



BEEF BRISKET WITH BARBECUE SAUCE

The water smoker must have been invented to cook briskets. This tough cut of meat comes out juicy and tender with a wonderful smoky flavour. Leftover brisket can be re-warmed by slicing and simmering in your favourite tomato-based barbecue sauce (see Sauces) over low heat for 10 minutes.

- 1 Beef brisket (8 lb.)
- 3 cloves garlic, crushed
- 1 tblsp salt
- 1 teasp black pepper
- 2 teasp paprika
- ½ teasp each cayenne pepper, dried thyme, and ground cumin.
- 1 teasp dried mustard
- 2 cups tomato-based barbecue sauce
(see Sauces)

Wash brisket Trim away large chunks of fat, leaving at least a ¼ inch thick layer of fat. Rub garlic and salt all over brisket. Combine black pepper, paprika, cayenne, thyme, cumin, and mustard; rub mixture over brisket to coat meat. Cover with cling film and let rest at room temperature for 1 to 3 hours.

Prepare water smoker. Place brisket, fat side up, on the grill. Cover and smoke

BEEF BRISKET WITH BARBECUE SAUCE

cook at a temperature between 200F and 250F. Add charcoal briquettes, wood, and water as needed. Brisket is done when internal temperature reaches 160F to 170F (after 5 to 8 hours)

Remove meat to a large platter or cutting board. Let rest 15 minutes before slicing. Serve with heated barbecue sauce.

TEXAS BEEF RIBS

Although brisket is the overwhelming favourite when it comes to barbecue, there is a sizeable following for beef ribs. You might want to add 2 more teaspoons cayenne to really jazz up the barbecue sauce.

- 4 lbs trimmed beef ribs
- 1 cup Texas sauce (see Sauces)

Prepare fire for indirect-heat method of cooking. If using a gas grill, pre-soak hardwood chips. If using a charcoal grill, pre-soak hardwood chunks. When fire is ready, place hardwood chips or wood chunks onto fire.





Place ribs on grill over hot fire and brown ribs on both sides, 3 to 4 minutes per side. When ribs are browned,

baste
sauce

TEXAS BEEF RIBS

with Texas
and cover.
and turn

After 3 minutes baste ribs again. Be careful of flare-ups - tomato sauce and rib drippings will incite the fire. Control flare-ups with the spray of a water bottle and by closing the lid of the grill. Ribs are done when nearly black on the outside, about 15 minutes. Serve immediately.

DRUNK AND DIRTY TENDERLOIN

MARINADE

- 1/2 pint soy sauce
- 1/4 pint bourbon
- 2 tblsp brown sugar
- 1/2 teasp ground ginger)
- 4 crushed garlic cloves
- 1/4 cup Worcestershire sauce
- 2 lbs tenderloin beef
- 2 tblsp coarse ground black pepper
- 1 teasp white pepper

MOP (Optional)

- 5 tblsp corn oil
- 5 tblsp water

At least 4 hours, and up to 12 hours, the marinade ingredients in a lidded jar. the marinade over the meat, and needed to saturate the surface with Prepare the smoker for barbecuing, 220F. Remove the tenderloin from the reserving **it**. Cover the tenderloin then the white pepper. Let the Reserve half the marinade and cooked. If you plan to baste the meat, into a saucepan and stir in the oil and over high heat and boil for several low heat.

In a heavy frying pan sear the meat Transfer the tenderloin to the smoker mopping every 20 minutes in a wood-burning pit, or as appropriate for your style of smoker. The meat is ready when the internal temperature reaches 140F to 145F. Be careful not to overcook since tenderloin is best rare to medium-rare.

Bring reserved portion of marinade to a boil, and boil for several minutes, until the marinade is reduced by a quarter. Slice the tenderloin and serve topped by spoonfuls of the sauce.



before you plan to barbecue, combine Place the tenderloin in a plastic bag, pour refrigerate. Turn the meat occasionally if marinade.

bringing the temperature to 200F to refrigerator and drain the marinade, thoroughly with the black pepper first, tenderloin sit for 30 minutes.

refrigerate it until the tenderloin is pour the other half of the marinade water. Bring this mop mixture to a boil minutes. Keep the mop warm over a

quickly on all sides over a high heat. and cook for 1.1/2 to 2 hours,





CARPETBAG STEAK

CREOLE RUB :-

1 tblsp celery salt

1½ teasp paprika

½ teasp ground black pepper

1½ teasp white pepper

1½ teasp brown sugar

¾ teasp garlic powder

¾ teasp dried thyme

¾ teasp cayenne

2 – 12 oz to 14oz sirloin steaks, cut with a pocket for stuffing

1/3 to ½ cup shelled oysters, with their liquor

reserved oyster liquor

½ cup beef stock

½ cup water

2 tblsp cider vinegar

1 tblsp extra-virgin olive oil

1 teasp Creole rub

About 1 to 2 hours

rub ingredients

with the mixture

the rub for the stuffing

steaks in plastic and

Prepare the smoker for

200F to 220F About 20

steaks from the refrigerator

Drain the oysters gently. Reserve

steaks. Toss the oysters with 1

the oysters into each steak.

If you are using the mop, combine

remaining mop ingredients in a small

the boil and then keep it warm over a

In a heavy frying pan sear the meat

high heat, Transfer the steaks to the

60 minutes, depending on how well you like

wood-burning pit, or as appropriate for your

the steaks when the internal temperature

medium-rare.

Let the steaks sit for 5 minutes and serve. Cut the

delicate appetites.

before you plan to barbecue, combine the dry together in a small bowl. Rub the steaks well inside and out, saving at least 1 teaspoon of and 1 teaspoon for the mop. Wrap the refrigerate them.

barbecuing, bringing the temperature to minutes before barbecuing, remove the and let them sit at room temperature their liquor if you plan to baste the teaspoon of the rub and stuff half

the oyster liquor with the saucepan. Bring the mixture to low heat.

quickly on both sides over a smoker and cook for 43 to them done. Mop twice in a style of smoker. We prefer reaches 145F to 150F or

steaks in half for more

LOVAT'S OAK WHISKY WOOD CHIPS & HIS MEATS





HUMDINGER HAMBURGERS

RUB-

3 tblsp paprika

1 tblsp ground black pepper

1 tblsp salt

1 tblsp sugar

1½ teasp chilli powder

1½ teasp garlic powder

1½ teasp onion powder

½ teasp cayenne

2 lbs mince

½ medium onion, chopped

3 chopped roasted green chillies (optional)

BASIC BEER MOP (optional)

6 ozs beer

5 tblsp cider vinegar

5 tblsp water

2 tblsp corn oil

¼ medium onion, chopped

1 crushed garlic clove

½ teasp Worcestershire sauce

1½ teasp of above rub

About 1 to 2 hours before you plan to barbecue, combine the rub ingredients in a small bowl. In another bowl, mix together the mince, onion, and chillies with your hands. Form the mixture into 4 thick patties and apply the dry rub thoroughly to all surfaces, reserving at least 1½ teaspoons of the spice mixture. Cover the patties with clingfilm, and refrigerate.

