

Adaptations of Barbecue

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Many people claim that barbecue is becoming a relic, but throughout history, barbecue has always been adaptive and changing.

The Emergence of American Barbecue

Initially referring to a cooking strategy of New World settlers, the term “barbecue” has only recently evolved to depict a favored dish of the southern America region. Some scholars suggest that the idea of barbecuing first began when people discovered fire as a way of cooking meat. However, that particular idea does not provide a clear explanation as to when and where true American barbecue originates. Despite its name, American Barbecue did not begin as an American invention. American barbecue initially began as a method of utilizing resources to prepare food items for settlers on the southern frontier. Both the Indians and settlers of the frontier significantly contributed to the prolonged transformation of American Barbecue.

Christopher Columbus’s journey to the New World had a major impact on barbecue. When the Spaniards arrived in the New World, the first people they encountered were the Indians of the Arawak tribe (History of Barbecue). The Spaniards attempted to imitate the Arawak lifestyle, and the most significant of these imitations involved the tribe’s unique approach to food preparation. The Arawak’s would cook mainly outdoors and prepare food

by placing it on wooden frames above a fire. They called this technique of cooking, Barbacoa. To the Arawaks, the word “Barbacoa” referred not to the actual cooking strategy, but to the wooden racks where food was placed to cook. Over time, however, people began using the term to describe various techniques such as a native cooking method involving a wooden frame and a Mexican cooking method for steaming meat in a hole (Engelhardt 88). Because of the Arawak’s and their invention of Barbacoa, the settlers of the New World were introduced to the basic roots of American Barbecue.

Barbecue, as we know it today, is a mix of Native American and European cooking styles. It was created as an invented tradition that stirred up the testosterone in men, and it caused the people associated with making it to be seen as brutes (Warnes 7). Barbecue, now, is a tradition that invokes the savage side of man by combining some of the most inherently manly things: hunting, fire building, beer drinking, and greasy meat. The mere word “barbecue” originally invoked savage imagery in a person’s mind. As Andrew Warnes put it, if a person wants to suggest that he or she wants to kill and eat another person, they will say that they are going to “barbecue” the other person. This may be attributed to the savage sound of the word.

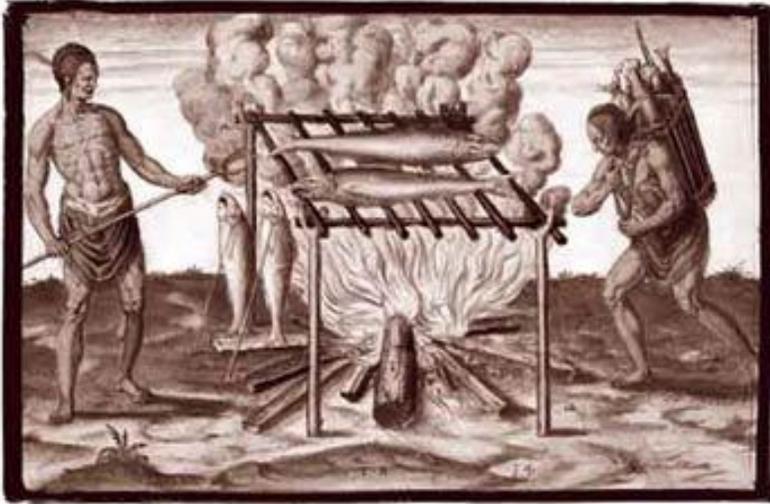
The etymology of barbecue can explain some of the savage images people closely associate with the word (Warnes 15). It has been suggested that Europeans coming to the New World thought the Native Americans were savages. The Europeans used the most savage sounding Native American words to publicize to the rest of Europe, so Europe’s savage image of the Native Americans was reinforced and justified. The words “barbecue” and “barbaric” soundsimilar. This closeness in sound between the words is just a coincidence, but it is still present in natural English speaker’s subconscious mind. It is most likely that barbecue came from the Native American word “barbacoa,” one of many Native American words that used the sound “barb” at the beginning.

The first mention of a barbacoa in the English speaking world was an account of Christopher Columbus’s first encounter with the Taino Native Americans at Guantanamo Bay, in which the Taino cooked iguanas and fish over fires using barbacoas. The word, “barbecue,” was probably picked both because of its closeness to the English word “barbarian” and because it was closely related to the Native American barbacoa.

Although Barbacoa was an important step in the evolution of Barbecue, it has essentially become a lost

practice. Long after the Arawak's introduced Barbacoa, the term began to mean more than just simply cooking meat on a wooden frame. The meat itself became a factor in determining what could or could not be considered Barbacoa. The meat used in the cooking practice was usually parts of animals that were considered repulsive in dominant cultures (Engelhardt 88). This included anything from the head of a cow, pig intestines, or small meat scraps. Because Barbacoa consisted of these types of meat, the strategy became known as a barbaric and untamed style of cooking (Engelhardt 88). However, people continued to use it as a primary cooking technique even after it was deemed an uncivilized way of cooking. Barbacoa is known as one of the first major influences of barbecue and continues to be a technique used in Mexico and the Southwestern US.

