

Big Green Egg®

PROFILE

Celebrating EGG Aficionados and Pitmasters Worldwide

DR. BBQ
This is What
“Real Barbecue”
Is All About!



**Dr. BBQ is the real thing.
He is the most hands-on,
from-the-heart,
experienced barbecue chef
you will ever meet.**

- Dave DeWitt, Fiery-Foods.com

“Chops are the little brothers of steaks. Grilling a pork, lamb or veal chop gives it a crispy caramel crust on the outside that is a wonderful companion to the tender and juicy meat on the inside. I always prefer to cook chops on the bone because, as any serious carnivore will tell you, they just taste better that way.”

- Dr. BBQ



A Passion for Food...

“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 pitmaster 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. When all is said and done, it’s all about serving great food.”

Over the years I have come to realize that cooking on the Big Green Egg is an experience as much as a way to prepare a meal. The versatility of the EGG seems to bring out the very best in cooks no matter what their skill level.



The EGG = Great Food!

“Over the years I have come to realize that cooking on the Big Green Egg is an experience as much as it’s a way to prepare a meal. The versatility of the EGG seems to bring out the best in cooks no matter what their level. Good home cooks go outside of their normal routine because they see what the EGG is capable of, and then they want to share it with their friends. The best way to impress your friends is by serving them a great pizza or some incredible barbecued ribs or a perfect steak fresh from that beautiful green cooker on the deck. The Big Green Egg steals the show every time, but you get the applause!

I have cooked everything from salmon to paella, brisket to championship ribs, foie gras to ostrich steaks. It’s all great gourmet Q!

Keep grilling!

Chef Ray Lampe, aka Dr. BBQ



LOW & SLOW



Cooking slowly

over low heat

infused with wood

smoke is what

smoking ...

and what some call

“real barbecue”

is all about.



Low and Slow Memphis-Style Pulled Pork

Ingredients

One 7 to 8 pound pork butt
Barbecue Rub #67 (see following page)
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 Big Green Egg meat claws, 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 the meat claws, 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.





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 worth it.



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.

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 will be.

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)



“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),
with fat left on
Barbecue Rub #67 (see previous page)
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

Dr. BBQ's Favorite EGGcessories



A



B

A. Cast Iron Cooking Grid - if you like those perfect sear marks on your food, utilize the superior heat conductivity of the Cast Iron Cooking Grid as an option to the primary Stainless Steel Cooking Grid.

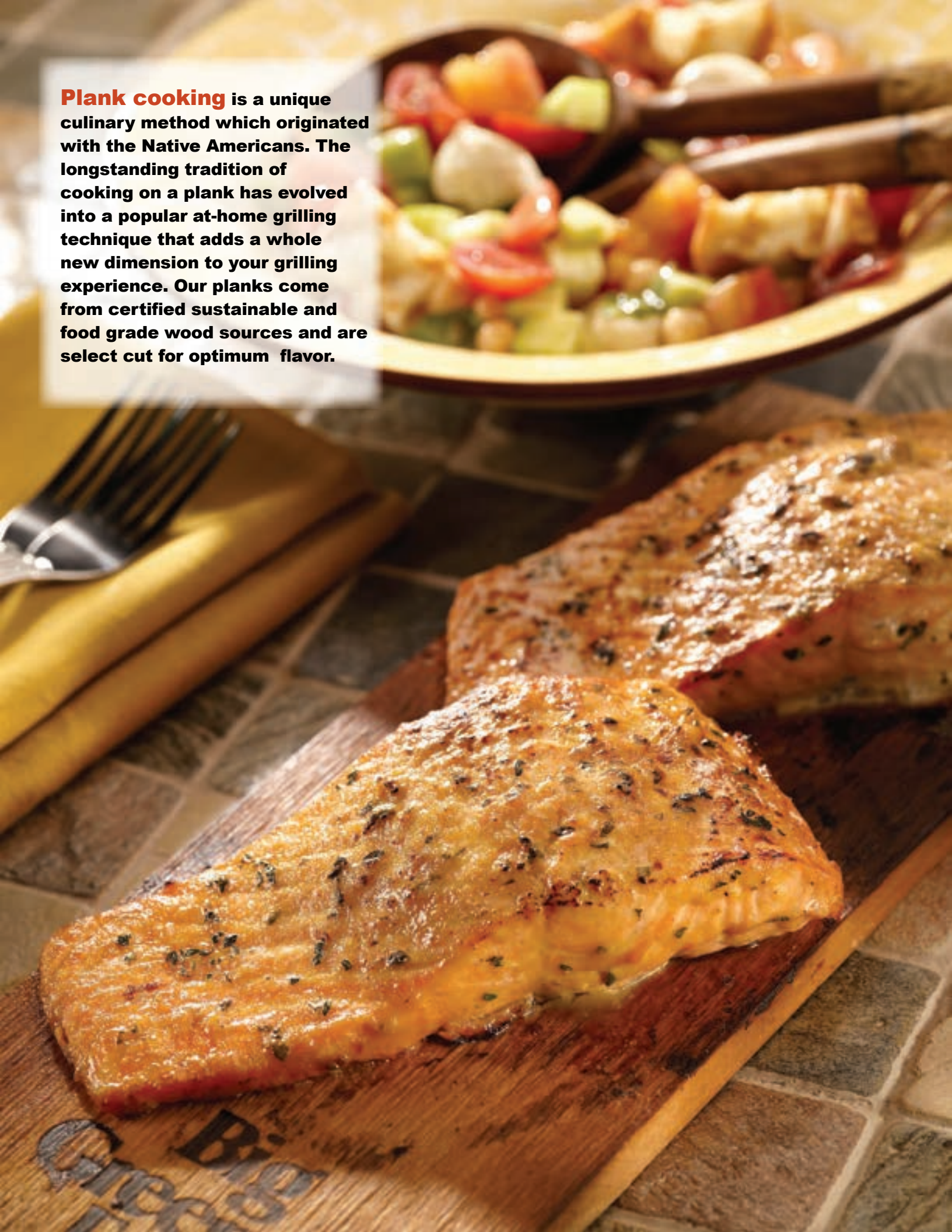
B. The Plate Setter (shown here in the legs up position) is used for indirect cooking on the EGG. You can place foods directly on the cooking grid or in a V-Rack.