Prepare the smoker for barbecuing, bringing the temperature to 200F to 220F. Remove the

HUMDINGER HAMBURGERS

patties from the refrigerator and let them sit at room temperature for 15 minutes.

If you plan to baste the meat, stir the mop ingredients together in a small saucepan and warm over a low heat.

Transfer the patties to the smoker and cook for about 1 hour, mopping every 20 minutes in a wood-burning pit, or as appropriate for your style of smoker. Serve the burgers in a roll or on a plate with salad.





MOM'S MEAT LOAF

- 1 tblsp corn oil
- 1 large minced onion
- ½ green pepper, chopped finely
- 3 crushed garlic cloves
- 1 teasp freshly ground black pepper
- 1 teasp salt
- ½ teasp ground cumin
- 1¼ lbs beef mince
- ¾ lb minced pork
- dry breadcrumbs
(approx 10 slices)
- 2 tblsp Worcestershire sauce
- 1 egg
- ¼ pint beef stock
- 1 teasp Tabasco or other hot pepper sauce to taste

MOM'S MEAT LOAF

MOP :-

- 12 ozs beer
- ¼ pint cider wine
- ¼ pint water
- 5 tblsp corn oil
- ½ medium onion, chopped
- 2 crushed garlic cloves
- 1 tblsp Worcestershire sauce
- 1 tblsp Number One-derful rub or Cajun Rub (see Rubs)

(see Sauces)

Prepare the smoker for barbecuing, bring the temperature to 200F to 220F. In a heavy frying pan warm the oil over medium heat. Add the onion, pepper, garlic, pepper, salt, and cumin, and sautéed until the vegetables are softened Spoon the vegetable mixture into a large bowl. Add the remaining meat loaf ingredients and mix well with your hands. Mound the meat into a smoke-proof loaf tin.

If you plan to baste the meat, stir the mop ingredients together in a small saucepan and warm the mixture over low heat.

Transfer the loaf to the smoker. Cook for 45 minutes, or until the meat has shrunk away from the sides of the tin. Gently ease the meat loaf out of the tin and place directly onto the grate of the smoker. Continue cooking the meat for an additional 1½ hours, dabbing it every 30 minutes with the mop in a wood-burning pit, or as appropriate for your style of smoker.

When 30 minutes of cooking time remain, apply the barbecue sauce to the top of the meat loaf.

After removing the loaf from the smoker, allow it to sit at room temperature for 10 minutes before slicing and serve warm or refrigerate for later use in sandwiches.





SASSY LAMB RIBS

4 level tblsp Five-spice powder (2ozs)
6 level tblsp brown sugar (3ozs.)

4 x 1 lb. slabs of lamb ribs

West Coast Wonder BBQ Sauce (see Sauces)

At least 2 hours, and preferably the night before you plan to barbecue, mix together the rub ingredients in a small bowl. Rub the ribs liberally with about a third of the spice mixture. Place the ribs in a plastic bag in the refrigerator.

Prepare the

bringing

SASSY LAMB RIBS

smoker for
barbecuing,
the
temperature

to 200F to 220F. Remove the ribs from the refrigerator. Rub them thoroughly again with the spice mixture and let them site at room temperature for 20 to 30 minutes. Transfer the meat to the smoker. Cook for 3½ to 4 hours, turning and sprinkling the ribs with the remaining dry rub about halfway through the cooking time. When done, the ribs should have a thin coating of crispy spices on the surface and should pull apart easily.

Serve warm with sauce, if you wish.

Martini Lamb

Paste: -

½ medium onion, chopped
10 garlic cloves
Juice & zest of 1 lemon
3 tblsp gin
½ teasp salt
5 tblsp olive oil

5 to 6 lbs. leg of Lamb

(Optional)

½ pint gin
½ pint beef stock
½ pint water
Juice of 1 lemon
2 tblsp olive oil

MARTINI MOP
MARTINI MOP





The night before you plan to barbecue, prepare the paste. In a food processor, combine the onion, garlic, lemon, gin, and salt and process to combine. Continue processing, pouring in the oil until a thin paste

forms.

Generously spread the paste on the lamb. in a plastic bag and overnight.

Place the lamb refrigerate

Prepare the barbecuing, 200F to and let it sit

Martini Lamb

smoker for bringing the temperature to

220F Remove the meat from the refrigerator at room temperature for about 30 minutes.

If you plan to baste the meat, mix together the mop ingredients in a saucepan and warm the mixture over a low heat.

Transfer the lamb to the smoker. Cook for 35 to 40 minutes per pound, until the internal temperature of the meat is 145F, rare to medium-rare. Baste the meat with the mop every 45 to 50 minutes in a wood-burning pit, or as appropriate for your style of smoker.

Remove the lamb from the smoker and let it sit for 10 minutes. Slice the lamb and serve it warm or chilled.

LUSCIOUS LEG OF LAMB

BBQ Tip.

Leg of lamb is best when lightly smoked. We like to cook it in a water smoker, but charcoal grills and ovens work well, too. If you're using a wood-burning pit, wrap the lamb in foil after the first hour.

Paste: -

- 10 garlic cloves
- 2 teasp salt
- 1½ tblsp olive oil

5 to 5½ lbs. boned leg of lamb

Filling: -

- 1 tblsp olive oil
- ½ medium onion, chopped
- 2 garlic cloves, minced
- 4ozs. pine nuts or chopped walnuts
- 1½ lbs. spinach, cooked, drained and chopped
- 8 ozs mild goats cheese
- 4 tblsp chopped fresh parsley
- 6 level tblsp dried currants or chopped raisins (4ozs)
- 1 teasp anchovy paste (optional)





Mop (Optional):-
1¼ pints beef stock
¼ pint red wine vinegar
2 tblsp olive oil

1 teasp anchovy paste (optional)

The night before you plan to barbecue, pestle, or in a mini-food processor, crush olive oil in a stream until a thick paste the lamb. Place the lamb in a plastic bag Prepare the smoker for barbecuing, 220F. Remove the meat from the temperature for about 30 minutes.

To make the filling, warm the oil over a the onions and garlic and sauté until to cook for another minute or two. Spoon spinach, cheese parsley, currants, and the the filling evenly over the lamb. Roll the sides, totally enclosing the filling. Tie as If you plan to baste the meat, mix together warm the mixture over a low heat.

Warm a heavy frying pan over high beat Transfer the lamb to the smoker. Cook for internal temperature of the meat is 145F, the mop after 30 and 60 minutes in a your style of smoker.