In addition to Barbacoa, the consumption of hogs was another major influence during the evolution of barbecue. Hogs were a primary meat source for the Spaniards, thus they are credited for bringing hogs to the New World. These animals needed little attention and could easily live off of their surroundings. They also could be easily fattened to produce higher quality meat. Since the start of Barbacoa and barbecue, there has always been a large association between the two and pork. Although the Arawak's and the settlers of the New World utilized various animals, hogs were seen as a delicacy. Fish, sheep, and squirrel were meats commonly used for casual dinners but entire hogs of Barbacoa were cooked on special occasions. The hog would be cooked over a pit of coals and left to cook for hours. (The Definition of Barbecue). This process took much longer than cooking smaller meats like fish or rabbit, resulting in the cooking of a whole hog as an all-day celebratory event (Sylvia). This idea that hogs produce superior and delectable meat has continued throughout the evolution of barbecue. Thus because of their tremendous meat, cooking a whole hog to the Arawak's and other Native Indians was only done on extremely rare occasions.



In the late 18th century, the strong correlation between barbecue and hogs escalated once hogs became more accessible to farmers and their families. Farmers kept other livestock such as cattle, horses, and chickens confined in pens while they allowed the hogs to roam freely on the land. By consuming the nuts and roots they found in the woods, the unrestricted hogs would become fatter and ready for butchering earlier than those limited to the confines of their pens. The free hogs also produced better tasting meat due to their

exposure to more diverse foods from the land. As time progressed, the butchering of animals for meat had farmers placing greater focus on hogs than on any other animal as this practice kept animals that provided labor, like cattle and horses, on the farm. Late October was known as butchering time for many farmers and plantation owners. Butchering time was a time for celebration because there would be an abundance of meat for the coming winter.

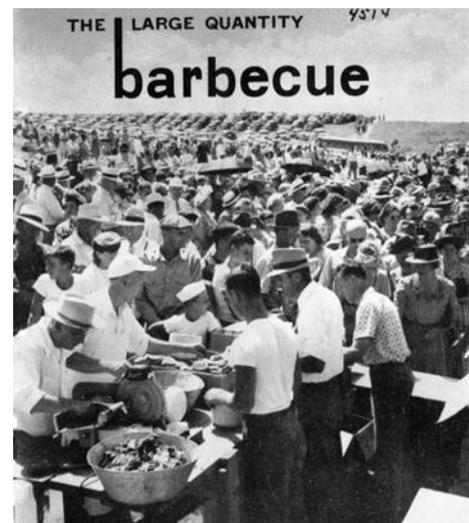
Once farmers slaughtered their hogs, they needed a way to preserve it. The frequent changes in preservation techniques had a major influence on the evolution of barbecue. The idea of preservation was already apparent at the time of the Arawak's and the settlers of the New World. The settlers used leaves and other forms of grasses to prevent meats from spoiling. Although this technique lacked efficiency, it offered a solid foundation for future methods. Salting and pickling were the next techniques of food preservation with

both processes requiring large amounts of salt to work effectively (The Definition of Barbecue). Pickling consisted of placing a cut of meat in a large pot and filling the vessel with pounds of salt and water. People then left the cut of meat in the pot for approximately 4 days before allowing it to dry (The Definition of Barbecue). Although pickling proved effective, extensive amounts of time were necessary for returning the meat to an edible state. Due to the high concentration of salt, the meat demanded hours of boiling. Salting, however, did not take near as long for people to prepare the meat. This method consisted of repetitiously rubbing salt on the cut several times a day (The Definition of Barbecue). The absorption of salt into the meat hindered the growth of bacteria and prevented spoiling. Before the invention of refrigeration, salting was the most efficient preservation process because it kept bacteria from growing on or inside the meat (The Definition of Barbecue). While these techniques were useful, meat preservation has greatly progressed since then.

While the people responsible for the actual preparation of the food tend to be overlooked, they act as one of the most important contributors to the creation of true American Barbecue. The women of the household are generally credited for the majority of food preparation but this assumption was altered during the 17th century. Once African slaves were brought to the New World, they supplied most of the labor for white families. Working not only outside and in the fields, they also worked within the household cooking and preparing much of the food for their masters. As slaves progressively dominated kitchen work, they soon altered the normal techniques used in food preparation, especially that of meat. These slaves soon took on the name of pitmasters. Pitmasters began developing their own versions of specific dishes leading to one of the biggest contributions to the evolution of barbecue: the use of red pepper (Covey, Eisnach 89). Pitmasters often used red pepper as seasoning which consequently affected barbecue with contributions such as barbecue sauces made with red peppers and vinegar. The sauces were useful because they would mask the taste of lower grade meats and provide better taste than plain salted meat. Through sauces and other barbecue techniques, pitmasters made a significant contribution in the development of barbecue.

While there is an association between hogs and barbecue, the plantation cooks did not limit barbecue to the sole preparation of pork. To the pitmasters, barbecue meant preparing any type of meat with a number of different spices and sauces. Good cuts of meat were hard to obtain during times of shortage, thus, slaves began to cook parts of animals that were easier to come by. This consisted of things like hogs head, chitterlings, and pickled hog's feet. During the time African slaves were cooking most of the food the actual type of meat didn't distinguish between barbecue and non- barbecue. Instead how the different meats were prepared determined whether or not a specific dish could be considered barbecue (Covey, Eisnach 91). People could take any part of an animal, cook it over a pit of wood or smoke it for long hours, and it still wouldn't be considered barbecue. Key requirements including homemade sauces and spices needed to be added to the meat for it to be called actual barbecue. The pitmasters idea of barbecue continued to develop over time.

