

Big Green Egg®

COOKING TIPS + TECHNIQUES

SMOKING BASICS



The Ultimate Cooking Experience™

LOW & SLOW

Cooking

slowly over

low heat

infused with

wood smoke

is what

smoking ...

and what

some call

“real

barbecue” ...

is all about.







A word from DR. BBQ:

For many years I dreamt of traveling the country learning about barbecue – and now I am privileged to make a living by passing on what I’ve learned. I spend about half the year on the road in search of “the ultimate rib” or the “perfect pulled pork” and I can tell you that I never get tired of it. In my two decades of travels I have found endless surprises, but there is always one constant and that’s the passion for food. There is always a pit master playing his smoker like a fine violin, and he’s revered by the people he feeds. The culture and patina just seem to happen around barbecue, and that’s what sets it apart from any other cuisine. But when all is said and done, it’s all about serving great food.

Smoking with Aromatic Woods

Cooking slowly over low heat infused with wood smoke is what smoking ... and what some call “real barbecue” ... is all about. Cooking “low and slow” breaks down connective tissue and tenderizes tough (and typically less expensive) cuts of meat like beef brisket, pork shoulder, pork butts and spare ribs. For smoking these kinds of foods, cooking times are measured in hours rather than minutes. But boy, is it worth it! The result is succulent, fall-off-the-bone tenderness with the tangy, complex combination of spices, smoke and natural meat flavors. Of course, you can also smoke some other types of foods that do not fit the standard profile. Fish, poultry, vegetables and even cheeses do not need to be tenderized with slow cooking, but they taste even better when kissed with the essence of wood smoke.

Big Green Egg Wood Chips and Chunks

Aromatic smoking woods are a very desirable and popular form of seasoning, adding a new dimension of flavor to foods without adding a single calorie or gram of fat. Think of cooking woods as seasonings; just as each herb or spice in our spice rack imparts a different flavor to foods, each variety of wood, from apple to mesquite to hickory and beyond, infuses food with its unique flavor.

As you experiment with aromatic woods, you will master the art of mixing and matching them with certain foods to suit your preferences. And remember that any given wood will react differently with one food than another. There are no rules here, so have fun trying new combinations. As you master the art of smoking, you’ll mix and match the foods and woods for the most compatible combinations and most likely will find personal favorites that you and your friends especially enjoy – experimenting is half the fun when it comes to smoking with aromatic wood chips, and many Championship BBQ teams carefully guard their wood chip mixtures like a secret formula!

Meats, fish, poultry, vegetables
and even cheeses taste even
better when kissed with the
essence of wood smoke.



Getting Acquainted with Smoking Woods

There are many types of wood that are appropriate for smoking, but hardwoods and fruit wood are the most desirable and Big Green Egg offers many options – and just like our natural lump charcoal, all our wood chip and wood chunk products are 100% Made in America from natural hardwoods, with no additives, fillers or chemicals to spoil the taste.

Chips are small pieces of wood that are great for small, quick bursts of smoke. Even when pre-soaked in water, wine or other seasoned liquids, chips will burn quickly, create smoke and disappear. If you are not smoking for a very long period of time or only want a small amount of smoke flavor, we recommend chips. Chunks are larger pieces of hardwood and are better for creating smoke over a longer period of time.

Hardwoods like apple, pecan, cherry and hickory are traditional favorites of famous pitmasters and backyard barbecuers alike. Since each type of wood reacts differently with each type of meat or food, the flavor combinations that result are endless. You'll have fun getting acquainted with the wood flavors so you know which ones impart a stronger flavor and work well with more distinctive meats, poultry and fish, and which ones work best with milder flavored meats, fish or vegetables. Big Green Egg also offers authentic whiskey barrel smoking chips, made only from the very best charred white oak barrels used to age whiskey.

Just remember to stick with hardwoods such as apple, cherry, pecan, hickory and mesquite; softer woods such as pine or cedar should never be used because they contain high levels of tar and resins that will coat the food and leave a bitter flavor. Rest assured that if it comes in that familiar Big Green Egg bag, you know it is quality hardwood, carefully selected to work best with your EGG.





BBQ

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Photo by Nancy Suttles

Low and Slow Memphis-Style Pulled Pork

Slow-smoked pork shoulder is what real barbecue is all about in Memphis — long shreds of meat served with a little barbecue sauce on the side as a main course or a great sandwich. It's a good choice for the new barbecue cook to try, too, because it's a little more forgiving than some of the other cuts if you don't get it just right. Just make sure to start early and cook it until it's done ... the results are well worth it.