Remove the lamb from the smoker and let serve it warm.

prepare the paste. With a mortar and or mince the garlic with the salt. Add the forms. Rub the paste very lightly over and refrigerate overnight.

bringing the temperature to 200F to refrigerator and let it sit at room

medium heat in a small frying pan. Add softened. Add the pine nuts and continue the mixture into a bowl. Add the anchovy paste, and blend well. Spread meat up snugly from one of the long needed with kitchen twine to secure.

the mop ingredients in a saucepan and

and sear the lamb quickly on all sides. 35 to 40 minutes per pound, until the rare to medium-rare. Baste the meat with wood-burning pit, or as appropriate for

it sit for 10 minutes. Slice the lamb and

PREPARE THE PASTE. WITH A MORTAR AND OR MINCE THE GARLIC WITH THE SALT. ADD THE FORMS. RUB THE PASTE VERY LIGHTLY OVER AND REFRIGERATE OVERNIGHT. BRINGING THE TEMPERATURE TO 200F TO REFRIGERATOR AND LET IT SIT AT ROOM MEDIUM HEAT IN A SMALL FRYING PAN. ADD SOFTENED. ADD THE PINE NUTS AND CONTINUE THE MIXTURE INTO A BOWL. ADD THE ANCHOVY PASTE, AND BLEND WELL. SPREAD MEAT UP SNUGLY FROM ONE OF THE LONG NEEDED WITH KITCHEN TWINE TO SECURE. THE MOP INGREDIENTS IN A SAUCEPAN AND AND SEAR THE LAMB QUICKLY ON ALL SIDES. 35 TO 40 MINUTES PER POUND, UNTIL THE RARE TO MEDIUM-RARE. BASTE THE MEAT WITH WOOD-BURNING PIT, OR AS APPROPRIATE FOR IT SIT FOR 10 MINUTES. SLICE THE LAMB AND

LAMB BURGERS WITH

Burger Rub:-

2 teasp garlic powder
2 teasp onion powder
1 teasp freshly ground black pepper
1 teasp salt

Berry Sauce:-

1¼ cups fresh mint leaves, chopped finely (5ozs)
7 tblsp raspberry vinegar
1 tblsp fresh lemon juice
3 tblsp sugar
salt & freshly ground black pepper to taste

2 lbs. minced lamb
3 tblsp raspberry vinegar
3 green onions, sliced thin
2 garlic cloves, minced

BERRY SAUCE





lovat's Oak Whisky Wood Chips & His MEATS .

Page :-9



salt & freshly ground black pepper to taste
8 ozs mild goats cheese

Mop (Optional):-

½ cup raspberry vinegar
2 tblsp extra-virgin olive oil

Prepare the smoker for barbecuing, bringing the temperature to 200F to 220F Combine the rub ingredients in a small bowl. In another bowl, combine the sauce ingredients, stirring until the sugar dissolves.

Mix together the lamb, vinegar, onions, garlic, salt and pepper in a large bowl Form the mixture into 12 thin patties. Slice the cheese into 6 equal portions, and cover half the patties with it. Top the cheese with another patty and seal the edges carefully.

burgers lightly with the rub and let them sit at room temperature for 20 to 30 minutes.

If you plan to baste the burgers, combine the mop ingredients in a small saucepan and warm

over a low heat.

Transfer the burgers to the smoker. Cook until lightly browned and medium-rare, about 40 minutes, or to your desired taste. Dab the burgers with the mop once or twice in a wood-burning pit, or as appropriate in your style of smoker. Serve the burgers hot, with the Berry Sauce spooned over them or on the side.

LAMB BURGERS WITH BERRY SAUCE

VEAL TOP CHOPS

Sage Paste:-

1 cup fresh sage leaves
4 garlic cloves
¼ teasp salt
2 tblsp dry' marsala wine
juice of 1 lemon
3 tblsp olive oil

4 thick-cut veal loin chops, 8 to 10 ozs each
4 bacon slices, cut into thirds

Mop (Optional):-

½ pint dry marsala wine
½ pint water
juice of 1 lemon
1½ tblsp olive oil
lemon wedges & sage sprigs for garnish

At least 2 hours, and preferably 4 hours, before barbecuing, make the sage paste. Combine the sage, garlic, and salt in a food processor and process until the sage is minced. Continue to process, adding the oil in a thin stream until a thick paste forms. Apply the paste thickly to the chops, wrap them in plastic, and refrigerate.



Delectable & Deliciously Dashing Dandy, Lovat's Recipes for Hot Smoking & Cooking





Lovat's Oak Whisky Wood Chips & His MEATS .

Page :-10



Prepare the smoker for barbecuing, bringing the temperature to 200F to 220F. Remove the chops from the refrigerator and let them sit at room temperature for 20 minutes. Drape the top of each chop with 1 slice (3 pieces) of bacon. If you plan to baste the meat, stir together the mop ingredients in a small saucepan and warm the mixture over a low heat. Transfer the chops to the smoker. Cook for 1¼ to 1½ hours, mopping every 20 to 30 minutes in a wood-burning pit, or as appropriate for your style of smoker. The chops are ready when the internal temperature reaches 150F, or medium-rare. Remove the chops from the smoker, discard the bacon, and let the chops sit at room temperature for 5 minutes. Serve hot, garnished with lemon wedges and sage.

VEAL TOP CHOPS

GINGER GLAZED HAM

Rub:

- 2 tblsp ground black pepper
- 2 tblsp paprika
- 2 tblsp brown sugar
- 1 tblsp salt
- 1 teasp dry mustard
- ½ teasp cayenne

12 to 14 lbs cooked ready-to-eat ham

Pineapple Mop (Optional):-

- ¾ pint chicken stock
- ¾ pint pineapple juice
- 3 tblsp corn oil
- 2 teasp dry mustard
- 1 teasp ground cloves

Ginger Glaze:-

- 8 level tblsp ginger preserve or jelly (8ozs)
- 2-3 tblsp pineapple juice
- ¼ teasp dry mustard
- pinch of ground cloves

The night before combine the rub ingredients in a small bowl. Apply the rub evenly to the ham. Place the ham in a plastic bag and refrigerate overnight.

GINGER GLAZED HAM

Before you begin to barbecue, take the ham from the refrigerator and let it sit at room temperature for 45 to 60 minutes, Prepare the smoker for barbecuing,



Delectable & Deliciously Dashing Dandy, Lovat's Recipes for Hot Smoking & Cooking





bringing the temperature to 200F to 220F. If you plan to baste the meat, mix together the mop ingredients in a saucepan Warm the mop liquid over a low heat.

Transfer the ham to the smoker Cook for 5½ to 6 hours, basting the meat with the mop about once an hour in a wood-burning pit, or as appropriate for your style of smoker. Brush the ham with the glaze twice during the last hour of cooking. Let the ham sit for 15 minutes before carving.