With the help of plantation slaves and their cooking techniques, barbecue continued to grow throughout the southern region. The families that couldn't afford slaves only participated in actual barbecues during holidays or for large family gatherings. Thus barbecue became known as more than just a good meal. It was a food that signified a time of celebration coming together within a community (Barbecue Diplomacy). Barbecue began to be viewed as a community event. During celebrations



people from all around the community would contribute something for the barbecue.

Besides its delicious taste, the social aspect of barbecuing is one of its most utilized features. It is said that barbecuing is America's true national pastime (Moss 25-29). The popularity of barbecue became apparent when American politicians began to use it as a campaigning tool (Barbecue Diplomacy). Many politicians would advertise a specific campaign event along with the incentive of free barbecue. Thus voters would arrive because of the free barbecue and associate that with the politician. Campaigners began to notice that more people were prone to voting and attend speeches or events if barbecue was present (Barbecue Diplomacy). This campaigning strategy was extremely effective for American politicians and made barbecue an extremely popular dish throughout the southern region. Over time, campaign events became more competitive, making the barbecues bigger and even more elaborate. Many people believe that this campaigning strategy ultimately turned barbecue into a symbol of American culture (Barbecue Diplomacy).

Over time numerous techniques, cultures, and types of people contributed to the evolution of barbecue. Barbecue has changed since the time of the Arawak Indians and their practice of Barbacoa. However, without these people, barbecue would never have existed. This also illustrates how people of different cultural backgrounds had significant impacts on barbecue. The diversity of the people and cultural influences behind barbecue's evolution provides a historical snapshot easily representative of the American melting pot. While "American Barbecue" may not have originated in America, the outside influences are responsible for its development and ultimate success mirror the foundation of its namesake.

Barbecue Joints

Barbecue cannot be defined as easily as most other meals. It has changed continuously over time. Towards the end of barbecue's stint as a political agent, people began to realize that they could sell barbecue for money. This practice began in North Carolina and quickly spread throughout the South. These legendary pit masters began to charge for the political and local functions that they cooked for (Moss 126). This was the beginning of commercial barbecue as we know it today.

In 1860, close to eighty percent of the population in America lived in a rural setting. This trend in our nation prevented the growth of the restaurant business. In North Carolina, there were many more hogs than actual people (Thompson). This created a problem because without refrigeration and transportation the preserving of all that meat was a difficult task. Through economic necessity, this created a need to sell cooked pig to customers in order to earn a profit. This selling began on the weekends at farmers markets. Farmers would come to market on the weekend to buy supplies and sell their produce. In the 1820's barbecue men began to sell at these farmers markets. The significance here is that barbecue was sold every single week at these markets. With the increased availability of barbecue all the tools were in place for barbecue to be sold restaurant style. A simple catalyst was needed to start the process.

Now that the foot print for barbecue restaurants had been created, the next step towards barbecue restaurants was development of highway systems. Barbecue was in yet another transitional period as it moved from the large town wide gatherings to a sit down restaurant, but there were still many innovations and changes before we reach the barbecue restaurants today. In the 1920's, the introduction of the Model T made cars available to the general public. By 1931, the number of cars had tripled in the matter of only a decade (Moss 168). The number of registered automobiles ranged over 23,000 (Moss 168). This created a great interest in travel as people's worlds literally started to become smaller. No longer would it take days to travel across a state. Now, the trip was being made reasonable, and people started to make such journeys. "In the earliest days of the automobile there were almost no restaurants outside of towns and business districts" (Moss 168). There

were also no real hotels or places where one could stay overnight at all so people would have to sleep in their cars while they were driving long distances (Moss 168). These people would resort to cooking their meals over camp fires along the side of the road. To stop people from having to pack every meal while they were on the road, food stands were created. The first road stands were flimsy structures with no real substance to them. These stands catered to the middle and lower class drivers, and served food that could be cheaply made (Moss 170). These foods included hamburgers, hotdogs, and sandwiches, “and particularly in the South, one menu item reigned supreme: barbecue” (Moss 170).



through time and physical labor. The work is long, hot, and hard. In order to start serving barbecue at eleven, most pit men would have to start working by at least four in the morning.

A common trend is that barbecue restaurants grew slowly from an informal trade (Moss 126). Many people began to sell their barbecue along road ways where workers would have to come for work. This tended to create a much more steady flow of customers for the cooks. These stands that could produce the steady and repetitive customers were the one that became permanent. An oral interview with Tommy Tucker provides a wonderful example of this. He talked about how his restaurant was originally owned by his father, and it started off as little more than a road stand that customers could get lunch during their break. Tucker’s is a barbecue restaurant that still has many of the aesthetics of a road stand. It has both drive-thru and seating in the restaurant now, but it used to just be a diner where customers ordered food and ate in their car.

Oral History with Tommy Tucker, the owner of Tucker’s Barbecue.

Jon Drawdy: “Do you have any idea why your dad decided to come into barbecue? Or why he made that decision?”