Ingredients

One 7 to 8 pound pork butt
Barbecue Rub #67 (see page 12)
½ cup apple juice
Barbecue sauce

Method

Do not trim the fat cap off of the pork butt! You may trim any extra pieces that are hanging loose, but most of the trimming will be done after the cooking. Season the meat liberally with the rub. Put it in the refrigerator for at least 30 minutes and up to 4 hours.

Put the butt in the EGG, fat-side up, and cook until the internal temperature is 180°F/82°C. This should take 8 to 10 hours.

Lay out a big double-thick sheet of heavy-duty aluminum foil and put the pork butt in the middle. As you begin to close up the package, pour the apple juice over the top of the butt and then seal the package, taking care not to puncture it. Put the package back in the EGG and cook until the meat reaches an internal temperature of 200°F/93°C. This should take about another 2 hours.

Transfer the package from the EGG to a sheet pan. Open the top of the foil to let the steam out and let it rest for 30 minutes. Using heavy insulated gloves or a pair of tongs and a fork, transfer the meat to a big pan. It will be very tender and hard to handle. Discard the juices as they will be quite fatty. Pull the meat apart with your hands, discarding the fat and bones. Keep in big chunks or continue pulling into shreds if you prefer. Serve immediately with barbecue sauce on the side.



Set EGG for indirect cooking at 235°F/113°C using a combination of two thirds cherry and one third hickory wood for smoke flavor.



Recipe courtesy Ray "Dr. BBQ" Lampe, *Slow Fire: The Beginner's Guide to Barbecue*, Chronicle Books (2012)
Photography © Leigh Beisch

“The big bold beefiness of a brisket pairs wonderfully with the smoky flavor of a classic barbecue wood like hickory.”

- Chef Ray Lampe, aka Dr. BBQ





Smoked Flat-Cut Brisket with Coffee

The flat cut of brisket makes for those long, beautiful slices that look so good on the plate. This cut has a lot less fat on it than a whole brisket, though, so it needs a little added moisture during the cooking process. Coffee adds an interesting flavor while helping keep things juicy as the brisket cooks itself to tenderness. A brisket flat is a simpler piece of meat to cook than a big whole brisket so this is probably a good place to start for a new barbecue cook. Just don't get one any smaller than 5 pounds.

Ingredients

1 USDA Choice flat-cut brisket (5 to 6 pounds),
fat left on
Barbecue Rub #67 (see page 12)
½ cup strong brewed coffee

Method

Season the brisket liberally with the rub. Cook the brisket fat side down for 1 hour and then flip it to fat side up. Cook to an internal temperature of 160°F/71°C, about another 3 to 4 hours.

Lay out a big double-thick layer of heavy-duty aluminum foil and lay the brisket on it fat-side up. Pull up the sides of the foil and pour on the coffee as you close up the package. Be careful not to puncture it or you'll have to start over. Return the brisket to the EGG. After another hour, begin checking the internal temperature. When it reaches 200°F/93°C, remove the brisket and let it rest for 30 minutes, wrapped. Remove the brisket from the foil. If desired, skim the fat from the liquid and serve the remaining juices as a sauce. Slice the brisket about ¼ inch thick to serve.

Set EGG for indirect cooking at 235°F/113°C using hickory wood for smoke flavor.

Recipe courtesy Ray "Dr. BBQ" Lampe, *Slow Fire: The Beginner's Guide to Barbecue*, Chronicle Books (2012)
Photography © Leigh Beisch

BBQ Dry Rub Facts:

BBQ Rub is used for primarily two reasons:

- 1) Flavor the meat with a delicious balance of salt, sweet and savory spices.
- 2) Create a luscious crust or “bark” around the meat that will hold in moisture.

Characteristics of a great BBQ Rub

- Rub is usually made up of 4 essential ingredients; salts, sugars, spices & herbs.
- Rub should be balanced, with rich blended flavours.
- Rub aftertaste should be pleasant to the palate like a good wine, port or scotch.
- Rub should have some heat with sharpness and long satisfying burn that stays on your palate.

Tip: The longer rubs are stored after being mixed the richer and more balanced the flavour.

