

SMOKING MEAT **BBQ**



AN EASY GUIDE FOR BEGINNERS

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Smoking Meat BBQ: An Easy Guide for Beginners

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Introduction

Smoking is a cooking method that sees the preparer applying heat indirectly to the meat. This is usually done by placing the meat over fire into a container and it is usually placed on a grill.

Depending on the type of meat being prepared, there may be different things that need to be observed. Cooking times and preparation methods are two of the most popular things to consider in this regard. The heat sources that can be used for smoking the meat are wood, gas, electric or steam.

Smoking will present some challenges such as maintaining the temperature when cooking and to have efficient smoke flow. This is a great way to prepare various meat kinds and can give it a unique smoky taste.

We will review some of the points that will be involved when you are smoking meat for consumption.

1. Sauces

Sauces are an important part of the smoking meat process. They add flavor to the meat and are usually added in the last part of the preparation. This is about 15 minutes before the meat will be ready to eat. The final cook down will allow the sauce to marinate and give the meat a great taste.

2. Slow and Steady

This means that when you are smoking the meat to eventually BBQ, you must be patient. Have fun with the process even though it may be a longer one. The longer the meat takes to cook, the more thorough it will be when completed.

3. Opening the Container

When smoking meat the preparer should reduce the amount of times that they open the lid to the container. This will increase the time required to cook the meat properly and would reduce the efficiency. A good way to reduce the amount of times required for opening is to make all your checks (temperature, smoking wood etc.) at the time you open the lid.

4. Temperature

The temperature in the container must be maintained to ensure that the meat is thoroughly cooked. This can be checked by using a probe thermometer through the vent to check the temperature occasionally. This will also prevent the preparer from opening the vent often.

5. Thawing

When thawing meat, the preparer has to be careful as bacteria can grow quickly at lower temperatures. Meat can be thawed in the refrigerator or it can be placed in water for some time to efficiently defrost. After draining, place the meat in the smoker to begin the cooking process.

6. Temperature

The term temperature is a general one that can be applied in two areas of smoking meat. The first will be attributed to the temperature of the grill which may have to be heated to a particular degree in some recipes. The next reference could be to the actual food temperature as some meats will be required to remain at certain temperatures.

7. Average Smoking Temperature

The average smoking temperature that you should expect to maintain is around 200-300°F to get the meat thoroughly cooked. This goes for most meats and it is advised to start the smoking process after the recommended temperature has been reached.

8. Charcoal

Using charcoal is a great way to smoking meat on your grill. A good way to achieve a thorough smoking preparation is to light half of the charcoal needed and then add as you go along. This is a good way to reduce the amount of charcoal used and it helps to maintain the temperature throughout the preparation.

9. Healthy Preparation

Many meats come with a fatty portion that should be cut off before it is smoked. Some persons do enjoy eating this part of the meat but it is not a good part to consume. It is not very healthy and should be discarded before starting the smoking process.

10. Preparation of the meat

Preparing the meat for smoking is one of the ways that you can achieve a good taste. Once the meat has been seasoned for some time, it will marinate and allow the flavor to be enhanced in the meat. This kind of preparation method will give the BBQ meat a great taste.

11. Seasoning

There are some basic ingredients that one would expect to give your smoke meat great flavor. These ingredients include sugar, salt, thyme, rosemary and black pepper mixed with water. For some meats you may have to add vinegar to reduce the raw smell before smoking.

12. Using Foil

When the smoking process is completed, the preparer can wrap the meat in foil and this will hold in the smoke and the moisture of the meat. It will make the meat tender and bold with taste.

13. Recipes

When you are cooking, there are sometimes you may try a new technique that gives the food a great outcome. If this is your approach, you should practice noting the recipe. This means that if it tastes good you can apply it to the next time you are smoking and you can feel free to share the recipe with others.

14. Be Bold

When smoking meat, the flavors of the seasonings and sauces will be pronounced into the meat. This means that the slightest addition to the seasonings will be noticeable to the consumer. Therefore, as the preparer you can try bold new flavors to be smoked into the meat and test the outcome.