SWEET AND FRUITY TENDERLOIN

Rub:-

- 1 tblsp ground allspice
- 1 tblsp brown sugar
- 1 tblsp onion powder
- 1½ teasp salt
- ½ teasp ground nutmeg
- ½ teasp ground cinnamon
- ½ teasp dried thyme

Two 12 oz to 14 oz pork tenderloins

Mop (Optional):-

- Remaining rub
- ¾ pint chicken stock
- 2 tblsp corn oil
- 1 tblsp cider vinegar
- 1 tblsp honey

The night before you plan to barbecue, combine the rub ingredients in a small bowl. Massage the tenderloins with a thin film of the oil followed by a couple of tablespoons of the rub. Wrap them in plastic and refrigerate overnight.

Prepare your smoker for barbecuing, bringing the temperature to 200F to 220F. Remove the tenderloins from the refrigerator and let them sit at room temperature for 30 minutes.

If you plan to baste the meat, stir together the remaining rub with the other mop ingredients in a small saucepan and warm the mixture over a low heat. Warm a heavy frying pan over a high heat. Quickly sear the tenderloins on all sides. Transfer the tenderloins to the smoker. Cook for 2 to 2¼ hours, turning the meat and basting it with the mop about once every 30 minutes in a wood-burning pit, or as appropriate for your style of smoker.

The tenderloins are ready when the internal temperature reaches 160F. Let the meat sit for 10 minutes before carving.

SWEET AND FRUITY TENDERLOIN



PURELY PORK CHOPS



Rub:-

1 tblsp ground black pepper

1 tblsp paprika

1 tblsp brown sugar

1½ teasp salt

½ teasp dry mustard

¼ teasp cayenne

6 bone-in, centre-cut pork chops, ½ to ¾ inch thick

Mop (Optional):-

½ cup cider or white vinegar

Apple City Apple Sauce (see Sauces)

At least 2 hours, and preferably 4 hours, before you plan to barbecue, combine the rub ingredients in a small bowl. Massage the chops with several tablespoons of the rub. Place the chops in a plastic bag and refrigerate for 1½ to 3½ hours. Prepare the smoker for barbecuing, bringing the

temperature to 200F to 220F. If you plan to baste the chops, warm the

PURELY PORK CHOPS

vinegar in a small saucepan over a low heat. Warm a frying pan high heat. Quickly sear the chops on both sides and transfer them to the smoker. Cook the meat for 55 to 65 minutes, turning and basting, it with the mop once or twice in a wood-burning pit, or as appropriate for your style of smoker.

The chops are ready when the internal temperature reaches 160F. Serve hot, with Apple City Apple Sauce, if you wish.

STUFFED CHOPS

Paste:-

½ medium onion, preferably a sweet variety, chunked

2 tblsp Bourbon

1 tblsp brown sugar

1 tblsp ground black pepper

1½ teasp corn oil

6 bone-in, double-thick centre-cut pork chops, about 1½ inches thick, cut with a pocket for stuffing





lovat's Oak Whisky Wood Chips & His MEATS .

Page :-13



Stuffing: -
 4 tblsp butter
 ½ green pepper, finely chopped
 ½ medium onion, finely chopped

1 stalk celery, finely chopped
 dry bread crumbs from 6 slices of bread
 1 dozen prunes, chopped
 2 tblsp chopped fresh parsley
 1 tblsp chopped fresh sage or ½ tblsp dried sage
 ¼ teasp dry mustard
 salt to taste
 1 to 3 tblsp water or chicken stock

Mop (Optional):-

½ pint cider or white vinegar
 2 tblsp Bourbon
 2 tblsp water

At least 2 hours, and preferably 4 hours, before you plan to barbecue, combine the paste ingredients in a food processor or blender. Massage the chops inside and out with the paste. Place the chops in a plastic bag and refrigerate for 1½ to 3½ hours. Remove the chops from the refrigerator and let them sit at room temperature for 20 to 30 minutes.

To make the stuffing, melt the butter in a small pan. Add the green pepper, onion, and celery, sautéing until soft. Spoon the mixture into a bowl and stir in the remaining ingredients, adding only enough water or stock to bind the stuffing loosely. Stuff the chops with equal portions of the mixture.

If you plan to baste the chops, warm the vinegar, bourbon, and water in a small saucepan over a low heat. Keep the mop warm over low heat.

Warm a heavy frying pan over a high heat. Quickly sear the chops on both sides and transfer them to the smoker. Cook for 1¾ to 2 hours, turning and basting the meat with the mop about every 30 minutes in a wood-burning pit, or as appropriate for your style of smoker. The chops are ready when the internal temperature reaches 160F. Serve hot.

STUFFED CHOPS

CREOLE CROWN ROAST

A crown pork roast, elegantly presented and carved at the table, symbolises a special occasion. Call your butcher ahead for the roast, formed by tying the rib section of the loin into a circle.

Rub:

2 tblsp celery salt
 1 tblsp paprika
 1 tblsp ground black pepper



Delectable & Deliciously Dashing Dandy, Lovat's Recipes for Hot Smoking & Cooking





- 1 tblsp white pepper
- 1½ teasp dried thyme
- ½ teasp cayenne
- 1 tblsp brown sugar

1½ teasp garlic powder

- 5 lbs. crown pork roast (10 to 12 chops)
- 1 to 2 tblsp Worcestershire sauce

Mop (Optional):-

- Remaining rub
- 1 pint chicken or beef stock
- 1 pint water
- 5 tblsp Worcestershire sauce
- 2 ozs. butter

The night before you plan to barbecue, combine the rub ingredients in a small bowl. Massage the roast well with the Worcestershire sauce and then with about half the rub. Transfer the roast to plastic bag and refrigerate it overnight.

Before you begin to barbecue, remove the roast from the refrigerator. Pat down the roast lightly with another coating of rub. Let the roast sit at room temperature for 40 to 45 minutes.

Prepare the smoker for barbecuing, bringing the temperature to 200F to 220F. If you plan to baste the roast, stir any remaining rub together with the other mop ingredients in a saucepan and warm the mixture over a low heat.

Transfer the roast to the smoker and cook for 4¾ to 5 hours, or until the internal temperature reaches 160F. Mop the pork every 40 to 45 minutes in a wood-burning pit, or as appropriate for your style of smoker.

Remove the pork from the smoker and let it sit at room temperature for 10 to 15 minutes. Carve the roast, slicing downward between each bone to cut into individual chops

SMOKED CHICKEN

It is always a good idea to make more than one bird when using this recipe since there is little additional work involved. You can eat the extra chicken cold (which is just as delicious as the hot version), or use the smoked meat in other dishes of your choice.