Dr. BBQ's Rub #67

After a lot of years of making barbecue rubs, I've used up all the good names, so sometimes I just use numbers now. Numbers 67 and 68 are a little tip of the hat to the band named after my hometown, Chicago. This one is a great all-around rub for the new barbecue cook because it's good on just about everything.

Ingredients

- ½ cup Sugar in the Raw
- ½ cup kosher salt
- 3 tablespoons chili powder
- 3 tablespoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon black pepper
- ½ teaspoon lemon pepper
- ½ teaspoon ground coffee
- ¼ teaspoon cayenne pepper

Method

Combine all the ingredients in a medium bowl and mix well. The rub may be stored in an airtight container in a cool place for up to 6 months.

Recipe courtesy Ray “Dr. BBQ” Lampe, *Slow Fire: The Beginner's Guide to Barbecue*, Chronicle Books (2012)



Photo by Nancy Suttles

Smoked Almonds & Almond Butter

Almonds make a healthful snack and can also be used in cooking. Mesquite wood chips impart a wonderful, smoky flavor to these almonds, making them unbelievably flavorful. Since they freeze well, you can double or triple the recipe so you will always have a supply on hand. For variety, try using alder chips or Jack Daniels wood-smoking chips in place of the mesquite chips. You can use this same method to smoke pecans or walnuts.

Ingredients

1/2 cup whole almonds
1 cup unsalted butter, at room temperature
1/2 teaspoon kosher salt

Set the EGG for indirect cooking to 375° F / 177°C using mesquite wood for smoke flavor.

Method

To smoke the almonds, soak 2 cups of mesquite chips in water for 1 hour. Scatter the chips over the coals to smoke and, using barbecue mitts, place the Plate Setter, legs down, in the EGG. Once the chips begin to smoke, place the almonds in a small roasting pan on top of the Plate Setter and close the lid of the EGG. Let the almonds smoke for 8 minutes, or until they have a smoky flavor. Remove the pan from heat and let cool.

To make the smoked almond butter, place the almonds in the bowl of a food processor fitted with the steel blade. Pulse for 1 minute, add the butter and salt, and blend for 1 minute, or until the butter is almost smooth. Using a spatula, transfer the butter to an airtight container. Refrigerate for up to 1 week or freeze for up to 1 month. Makes 1 1/2 cups



KOSHER SALT:

Kosher salt is a coarse-grained salt that is a favorite of chefs because it's easier to handle than ordinary table salt, and it adheres to food products better. The iodine that is added to table salt imparts a slightly metallic flavor, but Kosher salt is free of additives, so it has a cleaner, lighter taste.



ALMONDS:

The almond that we think of as a nut is technically the seed of the fruit of the almond tree, a medium-size tree that bears fragrant pink and white flowers. Almond trees are cousins to peach, cherry and apricot trees.



Photo by Nancy Suttles

Apple-Smoked Mushrooms with Bacon, Arugula & Walnut Oil

Because of their ability to impart a sweet yet smoky flavor, apple chips are a great choice for smoking these rich and flavorful mushrooms. For this recipe, if large white mushrooms are not available, use your favorite mushrooms and adjust the cooking time.

Ingredients

12 large white mushrooms, gills removed
(about 1 pound)
¼ cup olive oil
Kosher salt and freshly ground black pepper

Filling

8 ounces cream cheese, at room temperature
2 tablespoons finely grated Parmigiano-Reggiano cheese
1 cup finely chopped arugula
¼ cup plus ¼ cup panko or bread crumbs
Freshly ground black pepper
12 ounces bacon, finely chopped
(about 14 slices)
1 teaspoon minced garlic
2 tablespoons minced shallots

Sauce

1 cup white wine
¼ cup sliced shallots
5 peppercorns
1 bay leaf
½ cup heavy cream
1 cup unsalted butter, cut into cubes
Freshly squeezed lemon juice
Kosher salt

Method

Place 1 cup of apple chips in a large bowl, cover with water, and soak for 1 hour. Put the mushrooms in a large bowl, add the olive oil, toss the mushrooms in the oil until completely coated, season with salt and pepper, and set aside.