15. Liquids

The liquids you add to the smoking process can also affect the flavor of the meat. For some persons who choose to be creative, they try new liquids in the process such as pineapple juice, beer or even apple juice. Water can still be used but you can choose to add herbs or fruit to the mixture to get different tastes in the smoked food.

16. Water/Temperature

Water can be used to keep the temperature at an acceptable level. The smoked BBQ meat requires a good temperature that can be maintained from the steam in the

water. It is a recommendation that about 1.2” of water be kept in the water pan.

17. Brushing

When smoking BBQ meat, the brushing of the meat will be quite important to maintain the strong, bold BBQ taste. This is usually done thorough out the smoking process and done more intensively in the last couple minutes of smoking.

18. Flavors of the Wood

The flavors of the wood chosen to smoke the meat will be tasted in the finished meat. There are different flavors that you can choose that will give a variety of tastes in the food. Choosing the flavor will depend on the type of meat being smoked, the sauces used and the strength of the taste.

19. Grill

The type of grill chosen to smoke the meat can also determine the outcome of the food. If it high intensity and good smoke production this can improve the taste of the meat. This coupled with choosing the correct wood flavor can improve the outcome of your production.

20. Length of Smoking

The length of smoking the meat for BBQ will vary based on the type of meat being prepared. There is a general rule that smokers will observe and that is each meat will take an average of 1.5 hours for each pound of meat.

21. Rotisserie

A rotisserie is a creative grilling technique that uses the rotation technique to allow the smoke to envelope the meat completely. This will put the smoked flavor evenly on the meat so it is evenly distributed.

22. Marinade

Marinades are another way to add another dimension of flavor to the meat when it is being smoked. A recommended approach is to bring the marinade to a boil for approximately a minute first and then apply it to the meat. Once the smoking process is completed the marinade will just soak into the meat and it will be tender.

23. Skinned Meats

Smoking meats that have a layer of skin will have to be treated somewhat differently. Any extra skin that the meat may have should be taken off and that will enable the seasonings to soak and penetrate better when smoking. There are BBQ tools that can be used to strip the meat easier.

24. Absorption

There are some liquids that are used as bonding agents that allow the meat to absorb the seasonings better. Some of the agents include butter, mustard or olive oil. The rubs applied to the meat along with these agents will allow it be thoroughly seasoned to give a better taste.

25. Sweet Caramelization

This is a process in which when the meat is smoked, the sugar in the sauce is broken down to produce a dark and sweet flavor. This is a great taste for BBQ and the sweet taste is a great compliment and provides a bold taste.

26. Gas/Electric smokers

There are two types of smokers that can be used to smoke meat. It can be a gas smoker or an electric smoker. Each one has their different benefits in terms of taste, speed and efficiency. Some persons prefer the gas smoker as that natural smoked taste cannot be replicated by the electric unit.

27. Searing

When some meats are being barbequed, it is useful to sear the meat on a high heat skillet before they are smoked. This process actually helps to seal the flavor when it is in the grill and it can give the meat a caramelized surface.

28. Research meats

When you are smoking various meats, it is wise to do some research on different preparation techniques. This will provide some insight on how to prepare that particular meat and allow you to smoke it properly.

29. Research recipes

Recipes will offer step by step guides on how to Smoke meat BBQ style. This is something that can be followed step to ensure you are preparing the food correctly. This will help to avoid any issues such as undercooked or food that doesn't taste good.

30. Meat Temperature

The meat temperature can be important when smoking certain types of meat. For these types of meat, a digital thermometer can be used to monitor the temperature of the food. It is important to note that the temperature of the meat must be taken at the thickest part. Consuming undercooked food is not desired so it must be checked properly.

31. Lubricate the grill

It is advised to coat the grill with oil or cooking spray before smoking the meat. This will prevent the meat from sticking to the grill during the smoking process. It also helps the food to remain moist during the complete cooking process.

32. Barbequing smaller meats

Smaller meats such as shrimps or some types of fish may require a mesh to be used. This is to prevent the meat from falling into the grill or heating source. This is not desirable as it will directly touch the charcoal or wood and not be edible anymore.