C. Using a Plate Setter (shown here in the legs down position) along with a Pizza / Baking Stone turns your EGG into a fire brick oven, great for making pizzas, breads, casseroles and desserts.



C

Plank cooking is a unique culinary method which originated with the Native Americans. The longstanding tradition of cooking on a plank has evolved into a popular at-home grilling technique that adds a whole new dimension to your grilling experience. Our planks come from certified sustainable and food grade wood sources and are select cut for optimum flavor.



I LOVE BEEF STEAK!

Who doesn't? It's the absolute favorite food of most Americans. When we have a reason to celebrate, most of us do it with a big, juicy, tender steak.

PORTERHOUSE is a big steak cut from the rear section of the loin

T-BONE steak is the little brother of the porterhouse and is named for the shape of the bone

FILET MIGNON is often called the queen of steaks. The tenderness is second to none.

NEW YOUR STRIP is cut from the boneless strip loin muscle and is well known for its deep flavor and great texture.

RIB EYE steak is cut from the rib section and is the most heavily marbled of the steak cuts.

TOP SIRLOIN is cut from the rear loin and is generally considered to be the most flavorful of the steak cuts.

FLANK STEAK is cut from the lower part of the cow and has a very distinctive grain and flavor. It is best cooked rare or medium rare.

FLAT-IRON steak is a fairly new cut from the shoulder and is generally less expensive

ROUND STEAK is commonly prepared with slow moist-heat methods including braising, to tenderize the meat and maintain moisture.

SKIRT STEAK is a cut of beef steak from the plate. It is long, flat, and prized for its flavor rather than tenderness.

Citrus and Soy Marinated Flank Steak

This is a great recipe to take to a picnic or tailgate party. Just make up the marinade and get the steak soaking the night before, then take it to the party sealed up nicely in zip-top bag – in a cooler. Once you are at the party, you just grill it quickly, slice and serve as part of a salad, in a wrap or on a sandwich!

Ingredients

- 1 cup orange juice
- ½ cup soy sauce
- 5 cloves garlic, crushed
- 1 teaspoon finely ground black pepper
- 1 USDA Choice of better flank steak - about 1½ pounds

Method

In a small bowl, whisk together the orange juice, soy sauce, garlic and pepper. With a sharp knife, cut a few shallow slashes into the steak on a 45-degree angle to the grain. Repeat in the other direction to form a grid pattern. Repeat on the other side. Put steak in a heavy-duty zip-top bag and pour the marinade over it. Seal bag and refrigerate for at least 4-12 hours.

Prepare the grill for cooking over direct heat. Place steak directly on the cooking grate. Cook for 4 minutes. Flip and cook for another 3-4 minutes for medium-rare. Remove to a platter and tent loosely with foil. Let rest for 5 minutes.

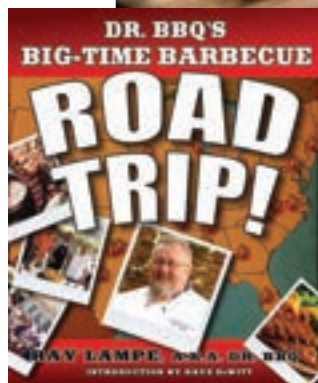
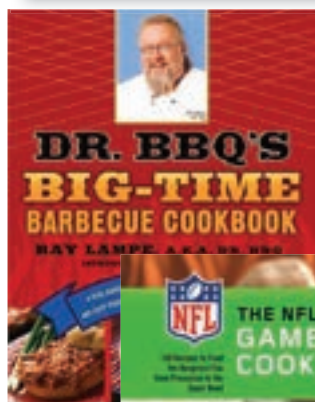
To serve, thinly slice against the grain and on a 45-degree angle to the cutting board to create wide, thin slices.

Recipe courtesy Ray "Dr. BBQ" Lampe, *Ribs, Chops, Steaks, & Wings*, Chronicle Books (2009)



Big Green Egg

RAY "DR. BBQ" LAMPE has been grilling professionally for over 20 years. In addition to being a multiple cook-off champion, he is also a chef, teacher and cookbook author.



Dr. BBQ'S TOP FIVE COOKING TIPS

- Add barbecue sauce to foods at the end of the cook to keep the sugar in the sauce from burning.
- Learn to control the temperature of the EGG – it's easy and foolproof by making small adjustments with the draft door and dual-function metal top.
- Go light on the wood chips to avoid over-smoking foods.
- Learn to use a food thermometer to make sure that foods reach the proper temperature.
- Take your time!

Relax and enjoy the
Big Green Egg!

Click here to order
"Slow Fire: The Beginner's Guide to Barbecue"
by Chronicle Books

Big Green Egg®