Tommy Tucker: “Ok, alright, he was working with the railroad. Before he, well he graduated from Lanier High School, alright, in 1941. He started, he had started to work at, uh, the Central Railroad. After that, then the war hit, and then he was drafted... So, uh, when he came back, he went back to the railroad, and he got a chance to borrow money and open this place up at night. So he did. And it started, it was a dive, this used to be a liquor hole. I mean, this used to be way out. This used to be in the county. No industry, daddy was here before Armstrong, before, there was nothing here. It was just, we was out in the woods, you know? And then uh, he started it, and he started, uh, you know, cooking barbecue and

just a simple menu, hamburgers and barbecue and some French fries and some drinks and that's it, you know? He was going for that, and through the years an industrial area come. We got the paper mill, Armstrong Core Company, this is the largest seeding plant in the world. Next door to it used to be an arms manufacturer that made bullets and used to be a naval ordinance plant. It changed over to Magnum's and they made the bullets and the weapons for the Vietnam War. Then, it changed into seatbelts, Allied Chemical, and then it turned back into the city, when they moved out. But they hired 3,000 people out there."

Jon Drawdy: "What kind of wood do you use?"

Tommy Tucker: "We don't use wood. What we used to use is a wood based charcoal. Now I use a electric pit with, that you put wood in it, and it chars. Because we've had it for 40 years. But it's because mainly, it's something I can handle myself. I don't have to have any personnel to help me with it anymore. Now, the hole pit, like I still have out there, is high in maintenance. When you cook in it, you gotta have someone go in and clean it out, and you gotta start it, if you start it at 5:00 in the morning, you gonna get through at 10:00 at night. But you here working, and you able to go out and look at it all the time, but it's very slow cooked. But the electric pit I got does the same thing, except its more controlled, the heat, you don't have to turn it because it heats from the top and the bottom, so you don't have to do that.

Urbanization paralleled the development of roads in the United States. By 1900 the rural population had fallen to sixty percent of the American population (Moss 127). Twenty years later the urban population outnumbered the rural citizens in America. As urban areas grew, they provided a steady base of customers for daily restaurants (Moss 128). It was in these areas that the first barbecue restaurants grew. All of the oldest barbecue restaurants along the East coast were stands that were run out of the back of other stores and along roads. This was a cheap and affordable business. It did not take anything more than a pit, a fire, and some meat to start selling food. With the abundance of the pig throughout the coastline, most of the meat cooked was hog. This being said, hog was not exclusive; most producers chose the meat that was most available (Moss 132). In Texas, most barbecue stands were the product of butcher shops and meat sellers. This was because Texas had so much beef that they could not sell all of it. Smart entrepreneurs began to barbecue the parts of the cattle that did not sell as well. Through this process, the beef brisket was born. It is still the most barbecued meat throughout Texas. This is the beginning of diversity throughout barbecue that can now divide the South both geographically and mentally.

Barbecue Regions

When the word "barbecue" comes to mind in America, most people typically think of the southern delicacy that consists of pulled pork and a thick sweet sauce all on a bun, which can be served with a variety of sides. What a large portion of Americans don't realize is that barbecue is incredibly diverse and changes from region to region all over the South. Hundreds of thousands of miles of highway all over the United States separate many diverse regions all with very different livestock, agricultural roots, and cultural differences which make for several key differences in which the way barbecue is prepared (Shelton). The six different regions in which barbecue vary in the South can be described as Eastern Carolina, Western Carolina, South Carolina, the mid-South, and Texas. Over the years barbeque has adapted in several different ways to meet the specific characteristics of each of these regions and the changing ways of production and efficiency.

The first, and perhaps one of the best known barbecue region, is Eastern Carolina. In Eastern Carolina the cooking style is predominantly a whole hog placed over burning wood coals. When a large portion of Scottish immigrants settled in Eastern Carolina, they brought with them the prevalent use of vinegar in their sauces. To this day, the tradition of using vinegar as a base for most sauces in Eastern Carolina is carried on by the ancestors of some of the early Scottish immigrants to settle in Eastern North Carolina. Over time, the vinegar based sauces began to incorporate the use of peppers which can be traced back to the West Indies. Sailors from the West Indies began to visit North Carolina because of the large presence of pine trees in the region, specifically near the Outer Banks. Along with them, they brought the use of peppers, which were eventually combined with vinegar to create a spicy hint to the sauce. Two barbecue joints that really embody what Eastern Carolina barbecue is all about are Grady's Barbecue in Dudley, North Carolina, and the Skylight Inn in Ayden, North Carolina. Both are family run restaurants that have been around for generations and serve only whole hogs roasted over oak wood fires. Even though they use similar cooking styles, both joints have their own secret recipe when it comes down to their vinegar based sauce.



The differences in cooking styles between Eastern Carolina barbecue and Western Carolina barbecue can be traced back to a man named Jess Swicegood and a worker of his, Warner Stamey. After working with Swicegood for a considerable amount of time, Stamey chose to branch out from Swicegood's operation and open his own barbecue stand. Stamey began by using Swicegood's technique of whole hog barbecue, but he had an idea that changed North Carolina barbecue forever and divided the state into two distinct regions. He decided that it would be more cost effective to just smoke the more desirable parts of the hog, such as the shoulder, rather than the whole hog. This led to the North Carolina barbecue schism, which still divides the state into distinct regions.