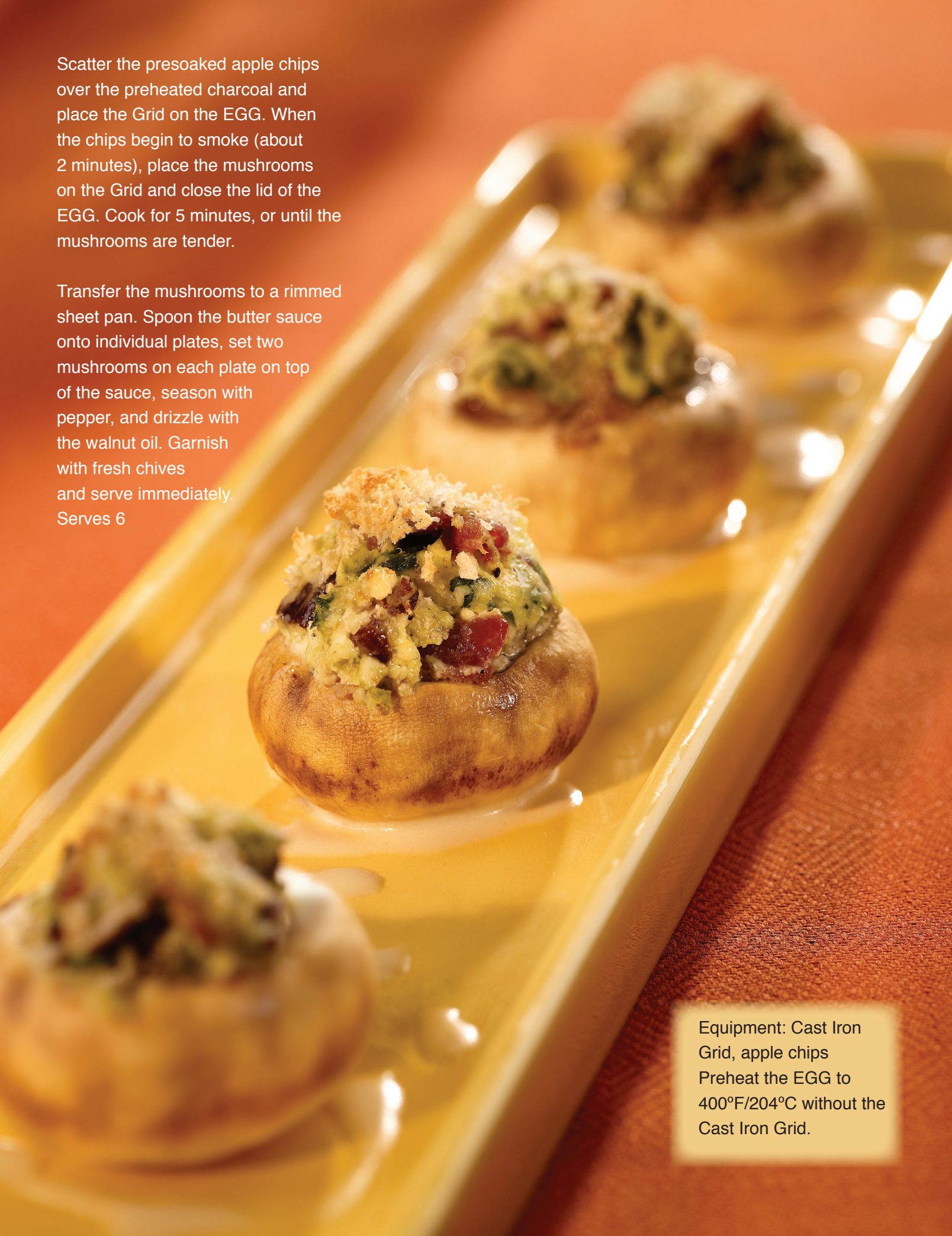
To make the filling, using a wooden spoon, mix the cream cheese, Parmigiano-Reggiano cheese, arugula, and ¼ cup of the panko in a small bowl. Season with pepper and set aside. Cook the bacon in a sauté pan on the stovetop over medium heat, stirring occasionally until almost crisp. Add the garlic and shallots and cook for about 2 minutes, or until the shallots are translucent. Using a slotted spoon, transfer the bacon mixture to the bowl of cream cheese and, using a wooden spoon, stir until completely blended.

Fill each mushroom with 1 to 1½ tablespoons of the cream cheese filling, sprinkle the tops with 1 teaspoon of panko, place on a rimmed sheet pan, and set aside.

To make the sauce, mix the white wine, shallots, peppercorns, and bay leaf in a small saucepan on the stovetop, cook over medium-high heat, and reduce to about 2 tablespoons. Add the cream and reduce for 4 to 5 minutes, until the cream has thickened. Remove from the heat, add the butter a little at a time, and season with lemon juice and salt. Strain and set aside.