- 2 Chickens (3½ lb. each)
- 8 pints water
- 1¼ lbs salt
- 6 level tblsp sugar (6ozs)
- ¼ pint soy sauce
- 1 teasp each dried tarragon, dried thyme and pepper
- ¼ cup olive oil





lovat's Oak Whisky Wood Chips & His MEATS .

Page :-15



1. Thoroughly wash birds inside and out. Put the water in a large non-aluminium container and in it dissolve salt and sugar. Add soy sauce, tarragon, thyme, and pepper. Submerge birds in the brine and weigh them down with a heavy plate so that they stay submerged. Marinate in refrigerator overnight or at room temperature for 2 hours.

2. Remove and pat dry.

3. Prepare water pan with reserved brine up, on the grill. 200F to 250F wood, and water as oil every 2 hours.



birds from brine, wash,

water smoker Fill hot water and half the Place birds, breast side Cover and smoke cook at add charcoal briquettes, needed, Brush birds with olive

Chickens are done when internal temperature of the thickest part of the thigh registers 160F to 170F, about 4 hours of cooking time. Remove birds from smoker and let rest 10 minutes. Carve and serve. Well-Wrapped leftovers will keep 3 to 5 days refrigerated.

MUSTARD AND LEMON CHICKEN

Rub -

- 6 tblsp paprika
- 2 tblsp ground black pepper
- 2 tblsp celery salt
- 2 tblsp sugar
- 1 tblsp garlic powder
- 1 tblsp dry mustard
- 1 teasp cayenne
- zest of 1 to 2 lemons, dried & minced

- 2 off 3½ lb. chickens
- 2 tblsp butter
- 1 tblsp Worcestershire sauce
- 1 medium onion, cut in thin wedges
- 1 lemon, cut in thin wedges

Mop (Optional):-

- ¾ pint chicken stock
- ¼ pint fresh lemon juice
- ½ pint water
- ½ medium onion, chopped
- 4 ozs. butter
- 1 tblsp Worcestershire sauce
- 1 tblsp prepared yellow mustard
- 2 teasp of the above rub



Delectable & Deliciously Dashingly Dandy, Lovat's Recipes for Hot Smoking & Cooking





Black Sauce (see Sauces)

The night before you plan to barbecue, combine the rub ingredients in a small bowl. Remove the organs from the cavity of each chicken.

In a small saucepan, melt the butter and stir in the Worcestershire sauce. Massage the chickens thoroughly with the butter mixture, inside and out, working the mixture as far as possible under the skin without tearing it.

Cover the chickens well with the dry rub, again massage inside and out over and under the skin.

Reserve about one-third of the rub. Place the chickens in a plastic bag and refrigerate them.

Prepare the smoker for barbecuing, bringing the temperature to 220F.

Remove the chickens from the refrigerator and rub them again with the dry rub, reserving at least 2 teaspoons of the mixture if you plan to baste the birds. Let the chickens sit at room temperature for about 30 minutes, and then insert the lemon and onion slices into their cavities.

If you are going to use the mop, mix together the ingredients in a saucepan. Keep the mop warm over a low heat.

Place the chickens in the smoker, breast down. Cook for 3½ to 4 hours, basting the birds with the mop every 30 minutes in a wood-burning pit, or as appropriate in your style of smoker. Turn the birds breast side up about halfway through the cooking time. When the chickens are done, their legs will move freely and the internal temperature should be 180F to 185F.

Let the chickens sit for 5 to 10 minutes. Remove the lemons and onions from the cavities, remove the skins, carve the chicken, and serve. Offer Black Sauce on the side, if you wish.

Remove the chickens from the refrigerator and rub them again with the dry rub, reserving at least 2 teaspoons of the mixture if you plan to baste the birds. Let the chickens sit at room temperature for about 30 minutes, and then insert the lemon and onion slices into their cavities.

If you are going to use the mop, mix together the ingredients in a saucepan. Keep the mop warm over a low heat.

Place the chickens in the smoker, breast down. Cook for 3½ to 4 hours, basting the birds with the mop every 30 minutes in a wood-burning pit, or as appropriate in your style of smoker. Turn the birds breast side up about halfway through the cooking time. When the chickens are done, their legs will move freely and the internal temperature should be 180F to 185F.

Let the chickens sit for 5 to 10 minutes. Remove the lemons and onions from the cavities, remove the skins, carve the chicken, and serve. Offer Black Sauce on the side, if you wish.

MUSTARD AND LEMON CHICKEN

QUICK CHICK

Dry Rub:-

1 tblsp paprika

1 teasp salt

1 teasp sugar

½ teasp freshly-ground black pepper

½ teasp onion powder

pinch cayenne

6 boneless, skinless, individual chicken breasts, beaten lightly

Mop:

½ pint orange juice

3 tblsp butter (2ozs)

1 tblsp Worcestershire sauce





South Florida Citrus Sauce (see Sauces)

Prepare the smoker for barbecuing, bringing the temperature to 200F to 220F. Combine the rub ingredients in a small bowl. Rub the chicken breasts with the mixture and let them sit at room temperature for about 20 minutes. Combine the mop ingredients in a small saucepan, placing the pan over a low heat to melt the butter. Keep the mop warm over low heat.

Drizzle the breasts with about one-third of the mop. Transfer the chicken to the smoker and cook for 25 to 30 minutes, or until cooked through. In a wood-burning pit, turn the breasts after 15 minutes and mop well again. With other smokers, don't worry about turning the breasts or mopping while cooking - just drizzle the breasts with more mop as soon as you remove them from the smoker. Serve immediately, with South Florida Citrus Sauce if you wish.

QUICK CHICK

CHICKEN OREGANO

Marinade: -

- 1 pint olive oil
- ½ pint fresh lemon juice
- 6 to 8 garlic cloves
- 2 teasp salt
- 4 tblsp chopped fresh oregano (or 2 tblsp dried oregano)

8 bone-in, skin-on chicken breasts
 Fresh oregano sprigs, for garnish (optional)

About 4 to 8 hours before you plan to barbecue,, combine the marinade ingredients in a blender and puree. Loosen the skin of the chicken, and place the chicken in a shallow, non reactive dish or plastic bag. Pour the marinade over the chicken and refrigerate it, turning once, if needed, to saturate the surface. Prepare the smoker for barbecuing, bringing the temperature to 200F to 220F. Remove the chicken from the refrigerator and drain the pieces. Let them sit at room temperature for about 20 minutes.

Transfer the chicken pieces to the smoker, skin sides up. Cook the chicken for 50 to 60 minutes, until it is cooked through and the juices run clear when a skewer is inserted into a breast. Remove the chicken from the smoker and serve hot, garnished with oregano sprigs, if you wish.