Western Carolina barbecue now consists of smoking the shoulders only. When smoking a shoulder only

eight to ten hours is needed, while fourteen hours is necessary when smoking a whole hog. This shoulder only technique is incorporated with a sauce very similar to the Eastern Carolina vinegar but with a hint of tomato added for sweetness and consistency. Most of the meats are roasted over oak with hickory sometimes being used. This is because of the availability of oak versus hickory in the region. The meat in Western Carolina is typically heavily salted prior to smoking. The ketchup and vinegar sauce used is a very mild sauce, so it does not cover up the smoky taste of the meat. Some representative joints are Stamey's in Greensboro, North Carolina, and Lexington Barbecue No 1 in Lexington, North Carolina.

A large portion of the regionalization of South Carolina barbecue can be attributed to early German immigration. With the influx of Germans came the use of mustard, which became the state's official barbecue sauce. South Carolina originally began by cooking whole hogs, but over time, they adapted to using just shoulders. Jackie Hite's Barbecue in Batesburg-Leeville, South Carolina, is a barbecue joint that embraces the use of mustard as a barbecue sauce. The sauce used is somewhat subtle in comparison to many of the sauces one will see in South Carolina, which may seem overpowering at times. Perhaps one of the more famous barbecue restaurants in South Carolina is Sweatman's Barbecue in Holly Hill, South Carolina. Sweatman's uses a whole hog roasted over three different kinds of wood: oak, hickory, and pecan. This combination makes for a strong smoky flavor. This flavor is coupled well with a perfectly balanced mustard based sauce (High).

The next region is the mid-South, which incorporates four states with similar styles of barbecue. The states include Georgia, Alabama, Tennessee, and Kentucky. Alabama is a state in which several different variations from almost every barbecue region in the South can be seen. Close to Scottsboro, barbecue seems to drift more towards a Carolina style; while the closer one gets to Birmingham, the more one can notice the change in the thickness of the sauce and the different spices used. The use of several different spices in Birmingham can be attributed to the city's large Greek population, which stemmed from early immigration. In Eastern Alabama, a large portion of the sauce used is mustard based mixed with vinegar and tomato sauce. North Alabama barbecue is often associated with a white sauce, which is based from mayonnaise and originated in the state. This white sauce is especially prevalent around the area of Decatur. The one very distinct difference between Alabama barbecue and the rest of the regions in the barbecue belt, is the use of chicken as the meat of choice for the state. This choice of meat is because of the state's agricultural history in the chicken industry (York). In the state of Georgia, barbecue is seen as an event as much as it is a food. In 1954, an author by the name of Rufus Jarmon said, "Get ten people together, and where the Irish would start a fight, Georgians will start a barbecue" (York). Even though this quote is not exactly accurate, it proves a valid point. This can be seen as early as 1932, when Eugene Talmadge kicked off his campaign for governor in McRae, Georgia, in which ten thousand people were in attendance (York). Because of this event, Georgia has continued its tradition of having large barbecues to celebrate important events and political rallies. Most pit-masters in Georgia use only shoulders and hams rather than whole hogs, and Brunswick stew is prevalent in most of the state. Vinegar and tomato sauce is the most common sauce throughout the entire state (Edge).

Barbecue in Kentucky can be traced back to the early 1900's. Kentucky is a state in which any sort of meat is free game to smoke, such as turkey, pork, beef, and mutton. The most unique meat that has come to be known as a tradition in Kentucky is the mutton. The use of mutton is so common in Kentucky because of the huge amount of sheep in the region. Not only is Kentucky famous for the mutton barbecue, but it is also known for its mutton burgoo, which is a stew made from many different meats and vegetables. The Moonlight Bar-B-Q Inn in Owensboro and the Ole Hickory Pit in Louisville have become famous for serving mutton barbecue (Kentucky BBQ - Beef, Mutton, and More).

Texas barbecue is in a category entirely to itself with little resemblance to any other region in the

barbeque belt. In the 1800s, a large influx of German, Czech, and Mexican immigrants flooded into the state of Texas, bringing with them diverse techniques for smoking and preparing meat. The influence of at least one of the three can be seen in some way in almost every barbecue joint in the state. The three main types of barbecue that one will find in the state are beef brisket, ribs, and sausage, with brisket being the most popular. In most states, barbeque is often served on a bun, but in Texas, tender brisket is mainly served naked on a plate or on a piece of butcher paper. The use of beef as the meat of choice for barbecue is what really puts Texas in a category of its own. With large cattle ranches covering almost all of the state, beef is not in short supply (Lovegren).

America is known for its diverse cultures, populations, and ideas. For the most part, barbecue can be viewed in the same sense. Barbecue is a direct representation of what the United States symbolizes. The southern United States is divided into five regions each more different than the next, and each region is convinced that its way is the only way. As time passes, barbecue will continue to adapt to meet the changes around it. Though it may change from state to state, one thing is certain; barbeque will continue to be a huge part of American culture for many years to come.

Contemporary Barbecue

Barbecue in the modern day has a relatively loose connection to its ancestral roots. In today's terms, it has developed not only as a style of food, which varies greatly depending on the region and the culture, but also as a social gathering for friends, family, and neighbors. Everyone knows someone who claims to have the best barbecue sauce and recipe which has spawned fierce local and national competition. There are countless competitions all over the United States and around the world to crown the kings and queens of this cooking style. From the backwoods to the deserts and fast food to fine dining, barbecue has nestled itself into all cultures as a favorite past time that is constantly evolving and creating new trends in food, fun, and competition.

