td>
</tr>
<tr>
<td>1 tsp Black pepper</td>
<td></td>
</tr>
<tr>
<td>1 tsp Crushed red pepper flakes</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp Cayenne pepper</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp Dried thyme</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp Dried oregano</td>
<td></td>
</tr>
<tr>
<td>2 tbl Brown sugar</td>
<td></td>
</tr>
</tbody>
</table>
### Trout Brine

<table>
<thead>
<tr>
<th>From Smoking Meat</th>
<th>My Modifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 c Water</td>
<td></td>
</tr>
<tr>
<td>1 tbl Kosher salt</td>
<td></td>
</tr>
<tr>
<td>1 tbl Cajun Seasoning (Bayou Shakedown)</td>
<td></td>
</tr>
</tbody>
</table>

Cur in Half Too salty!

### Salmon Brine

<table>
<thead>
<tr>
<th>From Smoking Meat</th>
<th>My Modifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 c Water</td>
<td></td>
</tr>
<tr>
<td>1 tbl Kosher salt</td>
<td></td>
</tr>
<tr>
<td>1 tbl Cajun Seasoning (Bayou Shakedown)</td>
<td></td>
</tr>
<tr>
<td>1/4 c White sugar</td>
<td></td>
</tr>
</tbody>
</table>

The salmon was a bit salty!

### Rocky Mountain Barbecue Sauce

<table>
<thead>
<tr>
<th>from Colorado Cache Cookbook</th>
<th>My Modifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tbl Brown Sugar</td>
<td></td>
</tr>
<tr>
<td>1 14-oz bottle catsup</td>
<td></td>
</tr>
<tr>
<td>1/2 c Water</td>
<td></td>
</tr>
<tr>
<td>2 tbl Liquid Smoke</td>
<td></td>
</tr>
<tr>
<td>4 tbl Worcestershire Sauce</td>
<td></td>
</tr>
<tr>
<td>3 tsp Dry mustard</td>
<td></td>
</tr>
<tr>
<td>2 tsp Celery Seed</td>
<td></td>
</tr>
<tr>
<td>6 tbl Butter</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp Cayenne Pepper</td>
<td></td>
</tr>
</tbody>
</table>

Combine all ingredients. Bring to a boil, stirring occasionally. Cook 10 minutes

### Rocky Mountain Brisket Rub

<table>
<thead>
<tr>
<th>From Colorado Cache Cookbook</th>
<th>My Modifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-1/2 tsp Salt</td>
<td></td>
</tr>
<tr>
<td>1-1/2 tsp Ground pepper</td>
<td></td>
</tr>
<tr>
<td>2 tbl Chili powder</td>
<td></td>
</tr>
<tr>
<td>1 tsp Crushed bay leaves</td>
<td></td>
</tr>
<tr>
<td>2 tbl Liquid smoke</td>
<td></td>
</tr>
</tbody>
</table>

Combine all ingredients, and apply rub.

### Martha Stewart’s general rub

Worked well on Cornish Game Hens (10-23-10)

<table>
<thead>
<tr>
<th>From Martha Stewart’s website</th>
<th>My Modifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/3 c Coarse Salt</td>
<td></td>
</tr>
<tr>
<td>1/4 c Packed light-brown sugar</td>
<td></td>
</tr>
<tr>
<td>1/4 c Paprika</td>
<td></td>
</tr>
<tr>
<td>2 tbl Ground black pepper</td>
<td></td>
</tr>
<tr>
<td>2 tbl Dried oregano</td>
<td></td>
</tr>
<tr>
<td>2 tbl Dried thyme leaves</td>
<td></td>
</tr>
<tr>
<td>1 tbl Cayenne pepper (optional)</td>
<td></td>
</tr>
</tbody>
</table>

Combine all ingredients. Can be stored for up to 6 months in an airtight container.
**Collection of Rubs from Smoking Meats Forums**

We haven’t tried these yet, but they looked good.

<table>
<thead>
<tr>
<th>Carolina Rub:</th>
<th>Memphis style rub:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons salt</td>
<td>4 teaspoons paprika</td>
</tr>
<tr>
<td>2 tablespoons sugar</td>
<td>2 teaspoons salt</td>
</tr>
<tr>
<td>2 tablespoons brown sugar</td>
<td>2 teaspoons onion powder</td>
</tr>
<tr>
<td>2 tablespoons ground cumin</td>
<td>2 teaspoons fresh ground black pepper</td>
</tr>
<tr>
<td>2 tablespoons chili powder</td>
<td>1 teaspoons cayenne</td>
</tr>
<tr>
<td>2 tablespoons freshly ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon cayenne pepper</td>
<td></td>
</tr>
<tr>
<td>1/4 cup paprika</td>
<td></td>
</tr>
</tbody>
</table>

The above are from About.com Barbque and Recipes section

<table>
<thead>
<tr>
<th>Best Odds Rib Rub:</th>
<th>Basic Pork Rub:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/3 cup paprika</td>
<td>1/3 cup paprika</td>
</tr>
<tr>
<td>3 tablespoons dry mustard</td>
<td>1/4 cup sugar</td>
</tr>
<tr>
<td>3 tablespoons onion powder</td>
<td>3 tablespoons black pepper</td>
</tr>
<tr>
<td>3 tablespoons garlic powder</td>
<td>2 tablespoons salt</td>
</tr>
<tr>
<td>2 tablespoons ground basil</td>
<td>2 teaspoons dry mustard</td>
</tr>
<tr>
<td>1 tablespoon red pepper</td>
<td>2 teaspoons cayenne</td>
</tr>
<tr>
<td>1 tablespoon black pepper</td>
<td>1 teaspoon white pepper</td>
</tr>
<tr>
<td>1 tablespoon salt</td>
<td></td>
</tr>
<tr>
<td>Add 1 tablespoon brown sugar to sweeten</td>
<td></td>
</tr>
</tbody>
</table>

The above are from About.com Barbque and Recipes section

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**BRITU - Best Ribs in the Universe**


Which also has a BUNCH or great information on using the ECB.

Dry Rub - Mix all ingredients thoroughly and store unused in moisture proof container:

1 Cup Sugar
1 Cup Non-Iodized Table Salt
½ Cup Brown Sugar (Dried out lightly by exposing on cookie sheet room temp. several hours, or slightly warmed
5 Tablespoons + 1 Teaspoons Chili Powder
2 Tablespoons + 2 Teaspoons Ground Cumin
4 Teaspoons MSG (Accent)
4 Teaspoons Cayenne Pepper
4 Teaspoons Black Pepper freshly ground (important)
4 Teaspoons Garlic Powder
4 Teaspoons Onion Powder

Sprinkle Meat 2 hours before cooking with rub and allow meat to come to room temperature. Do not over-season. A good overall dusting of the spices is all that's needed. The spices will become a nice red liquid coating after sitting for about an hour, if you used the proper amount.