CHICKEN OREGANO





WILD WINGS

Sauce: -
½ pint beer

- 5 tblsp dark molasses
- 5 tblsp creamy peanut butter
- 5 tblsp Worcestershire sauce
- 1½ tblsp chilli powder
- juice of 1 lime
- ½ teasp dry mustard
- ¼ teasp ground anise seeds
- ½ teasp salt

18 uncooked chicken wings

Combine the sauce ingredients in a large, heavy pan. Simmer over medium heat for 15 to 20 minutes, until reduced by about one-third. The sauce can be made a day or two ahead. Prepare the smoker for barbecuing, bringing the temperature to 200F to 220F. Grease a large, smoke proof baking pan or dish.

WILD WINGS

With a cleaver or butchers knife, remove the chicken wing tips. Then cut each wing in half at the joint.

Transfer the wing sections and the sauce to the baking dish. Place the dish in the smoker and cook the chicken for 1¼ to 1½ hours, stirring the wings once or twice. The chicken should be cooked through and tender, and the sauce reduced to a thick glaze. Serve hot.

Paste: -

- 1 small onion, sliced
- ¼ pint orange juice
- 2 tblsp peanut butter
- 1 tblsp peanut oil
- 2 teasp ground anise seed
- 1 teasp curry powder
- 1 teasp salt
- 1 teasp brown sugar
- ½ teasp cinnamon

8 bone-in, skin-on chicken thighs

Mop (Optional):-

- ½ pint chicken stock
- ¼ pint orange juice
- 5 tblsp water
- 1 tblsp peanut oil
- ½ teasp curry powder





The night before you plan to barbecue. Combine all the paste ingredients in a food processor or blender. Coat the thighs thickly with the paste, rubbing under and over the skin. Place the chicken in a plastic bag and refrigerate overnight.

Prepare the smoker for barbecuing, bringing the temperature to 200F to 220F. Remove the chicken from the refrigerator, and let it stand at room temperature for about 15 minutes.

If you plan to baste the chicken, combine the mop ingredients in a small saucepan and keep the mop warm over a low heat.

Transfer the chicken to the smoker and cook for 1½ to 1¾ hours. Mop the thighs every 30 minutes in a wood-burning pit. or as appropriate for your style of smoker. The chicken is done when it is very tender and the juices run clear when a skewer is inserted into a thigh. Serve thighs immediately.

THUNDER THIGHS

DELECTABLE DRUMSTICKS

Marinade: -

- ½ pint plain yoghurt
- 4 ozs. fresh mint leaves, chopped fine
- 5 tblsp bourbon

8 chicken drumsticks

Lime-Mint Barbecue

Sauce (see Sauces), (Optional)

The night before you plan to barbecue. Combine the marinade ingredients in a small bowl. Loosen the skin on the drumsticks, then, place the drumsticks in a large plastic bag. Pour the marinade over the drumsticks and refrigerate overnight. Prepare the smoker for barbecuing, bringing the temperature to 200F to 220F. Remove the chicken from the refrigerator and drain it, reserving the remaining marinade. Let the chicken sit at room temperature for about 15 minutes. If you plan to baste the chicken, combine the mop ingredients in a small saucepan and bring the mixture to a boil, boiling for several minutes. Keep the mop warm over a low heat.

Transfer the chicken to the smoker. Cook for 1½ to 1¾ hours, or until the drumsticks are very tender and the juices run clear when a skewer is inserted into one of them. Mop the chicken every 30 minutes in a wood-burning pit, or as appropriate for your style of smoker.

Remove the drumsticks from the smoker and serve them immediately, with a dish of Lime-Mint Barbecue Sauce for dipping, if you wish.

DELECTABLE DRUMSTICKS



TWO-STEPPIN' TURKEY LEGS





6 turkey legs
3 tblsp Worcestershire sauce
1 tblsp corn oil

Rub:-

2 tblsp salt
1 tblsp coarse-ground black pepper
1 tblsp onion powder
1 tblsp brown sugar
½ teasp cayenne

Mop (Optional):-

remaining rub
½ pint white vinegar -
1 tblsp Worcestershire sauce
1 tblsp corn oil

Black Sauce (see Sauces)

At least 4 hours before you plan to barbecue, and preferably the night before, begin preparations. Loosen the skin on the turkey legs by running your fingers under it as far as possible without tearing the skin.

In a small lidded jar, combine the spices, coat your fingers with the wet mixture and rub it well over the legs, getting as much as you can under the skin. The sprinkle on the dry seasonings liberally, again rubbing as much under the skin as possible. Reserve any remaining dry rub. Place the legs in a plastic bag and refrigerate for at least 4 hours, or overnight. Prepare the smoker for barbecuing, bringing the temperature to 200F to 220F. Remove the turkey legs from the refrigerator, and let them sit at room temperature for about 30 minutes.

If you plan to baste the legs, combine the mop ingredients in a small saucepan and warm the mixture over a low heat.

Transfer the turkey legs to the smoker. Cook until the legs are very tender and the juices run clear, 3½ to 4 hours. Mop the legs at 45 minute intervals in a wood burning pit, or as appropriate for your style of smoker.

Serve the legs hot, to be eaten with your fingers. Brush on Black Sauce if you wish.

TWO STEPPIN' TURKEY LEGS





CHICKEN'S LITTLE LIVERS

5 tblsp raspberry vinegar or other fruity vinegar
5 tblsp chicken stock

5 tblsp oil, preferably corn oil
1/3 medium onion, chopped
1 garlic clove, crushed
1/4 teasp ground ginger
1/4 teasp salt
1/4 teasp freshly ground black pepper

12 chicken livers, trimmed
4 slices bacon, cut into thirds

At least an hour, and up to 2½ hours, before you plan to barbecue, combine the marinade ingredients in a lidded jar. Place the chicken livers in a shallow, non reactive bowl. Pour the



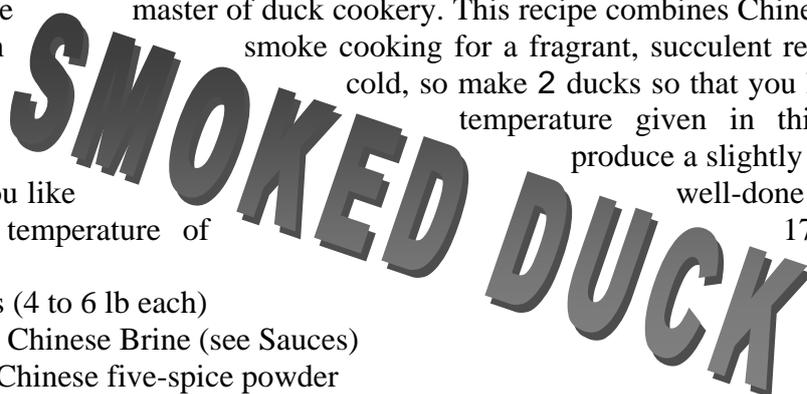
hours in the refrigerator. Prepare the smoker for barbecuing, bringing the

temperature to 200F to 220F. Drain the livers, reserving the remaining marinade. Wrap each liver in a piece of bacon and secure with a cocktail stick. Bring the marinade to a vigorous boil and keep it warm over low heat to use as a mop.