The difference in barbecue from countries and their corresponding regions is as different as the cultures that live there. The British define barbecue as meat or fish cooked quickly and directly *over* high heat giving a char texture to the finished product which is very similar to American grilling. The Southern form of barbecue is what most of Americans are accustomed to. The process is much slower and involves cooking meat, usually pork, beef, or chicken, and fish *away* from a direct heat source, usually wood or charcoal, and incorporating smoke to flavor the choice of barbecue. North and South Carolina are the most diverse states



when it comes to variety of barbecue in regards to the sauce. They have parts of each state which features all four main types of sauce bases: vinegar, tomato, ketchup, and mustard. Memphis is known for its *dry rub* where the barbecue is prepared free of sauce, which is served on the side. Other states, like Kentucky and Maryland, use barbecue as political gathering and formal gathering situations. South American barbecue, churrasco or asada depending on the region, consists of beef or other red meat sliced thin like a steak, salted, and cooked over high heat which is accompanied by a salad. Other regions have a more traditional approach of roasting the

whole animal, either beef, lamb, or hog, in a wood fire pit over a five hour period. Korean barbecue incorporates all different types of preparation and cooking style. Most Korean barbecue is sliced thin or chopped beef, called bulgogi, marinated in a soy and ginger sauce and prepared tableside on a gas stove over high heat and served fairly rare (High).

Barbecuing is an event as much as it is a food. The Kansas City Barbecue Society, KCBS, is the nation's leading nonprofit organization with over 15,000 members worldwide. Their mission is to promote competitive and home barbecuing to enthusiasts all over the world. They sanction over 400 events annually all over the United States. The barbecue season begins when the snow begins to melt and really gets into full swing at the Memphis in May competition and runs strong until The American Royal Barbecue competition in October, which is the largest national competition ("KCBS"). The publication *National Barbecue News* is the nation's leading publication with strong circulation for over 20 years ("National Barbecue News, with Barbecue, Barbecue, Bbq, Bar-b-que, Recipes, News, and Products and More.").

Many modern restaurants, such as Sonny's, have developed their menu and marketing strategy around barbecue that tastes as if it were cooked all day but served in twenty minutes. Sonny's style is traditional southern barbecue consisting of pork, chicken, and beef, in all forms, as their main entrée selections. Rendezvous, which is located in Memphis, is considered the fine dining of dry rub barbecue in the country. Their forte is the dry rub barbecued pork baby back ribs. Their motto of "Not Since Adam Has a Rib Been This Famous" holds true with many celebrity patrons such as Bill Clinton, George W. Bush, and Justin Timberlake (Vergos). McDonald's has even stepped into the barbecue business introducing the McRib in 1981, but since it has been cut back to a seasonal menu item. The McRib shows how versatile barbecue can be by being able to serve a tasty sandwich in 90 seconds! McDonald's items always seem to make their way into pop culture, and the McRib is no exception, being lampooned in episode 303 of the hit T.V. sitcom, *The Simpsons* ("McRib | Cracked.com.").

Barbecue is not limited to restaurants or competitions; it seems to find its way into just about every American, and most international, homes on a daily basis. Home barbecuing for family and friends is as much as an American past-time as baseball. The techniques and technology have come a long way from smoking meat on wet wooden poles over a low fire. There are many types of grills, from smokers to multi-level and multi-chamber, gas or charcoal, homemade pits, kamados, and tandoors, which are a type used for making Middle Eastern barbecue by grilling and baking at the same time, that reflect the many types and styles that make the category of barbecue. Gas barbecue grills are primarily used for styles of barbecue that use direct heat to the meat, but they can also be used in a more traditional sense with indirect heat when combined with wood smoking chips to simulate the effect of a smoker. A smoker style of grill is similar to that of a gas grill in design with the difference being where the charcoals and heat are kept. The smoker has a second chamber which is lower and offset, usually to the left, from the main grill surface. The charcoals are placed in the lower chamber with the woodchips placed under the main grill surface close to the opening where the heat from the coals are transferred to the main grill area so that the barbecue is cooked. The smoker is the type of grill used in most traditional American barbecue made at home. Charcoal grills are similar to gas grills because they use direct heat to barbecue the meat. Kettle style charcoal grills are the most common type of grill in America with Weber being the leading brand since 1951. The charcoal grill has many styles including: square, kettle, brazier, pellet, shichirin (a true Japanese hibachi), and cart ("Gas Grills Versus Charcoal Grills."). Brazier grills are the simplest of the charcoal form of a pan with charcoals and an adjustable grill surface where the temperature is controlled by the height of the grill surface off the charcoals. Homemade pits, most commonly barrel grills,



are made by taking a 55 gallon oil drum and cutting it in half lengthwise and hinging the top and bottom together. Vents are cut into the top portion of the barrel and a chimney is usually added. Charcoal is then placed on one end and the meat sits on top of the grill surface at the other end. Kamado grills are ceramic grills that date back 3000 years to Japan. The most famous type is the Big Green Egg. They work very similar to kettle style grills with the difference being that the top is made of ceramic, so it retains heat and moisture better than a traditional kettle grill. Tandoor grills utilize the cooking power of a grill and an oven to cook Middle Eastern barbecue or halal. It uses direct infrared heat from the coals, which creates the hot air reaching upwards of five hundred degrees Fahrenheit, to cook the food (“BBQ Grills, BBQ Smokers, Outdoor Kitchens & More : BBQ Guys.”).