33. Multiple Tongs

Smoking meats will see the preparer both interacting with raw meat and cooked meat during the complete process. For this, it is advised to have multiple tongs so one can be used for touching the raw meat and one to touch the meat after it is being cooked. This could be color coded to make it easier to identify.

34. Clean grill

Using a grill will leave residue when the smoking process is completed and it is advised to keep the grill clean after every use. This can be done by heating it and using a wire brush to scrape off the grill. When you are about to reuse it, oil the grill and it will be ready.

35. Barbequing Larger Meats

Handling larger food items may be a little different than the other smoking methods. These take up more of the grilling surface and it is advised to place a metal pan under the grilling surface to collect excess juices that may run out. This is considered a best practice when smoking larger meat cuts.

36. Time to Marinate

When barbequing, the preparer must be familiar with the meat that is being prepared. This will be helpful when applying a marinade so you will know the approximate recommended time. Some of the meats may become soggy if it is marinated for too long.

37. Side Dishes

As important as the main dish that the preparer has smoked on the grill are the side dishes. While you have a great tasting piece of meat, it must be complimented by other foods. Some of the side dishes can be grilled also to give a great roasted/smoked taste.

38. Lighting Charcoal

When charcoal is chosen to be the heating source, it is advised that you should use it in a pyramid shape. This shape allows the air to flow freely therefore creating efficient smoking. This will lead to a better smoking experience.

39. Safety Precaution

It is advised that gasoline or kerosene should not be used to light the coal. The fumes are very flammable and can easily cause an explosion if not handled properly. Attention must be paid to this as if proper caution is not observed it can result in burns.

40. Barbequing Indoors

As a precaution, no smoking of food should be done indoors or in any area that has poor ventilation. This would present a health and a fire hazard so safety must be observed at all times.

41. Grill Instructions

Each grill will come with instructions about its operation and setup. It is quite important that these instructions be followed to ensure the safe use of the grill. This will also guarantee that the grill will be setup properly.

42. Gas Tanks

When using a gas tank, it must always be in an upright position unless it is otherwise stated. Do not try to invert or turn the gas tank as it is pressurized and any misuse

can result in an explosion. This may cause serious damage to life and property.

43. Before using a gas smoker

A gas smoker must always be checked before use. The knobs should all be set to OFF to ensure no gas is flowing before it lit. It is wise to do a thorough check before lighting to ensure no gas is flowing that can cause an issue.

44. Equipment

All the equipment on a gas smoker should be checked before commencing use. The connectors, hoses, regulators and valves must be secure to guarantee no gas leaks. Safety first must always be the practice as major damage could be caused if fire is exposed to the gas.

45. Lighting Precaution

Lighting the gas smoker should be done in a particular way to ensure that there are no flash back explosions. This is simply another safety observation to prevent any mishaps that can happen with gas smokers.

46. Healthier Food

Barbequing food is a healthy approach to food preparation than frying. Smoking meat is considered to be a natural way of preparing food without the introduction of unhealthy habits. It may take longer to prepare but you can be guaranteed it will give a better taste and be healthier for you.

47. Safety Temperatures

Each meat will have a safe temperature which refers to two different types of temperature. The first one is the safe temperature the meat should be stored at. The second temperature is the one the meat should be cooked at to be thoroughly prepared. This is to reduce the probability of bacteria contaminating the meat.

48. Storage

When the food has been prepared it will now be important to pay attention to storage. It must be refrigerated about two hours after it has been cooked and not yet consumed. If it happens to be a larger piece of meat, just cut it up into smaller pieces and placed into a plastic container.

49. Don't overdo anything

Some persons who are smoking will attempt to try many different things which may affect the taste of the food. It is advised not to overdo any things that is related to smoking. Usually things that are overdone is the adding of too much wood that would give an overbearing taste.

50. Getting Dark

When Barbequing, there is an unwritten rule that speaks to when the food is complete. That is when the food becomes a dark mahogany color and this is combined with the spices, the chosen wood etc. This will ensure that the food has a great taste and flavor that the consumer will enjoy.