Scatter the presoaked apple chips over the preheated charcoal and place the Grid on the EGG. When the chips begin to smoke (about 2 minutes), place the mushrooms on the Grid and close the lid of the EGG. Cook for 5 minutes, or until the mushrooms are tender.

Transfer the mushrooms to a rimmed sheet pan. Spoon the butter sauce onto individual plates, set two mushrooms on each plate on top of the sauce, season with pepper, and drizzle with the walnut oil. Garnish with fresh chives and serve immediately. Serves 6



Equipment: Cast Iron Grid, apple chips
Preheat the EGG to 400°F/204°C without the Cast Iron Grid.

Kevin Rathbun's Smoked Beef Short Ribs

These smoked short ribs are a tribute to Rathbun's appetite for beef. He takes a once-lowly cut of meat and with innovative seasoning, hickory chips and slow cooking, turns it into tender, tasty fare, sure to please even the most discriminating palate. Ask the butcher to cut the short ribs 2 to 2½ inches thick, because they shrink during cooking. And be prepared for everyone to ask for second helpings.

Ingredients

Rub

- 1 teaspoon garlic powder
 - 1 teaspoon onion powder
 - 1 teaspoon smoked Spanish paprika
 - ½ teaspoon cayenne pepper
 - ½ teaspoon dried thyme
 - ½ teaspoon ground coriander
 - 1 tablespoon kosher salt
-
- 4 pounds bone-in beef short ribs, cut 2 to 2½ inches thick
 - 16 ounces lager beer
 - 2 cups chicken stock
 - 2 cups white balsamic vinegar
 - 4 tablespoons salted butter, cubed

Equipment: Plate Setter, porcelain coated grid, hickory chips, 9 in x 13 in / 23 cm x 33 cm glass or ceramic baking dish

Preheat the EGG to 200°F/94°C without the grid.

Method

Place the hickory chips in a small bowl, cover with water and let soak for at least 1 hour. Drain and scatter over the preheated charcoal. Using barbecue mitts, place the grid in the EGG.

To make the rub, mix the garlic powder, onion powder, paprika, cayenne pepper, thyme, coriander and salt in a small bowl. Generously rub the short ribs with the spices. Place the ribs on the grid and close the lid of the EGG. Let the ribs smoke 1½ to 2 hours. Once the short ribs have finished smoking, transfer the ribs to the baking dish. Using the Grill Gripper and barbecue mitts, carefully remove the grid and add the Plate Setter, legs up, and replace the grid. Raise the internal temperature of the EGG to 375°F/190°C.

Mix the beer and the chicken broth in a large bowl and set aside. Place the vinegar in a heavy-bottomed saucepan on the stovetop over medium heat for about 15 minutes, or until the liquid has reduced by half. Pour the beef and chicken mixture over the ribs.

Cover the dish tightly with aluminum foil; place in the preheated EGG for 2½ hours, or until the ribs are fork tender. Warm the reduced vinegar over low heat. Using a whisk, add the butter a little at a time, stirring constantly, until the butter is emulsified. Do not boil. Transfer the ribs to plates, top with the sauce and serve immediately.

Serves 4



KEVIN RATHBUN

After 30 years working for others in the restaurant business, Kevin Rathbun decided it was his time – and Rathbun's opened in Atlanta to critical acclaim. He later added Kevin Rathbun Steak, where XLarge EGGs are called on to produce a nightly special. "Preparing a special course or smoking foods on the Big Green Egg is so easy; you don't worry about having to watch the grill too closely, and the natural charcoal flavor makes everything taste incredible," raved Kevin. Creative appetizers such as the Big Green Egg Smoked Chile Ancho BBQ Pork Shoulder, combined with local produce and a completely chef-driven menu, honor Rathbun's Kansas City family heritage and continue to keep his restaurants on the list of the very best steakhouses in the United States.

Spatchcocked Chicken

This is an easy method and a great way to prepare a whole chicken without cutting it into pieces. To spatchcock a chicken, remove the backbone. The chicken then opens like a book, so that it lies perfectly flat when grilled.

Ingredients

- 1 (4 to 5-pound) chicken
- 6 cups water
- ½ cup kosher salt
- ½ cup granulated sugar
- 5 cloves garlic, crushed
- 10 whole cloves
- 3 tablespoons canola oil
- ¾ cup of your favorite barbecue rub

Equipment: Cast Iron Grid, hickory chips, instant read thermometer.