While there are many modern ways to cook barbecue, many people look to the future for cooking methods to gain the edge above all the rest. The future is already starting to emerge with the infrared cooking method becoming very popular among backyard barbecue enthusiasts. The process for infrared cooking is not microwave barbecue; it utilizes propane or natural gas heating a ceramic tile that runs the length of the grill, to a temperature of nine hundred degrees Fahrenheit, at which the point of the tile emits electromagnetic radiation in the infrared heat frequency range (High). The benefits of cooking this way are that the meat cooked in this style can be seared quickly while retaining the natural juices and flavors while giving uniform heat distribution over the surface of whatever you choose to put on the grill and barbecue. Another trend gaining popularity is the rotisserie addition to any gas or charcoal grill. It consistently rotates the food over the heat source. The Brazilian barbecue form of rodizio is cooked in this manner to simulate the pit style barbecue without having to excavate a portion of a backyard and cook a whole animal to accomplish the flavor.

As major barbecue sauce manufacturer Sweet Baby Ray’s states “The Sauce is the Boss,” is probably the most true statement one can find when talking about mainstream barbecue to modern day enthusiasts. Most people do not realize that barbecue sauce has many more faces than just what you see in the grocery store shelves (“20 Best International BBQ Sauce Recipes (Part 1).”). According to about.bbq.com, the ten best barbecue sauces are as follows: Big Daddy’s Carolina style barbecue sauce, which is a vinegar based sauce good for smoked pork and chicken; St. Louis barbecue sauce, which is a ketchup based sauce and holds a sweeter and tangier flavor than its Kansas City cousin; Kansas City barbecue sauce, which is also a ketchup based barbecue sauce that has a twist due to the hot nature it delivers from the addition of cayenne pepper; Classic Barbecue Rib sauce, which is the one of the familiar to many as being a sweet ketchup and brown sugar based sauce; Memphis barbecue sauce, which is mostly a vinegar and sugar based barbecue sauce that has a thinner consistency than most traditional barbecue sauces because Memphis barbecue is usually served dry; Piedmont Barbecue sauce, which is the traditional North Carolina vinegar based barbecue sauce that goes on smoked pork at the table but can be used as an all around sauce for anything even outside the area of barbecue; Best Odds pulled pork sauce, which is a vinegar based sauce made to be mixed with pork only after it has been smoked and pulled, adding a sweet and tangy flavor with a little heat; Mustard sauce is popular on pork in west Carolina and north Georgia; North Carolina barbecue chicken sauce that is made for pulled chicken, which takes half the time to cook as pork, and is sweet and tangy vinegar based sauce combines Worcestershire and steak sauce to bring out the flavor of the chicken; and finally, what would barbecue be without Jack Daniels barbecue sauce, which is made to be glazed over the meat at the end of the cooking process over low heat to evaporate the alcohol but leave a signature whisky flavor behind. Looking into the future many other countries are adopting barbecue flavors of their own, such as: Italy with a balsamic barbecue sauce, African Peri-Peri Sauce, Argentinean Barbecue sauce, Asian Style Hoisin Barbecue sauce, Arawark barbecue sauce from the West Indies, Canadian and Caribbean barbecue sauces, and these don’t begin to scratch the surface of the full world

of international barbecue sauces (“Top 10 Barbecue Sauce Recipes.”).

Barbecue is an ever-present and ever-changing presence in the United States and throughout the world. No matter where someone visits, they can learn about the past, present, and future of any local society just by the way they prepare and cook all aspects of barbecue. “Food, fun, family, and friends” should be the international slogan for barbecue around the world. Whether it is a competition or just friends getting together to enjoy a nice meal, whether it’s from McDonalds, Sonny’s, or world renowned Rendezvous dry rub Memphis barbecue ribs, everyone can enjoy the aspects of modern day barbecue in all its shapes and sizes.

Recipes

Throughout history, the recipes of barbecue have changed drastically. As time went on, people discovered better ingredients and better ways to cook their barbecue. This not only affected the taste and flavor of barbecue, but also it established different barbecue styles. With the creation of new barbecue styles comes the creation of new barbecue recipes. The six main barbecue styles throughout the United States are Eastern North Carolina, Piedmont North Carolina, South Carolina, Texas, Memphis, and Kansas City barbecue. Each barbecue style has its own recipes whether they are for side dishes, the sauce or the meat itself.

In North Carolina barbecue is broken up into two types of barbecue styles which are Piedmont and Eastern barbecue. Eastern barbecue is whole hog cooked over a slow burning hardwood coals or wood. Eastern style barbecue sauce is made up of one gallon of cider vinegar, one and one-third cups of crushed red peppers, two tablespoons of black pepper, and one fourth of a cup of salt. After mixing all the ingredients, let the sauce stand for at least four hours; it does not require refrigeration. When cooking Eastern style barbecue, add hickory or maple wood chips to your smoker. When the wood chips are ready, smoke the meat from two to two and a half hours at two hundred and fifty degrees. Once the meat is cooked, one must remove the pork and wrap it in aluminum foil. Next, preheat oven to two hundred and twenty five degrees and cook for a solid six to eight hours until the meat is tender.