Place the livers on a small grill rack, mopping them liberally before placing them in the smoker. Cook for 35 to 45 minutes, until the bacon is crisp. Apply the mop once or twice during the cooking process if you are using a wood-burning pit. The other styles of smokers, mop as soon as you remove the livers. Serve piping hot.

SMOKED DUCK

The Chinese are master of duck cookery. This recipe combines Chinese spicing and flavours with smoke cooking for a fragrant, succulent result. The duck is delicious cold, so make 2 ducks so that you have leftovers. The cooking temperature given in this recipe will probably produce a slightly less than well-done duck. If you like well-done duck, smoke to an internal temperature of 170F to 175F.



2 Ducks (4 to 6 lb each)
1 recipe Chinese Brine (see Sauces)
1 teasp Chinese five-spice powder





1 ginger root (about 1/4 lb.) sliced into 1/4 inch thick slices
6 whole star anise, soaked in water for at least 30 minutes

Wash ducks thoroughly inside and out. Place ducks in a large non-aluminium container, cover with brine, and weigh birds down with a heavy plate so that they stay submerged. Refrigerate 16 to 20 hours. Remove from brine and reserve brine Wash ducks and pat dry. Sprinkle cavity of each duck with five-spice powder. Truss ducks

Prepare water smoker. Put 2 cups reserved brine in the pan, then fill pan with hot water. Place ducks breast side up on the grill. Cover and smoke cook at a temperature between 200F and 250F. Add charcoal briquettes, wood, and water as needed. Check the internal temperature of ducks after about 3 hours. When it reaches 150F, add the ginger root and star anise to the coals. The duck is done when the internal temperature of the meat registers 155F to 165F (about 4 hours of cooking). Remove ducks from smoker. Let rest 10 minutes before cutting into quarters with poultry shears and serving.

Each duck serves 4.

FRUITED PHEASANT

Marinade: -

2 pints cranberry-apple juice
1/4 pint balsamic vinegar
1/4 pint corn oil
6 garlic cloves, minced
1 tblsp Worcestershire sauce

2 pheasants, 2 1/2 to 3 lbs. each
2 teasp salt
1 teasp freshly-ground black pepper

Mop (Optional):-

Remaining marinade
1/4 pint chicken stock

Dressing: -

6 level tblsp dried currants (4ozs)
1/4 pint cranberry-apple juice
3 tblsp butter (2ozs)
1 medium onion, chopped
4 ozs mushrooms, sliced
2 to 3 sticks chopped celery
4 ozs. pecan pieces
4 Ozs. chopped fresh parsley

FRUITED PHEASANT





½ teasp dried marjoram
½ teasp dried thyme
4 ozs. raw wild rice cooked in chicken stock according to packet instructions.

4 ozs. raw brown rice cooked in chicken stock according to packet instructions.
¼ pint chicken stock
salt to taste

Apple City Apple Sauce

(see Sauces), (Optional)

The night before you combine the ingredients in a lidded jar. Using your fingers, loosen the bird's skins, trying to avoid tearing them. Place the pheasants in a plastic bag and pour the marinade over them. Refrigerate overnight, turning at least once, if needed, to evenly coat the pheasants. Before you begin to barbecue, remove the pheasants from the refrigerator and drain them, reserving the marinade if you plan to baste the birds. Salt and pepper the pheasants inside and out, being sure to rub some under the skin. Let them sit at room temperature for 30 to 45 minutes.



plan to barbecue, bring the marinade to a boil in a lidded jar. Using the bird's skins, tear them. Place the pheasants in a plastic bag and pour the marinade over them. Refrigerate overnight, turning at least once, to evenly coat the pheasants. Before you begin to barbecue, remove the pheasants from the refrigerator and drain them, reserving the marinade if you plan to baste the birds. Salt and pepper the pheasants inside and out, being sure to rub some under the skin. Let them sit at room temperature

Prepare the smoker for barbecuing, bringing the temperature to 200F to 220F. If you are going to use the mop, bring the marinade and stock to a boil in a large saucepan, and boil for several minutes. Keep the mop warm over a low heat. Transfer the pheasants to the smoker, breast side down. Cook for about 3 hours, mopping the birds every 30 minutes in a wood-burning pit, or as appropriate for your style of smoker.

While the pheasants cook, make the dressing. In a small bowl, combine the currants with the cranberry-apple juice and let them steep for about 15 minutes.

Warm the butter in a frying pan. Add the onion, mushrooms, celery, and pecans. Sauté until the vegetables soften. Mix in the herbs, rinse, currants (with any remaining liquid), and chicken stock. Add salt, if needed. Cover the dressing with foil and refrigerate.

After the pheasants have smoked for about 2 hours transfer the pan of dressing to the smoker. Continue smoking until the pheasant's internal temperatures measures 160F. The juices will run pink if pierced. The dressing will be ready at the same time as the pheasant. If you want to add a smokier flavour to the dressing uncover it during the last 15 minutes, adding a little water if the mixture appears dry.

Remove the pheasants from the smoker, tent them with foil, and let them sit for 10 minutes before carving. Accompany the sliced pheasants with the hot dressing and, if you wish, Apple City Apple Sauce.





KINGLY SALMON

Rub:-

- 1oz. dried dill
- 3 level tblsp brown sugar (3ozs)
- 2 teasp salt
- 2 teasp freshly-ground black pepper

3 - 3½ lbs. salmon tail section, boned and butter fried

Mop (Optional):-

- Remainder of rub
- ½ pint cider vinegar
- 5 tblsp corn oil

The night before you plan to ingredients in a small bowl. massage it well with about reserving the rest of the salmon back into its a plastic bag, and Prepare the smoker the temperature to the salmon from the at room minutes.

If you plan to baste remaining rub mop ingredients in warm the mixture Transfer the skin side down, the fire as minutes, minutes in a appropriate for salmon should large spatula salmon off the easily. Serve

barbecue. Combine the rub Open the salmon flat and two-thirds of the rub, mixture. Fold the original shape, place it in refrigerate it overnight. for barbecuing, bringing 180F to 200F Remove refrigerator and let it sit temperature for 30

the fish, stir the together with the other a small saucepan and over a low heat. salmon to the smoker placing the fish as far from possible. Cook for 50 to 60 mopping it after 10 and 30 wood-burning pit, or as your style of smoker. The flake easily when done. Have a and a platter ready when taking the smoker, because it can fall apart hot or chilled.