Preheat the EGG to 300°F/149°C without the Grid.

Method

Cut the chicken, from the neck down, along both sides of the backbone. Then remove the backbone, so that the chicken lies flat. Combine the water, salt, sugar, garlic, and cloves in a large bowl. Whisk until the salt and sugar are dissolved. Place the chicken in a large resealable plastic bag and pour the brine over the chicken. Place the bag inside a bowl or pan and refrigerate overnight.

Remove the chicken from the brine and discard the brine. Rinse well and pat dry. Brush the chicken with the canola oil and season with the barbecue rub.

Place 1 cup of hickory chips in a large bowl. Cover with water and soak for 1 hour. Scatter the hickory chips over the preheated charcoal and let the chips smoke for a few minutes. Spray the Grid with cooking spray and, using barbecue mitts, place it on the EGG.

Place the chicken, skin side down, on the Grid. Close the lid of the EGG and cook for 20 minutes, checking occasionally. Turn the chicken over and brush it liberally with one-third of the barbecue sauce. Close the lid of the EGG and cook for another 10 minutes. Turn the chicken over and brush it with the barbecue sauce. Close the lid of the EGG and cook for another 20 minutes. Then continue basting every 5 minutes, until the instant read thermometer registers 165°F / 74°C

Transfer the chicken to a platter, baste with barbecue sauce, and let the chicken rest for 10 minutes. Carve and serve.
Serves 4



Cooking with Smoking Woods



Because of the efficient design of the EGG, a little smoke goes a long way.

Some people like to soak wood chunks in water for several hours or overnight before using them. This allows the wood to smolder and release the smoky aromas and flavors to permeate food. Instead of water, you can use wine, beer or fruit juice to soak the wood to add another flavor dimension. Another method is to scatter the dry wood directly on the coals; because you smoke foods at low temperatures, the wood doesn't tend to burn quickly.

A handful of chips or a chunk or two should be enough to boost the flavor of most meats, and experienced outdoor chefs sometimes wrap long-cooking meats in foil after a few hours of smoking if they prefer a milder smoke flavor. Experiment a little and find out what works best for you.

VARIETY	PORK	BEEF	POULTRY
HICKORY: Pungent, smoky, bold and hearty; adds a strong flavor, use lightly	●	●	●
MESQUITE: Strong, sweet, adds a strong, hard flavor, use lightly		●	●
PECAN: Light, nutty flavor; will turn poultry skin dark brown	●	●	●
APPLE: Mild flavor with a subtle sweetness; will turn poultry skin dark brown	●	●	●
CHERRY: Mild, fruity; adds a rosy color to foods and is one of the most popular smoking woods	●	●	●
WHISKEY BARREL: Created from authentic Jack Daniels oak whiskey barrels, distinctive whiskey flavor	●	●	●

“Think of smoking woods as part of the seasoning process. Each type of wood will impart the food with its own unique smoky flavor.”

- Chef Ray Lampe, aka, Dr. BBQ

DUCK	LAMB	GAME BIRDS	GAME MEATS	HAM, BACON, SAUSAGES	STEAKS	RIBS	SHELLFISH	FISH	VEGETABLES
●	●		●	●	●	●	●	●	
	●		●			●	●	●	●
		●							
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Special thanks to:



Slow Fire: The Beginner's Guide to Barbecue

By Ray "Dr. BBQ" Lampe

Photographs by Leigh Beisch

Foreword by "Famous Dave" Anderson

Great barbecue is as simple as meat, fire, smoke and time. This ode to authentic meaty goodness gives barbecue beginners an essential guide to the tools, techniques and recipes needed to make smoky, mouthwatering, fall-off-the-bone meats. And seasoned smokers will learn a thing or two, too! Ray Lampe, a.k.a. Dr. BBQ, brings decades of expertise as a barbecue master, providing indispensable wisdom alongside 68 of the best recipes he has encountered in his long and wide-ranging career, from tantalizing mains such as Competition-Style Beef Brisket to lip-smacking sides such as Bacon and Blue Cheese Coleslaw. Slow Fire makes it easy for anyone to cook irresistible slow-cooked barbecue right at home.

• • • **Ray "Dr. BBQ" Lampe has been barbecuing professionally for over 20 years and is a cook-off champion and Big Green Egg aficionado. He has written 6 cookbooks, including Ribs, Chops, Steaks & Wings.**