Piedmont barbecue is mainly shoulders smoked in a slow cooker seasoned with pepper and salt. Vinegar is poured around the meat, then covered and cooked for twelve hours. Piedmont (Lexington) barbecue sauce recipe is layered with vinegar, pepper, and tomato based sauce. The standard recipe for Piedmont barbecue sauce is three quarts of white vinegar, one quart of water followed by five and one third of a cup of ketchup. After mixing those together, you add a half of a cup of sugar, one tablespoon of crushed red pepper, four teaspoons of cayenne, four teaspoons of black pepper, and, finally, three tablespoons of salt. After mixing everything together, let sauce simmer for fifteen minutes. Then, bring it to a boil and let cool.

South Carolina is also whole hog, cooked over slow burning wood/coals. South Carolina is known for their mustard based sauce. The sauce is made up of four cups of yellow mustard, eight ounces of beer, and sometimes one half cup of apple cider vinegar, and eight tablespoons of brown sugar. One half cup of tomato puree, two teaspoons of Worcestershire sauce, one tablespoon of cayenne, one tablespoon of fresh cracked black pepper, two teaspoons of salt, and, finally, one and a half teaspoons of garlic powder.

In Texas, brisket is the main type of meat for barbecuing. When barbecuing briskets, first one needs a five to six pound beef brisket with a layer of fat at least one-fourth thick. First, trim the meat, inject it with beef broth and apply rub to the meat. To create the rub for the brisket, mix together one tablespoon of coarse salt, one tablespoon of chili powder, two teaspoons of sugar, one teaspoon of freshly ground black pepper, and one teaspoon of cumin. Then, cook for six to eight hours slowly over burning wood chips or coals. Second step when barbecuing a brisket, is to preheat the oven to two hundred and twenty five degrees. Then, let the meat cook

on the smoker for three and a half hours. Once time is up, wrap meat in foil and place it in an indoor oven for at least an hour then serve. Texans are known for liking their barbecue “naked” or with side sauces. Texas barbecue sauce is the least sweet of the tomato based sauces. It consists of one and a half pounds of ketchup, half cup of vinegar, half cup of white sugar, half cup of water, two tablespoons of Worcestershire sauce, one tablespoon of chili powder, one tablespoon of cumin, and teaspoon of cayenne. After whisking all the ingredients together, bring the sauce to a low simmer and then turn the heat off. Texas barbecue sauce can be used as basting sauce or brushed on after barbecuing.

Memphis barbecue is known for wet marinated pork ribs that are basted while smoking. True Memphis smokers do not rely on seasoning. They use the highest quality of meat and let the slow smoking process bring the meat its natural flavors. One style of ribs is to apply dry rub during or right after cooking; shoulders and butts are done the same way as well. When making Memphis barbecue ribs, first one needs three racks of baby back ribs (7 pounds). The ingredients used in Memphis’s ribs and rub are one fourth of a cup of sweet paprika, four and a half teaspoons of ground black pepper, four and a half teaspoons of dark brown sugar, one tablespoon of salt, and one and a half teaspoons of celery salt. Also, one and a half teaspoons of cayenne pepper, one and a half teaspoons of garlic powder, one and a half teaspoons of dry mustard, and, finally, one and a half teaspoons of ground cumin. When making Memphis style barbecue, you need the following ingredients: two cups of ketchup, a half of a cup of brown sugar, one fourth of a cup of cider vinegar, one half of a teaspoon of cayenne pepper, one tablespoon onion powder and one half of a teaspoon of celery seeds. Next you will need one teaspoon of salt, two teaspoons garlic powder, one half of a cup of prepared yellow mustard, one tablespoon of chili powder, one tablespoon of ground black pepper, two teaspoons of liquid smoke, three tablespoons of Worcestershire sauce, and two tablespoons of canola oil. Once all the ingredients are combined, bring to a low boil and stir often until cooked.

Kansas City barbecue is where Southern barbecue influences are artfully combined with Western beef and pork. The meat is seasoned with spices, sweet rubs, and sauces smoked in hickory stoked pit for hours. When making Kansas City barbecue ribs, you need one rack of baby back ribs, barbecue rub, apple juice in a spritzer, and two cups of barbecue sauce. Kansas City barbecue rub consists two cups of sugar, one fourth of a cup paprika, two teaspoons of chili seasoning, one half teaspoon of cayenne pepper, one half cup of salt, two teaspoons black pepper, and one teaspoon of garlic powder. Kansas City barbecue sauce is a thick tomato based sauce that is just as sweet as it is spicy. Common ingredients for Kansas City barbecue sauce are two cups of tomato sauce, one half cup of apple juice, one half cup of apple cider vinegar, one half cup of brown sugar, five tablespoons of butter, three tablespoons paprika and two tablespoons of chili powder. Also, one tablespoon of chipotle powder (optional), four finely chopped garlic cloves, half of a medium onion, salt to the taste and finally cayenne to the taste. Once one has the rub and the barbecue sauce place, one should cook the meat over hardwood coals as well as three to four hand size pieces of apple or oak hardwood. Cook the ribs for about two hours at a temperature of two hundred and thirty to two hundred and fifty degrees. Once the meat is cooked, remove them from the grill for ten minutes for cooling, then serve.

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