STUFFED MOUNTAIN TROUT

Paste: -

4 garlic cloves

juice of ½ lemon

1 teasp Worcestershire sauce

1 teasp freshly-ground black pepper

½ teasp salt

1 tblsp corn oil

4 boned trout, approximately 8 ozs each

8 slices bacon

6 tblsp chopped onion

6 tblsp chopped green pepper

6 tblsp chopped celery

16 cream crackers,
crushed

6 tblsp chopped
pecans

About

1½

hours

you

the paste
chopping
pestle or
lemon juice.

to make a paste. Rub the trout inside and out with the paste. Wrap the trout in plastic and refrigerate for about 1 hour.

Prepare the smoker for barbecuing, bringing the temperature to 180F to 200F. Remove the trout from the refrigerator and let them sit at room temperature for about 20 minutes.

In a heavy frying pan, fry the bacon over medium heat, removing it from the pan while still limp. Set the bacon aside. Add the onion, pepper, and celery to the bacon drippings and sauté briefly until softened. Remove the mixture from the heat and stir in the cracker crumbs and pecans. Stuff each trout with a portion of this filling. Wrap two slices of bacon around each fish, securing with toothpicks as needed. Transfer the trout to the smoker. Cook until the bacon is browned and crisp and the fish opaque and easily flaked, 40 to 50 minutes. Serve immediately.

STUFFED MOUNTAIN TROUT

before
plan to
barbecue, prepare
by mashing or
the garlic in a mortar and
mini-food processor. Mix in the

Worcestershire sauce, pepper, and salt. Then blend in the oil





SMOKED TROUT

Trout is a fish that takes well to smoke. If you or someone you know is successful at fishing, you may have more trout than you know what to do with. Smoking not only increases the length of time you can keep the trout, but smoked trout can also be frozen. Once smoked, trout will keep refrigerated for 5 to 7 days, smoked and frozen, it will keep for 2 to 3 months.

Trout is a fish that takes well to smoke

This recipe works well for any small (3/4 to 1 1/2 pounds) whole fish, including mackerel and whitefish. Although the fish can be eaten hot, it is especially good cold as an appetiser or light lunch.

6 to 8 whole trout (3/4 to 1. 1/2 pounds each), gutted
1 recipe Fish Brine (see Sauces)

Place fish in a non-aluminium container. Cover with brine. Place a heavy plate on fish so that they remain submerged. Let rest for 45 minutes to 1 1/2 hours depending on the size of the fish and the saltiness you desire. (Experiment and keep notes.) Remove fish from brine, wash, and pat dry.

Prepare water smoker for smoke cooking. Don't use the water pan. Ideally, the smoker temperature should be maintained between 150F and 190F. Brush fish lightly with oil and place on grill. Cover and smoke cook until flesh can just be flaked with a fork, 45 minutes to 1 1/2 hours of cooking. Remove fish from grill and brush with additional oil. Fish can be eaten immediately or allowed to cool at room temperature. If cooled, wrap well, and refrigerate or freeze until use.

SMOKED EGGS

SMOKED EGGS

Hard boil the eggs. Very fresh eggs are hard to peel after boiling, so use eggs that are several days old. Begin with a pan of cool water, about the same temperature as the eggs. Add 1/2 tablespoon of vinegar for each pint of water. Put the water begins to boil, remove the pan from the heat. DO NOT LET THE WATER COME TO A ROLLING BOIL. Leave the eggs in the slowly cooling water for 15 minutes, then cool and peel. They may be left whole or sliced with an egg slicer.

Place the whole or sliced eggs on a screen and smoke at about 85F until they are a rich amber colour. For extra flavour, sprinkle with basic seasoning before smoking, and/or oil after smoking.

Serve as devilled eggs, sliced, spread with salad dressing, sprinkled with paprika for hors d'oeuvres, or diced for potato salad.





HEAVENLY ARTICHOKE HEARTS

- 14 oz can artichoke hearts
- ½ pint mayonnaise
- 6 ozs. grated Parmesan cheese
- 1 teasp white or cider vinegar
- ½ teasp dried basil
- 1 crushed garlic clove
- fresh bread crumbs from 2 slices of bread



Prepare the smoker for barbecuing, bringing the temperature to 200F to 220F. Drain the artichoke hearts and slice them into quarters.

In a shallow smoke proof dish, mix the artichokes with the mayonnaise, cheese, vinegar, basil, and garlic. Top the mixture with the breadcrumbs. Transfer the dish to the smoker and cook the artichoke mixture for 25 to 35 minutes, until the cheese and mayonnaise are melted together. Serve immediately.

SMOKING WALDORF

- 2 unpeeled apples
- oil, preferably walnut

- 2 sticks celery, chopped
- 6 ozs. raisins (6 level tblsp)
- 6 ozs. chopped walnuts
- 3 tblsp mayonnaise
- small carton plain yoghurt
- juice of 2 limes
- 1 to 2 teasp sugar

lettuce leaves, for garnish (optional)

Prepare the smoker for barbecuing, to 200F to 220F. Coat the and place them in the until the apples are deeply the smoker and set aside until slice them into bite-sized celery, raisins, and walnuts.

bringing the temperature apples liberally with the oil smoker. Cook for about 1 hour, browned and softened. Remove from cool enough to handle. Peel the apples and chunks. Combine the apples in a bowl with the

In a small-lidded jar, combine the mayonnaise, yoghurt, lime juice, and sugar. Pour over the apple mixture. Mix well and refrigerate for at least 30 minutes. Serve cool, on top of lettuce leaves, if you wish.





PEACHES

Some fruits are delicious smoked, particularly peaches, bananas, and apples. We usually cook bananas and apples whole, but prefer peaches halved and flavoured with a fruity vinegar.

6 ripe but firm peaches, halved, but with peel left on
oil, preferably walnut
2 tblsp raspberry or other fruit vinegar

Prepare the smoker for barbecuing, bringing the temperature to 200F to 220F. Rub the peaches liberally with the oil. Spoon a teaspoon of vinegar into the cavity of each peach half and transfer them to the smoker. Cook for 35 to 45 minutes, until the peaches are heated through and softened. Remove them from the smoker and serve warm.



them to the smoker. peaches are heated the smoker and

BARBECUED BANANAS

4 unpeeled bananas
corn oil

Brown sugar and ground cinnamon for garnish (optional)

Prepare the smoker for barbecuing, bringing the temperature to 200F to 220F.

Rub the bananas with a thin coating of oil.

Place the bananas in the smoker and cook for 50 to 60 minutes, until the bananas are deeply browned and soft. Remove from the smoker and set aside until cool enough to handle. Peel the bananas and slice them. Serve them warm, topped with a simple sprinkling of brown sugar and cinnamon.

