



Callears R&R Bar-B-Que News

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Special Interest Articles:

Barbecue: What is it really 1-2

The one common thread is that barbeque is delicious and makes people happy

Customer Coupon

2

Callears Supports

our Youth 2

Recipe 3

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BARBECUE: What is it really?

By Paulie G.

Of all the culinary terms in use today, none creates more confusion and controversy than the word barbeque. First of all there's the spelling. Is it barbeque, barbecue, bar-b-q, bar-be-que or just the common abbreviation, bbq? It seems to be that barbeque means something different to everyone, usually based on region and demographics. Ask fifty people to define barbeque and I bet you will get fifty different answers, if not more.

takes.

Barbeque in its purest form can be broken down into four basic and distinct styles; North Carolina, Memphis, Texas, and Kansas City. The styles differ in that the fuel used, the seasonings and the sauce, if any are quite different. One commonality is that low and slow is the rule, the mantra, the method for turning out tender, succulent meat. Usually from a cut that is known for its toughness.

make a similar sauce whose only noticeable difference is the addition of some form of tomato product.

Memphis has one real claim to fame, dry rubbed pork ribs. The fuel of choice is hardwood charcoal and the cooking method is more akin to indirect grilling than to smoking, which barbeque essentially is. In Memphis, pork spare ribs and baby back ribs are generously seasoned with a dry rub, cooked over the coals and mopped with a vinegar solution until tender. When they are removed from the pit, a very liberal dose of the dry rub is reapplied, hence the name dry ribs.

It's heard nationwide from spring to summer, "come over, we're having a barbeque". The underlying message is that they're going to fire up the old Weber or, Heaven forbid a gas grill and carbonize some hamburgers, hot dog, or the occasional steak. This, I submit, is grilling, not barbeque. Barbeque is done low and slow over wood coals at temperatures of 250°F or less, while grilling is done hot and fast using temperatures of 350-500°F. The results of grilling come within minutes after placing the food on the grill as opposed to the many hours that true barbeque

North Carolina barbeque stretches not only across the state but also crosses the borders of Georgia and South Carolina. However, within the state there is also a dividing line. Whole hog is king in eastern North Carolina. Native hickory is burned down to coals and shoveled under the split hogs, which cook for 16-24 hours at temperatures that barely get above 225°F. In the western part of the state, or Piedmont region, whole pork shoulder is the cut of choice. Sauce in North Carolina is a blend of vinegar and sugar that is spiked with a healthy dose of red pepper flakes. In the Piedmont region they

Texas is what many consider to be the epitome of barbeque. Beef is the meat of choice across most of the state with pork making only cameo appearances in east Texas. Juicy slabs of Fred Flintstone sized beef ribs and huge, whole beef briskets reign supreme. Seasonings are kept to a minimum with a simple dusting of salt and coarse black pepper. The fuel is usually either oak or mesquite, with each side claiming theirs is the best

Callears R&R Bar-B-Que Catering and Restaurant

882 Macafee Road
Milan, PA 18831
PHONE:
570-888-2927
Catering

92 Winslow Street
Sayre, PA 18840
PHONE:
570-888-1088
Restaurant

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BARBECUE: What is it really? (cont.)

for making true barbeque. As far as sauce goes, it is almost an afterthought, with it rarely served at the table and practically never put on the meat. The philosophy is that the meat should speak for itself and as one old timer told me, "sauce hides a multitude of sins".

As the terminus of the old cattle drives, Kansas City seems to have all of the bases covered. Beef and pork hold equal sway when it comes to preparing and eating barbecue. Beef brisket, pork ribs and even

chicken are cooked low and slow over a blend of hickory and oak coals until they're so tender and delicious that it'll make you crazy. Sauces are a tangy and piquant blend of tomatoes and spices, then fortified with vinegar. Seasonings for the meat are a fiery blend of paprika, cayenne, salt pepper and celery salt to help balance out the heat.

Now is barbeque a cooking style or an actual food. Ask folks in North Carolina for a barbecue and you'll be served a pulled or chopped pork sandwich, topped with

By Paulie G.

coleslaw and served on a bun. Ask the same question in Texas or Kansas City and they'll look you in the eye and say, "a barbeque what?" To them, as it should be, barbeque is a verb, not a noun.

As you have no doubt come to realize, barbecue means different things to different people, whether it's grilled tri-tip in California or Cornell style barbeque chicken here in the valley and the southern tier of New York, the one common thread is that barbeque is delicious and makes people happy.

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Callears R&R Bar-B-Que is proud sponsor to 15 young ladies in the Valley Youth Soccer program. This organization of over 100 volunteers provides over 800 valley children between the ages of 3 and 18 with the opportunity to participate in a team sport. We salute this organization's volunteers for their very valuable efforts in building character and a stronger community!



*A great recipe just in
time for the holidays
...and for just a little
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Barbecue Chicken
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BBQ BAKED APPLES WITH SAUSAGE AND SAGE

Paulie G.

3Tbsp unsalted butter
1 sm onion, finely diced
1 rib celery, finely diced
12 oz Ron's breakfast sausage, removed from casing
½tsp ground sage
salt and pepper to taste
3-4Tbsp real maple syrup
8 large apples (McIntosh, Cortland or Granny Smith)
1 cup apple chips, soaked for 1 hour in apple cider, then drained

1. Melt 1tbsp butter in a large skillet over medium heat. Add onion and celery and cook until golden brown, about 4-6 minutes. Add sausage and sage, increase the heat to high and cook, breaking up the meat with a wooden spoon until the sausage is lightly browned, about 6-10 minutes. Season with salt and pepper and transfer to a heat proof bowl to drain off excess fat. Reserve the fat for basting.
2. Using a melon baller and starting at the stem end of the apple, remove the core to make a cavity, taking care not to cut all the way through the apple. Spoon the stuffing into the apples, dividing equally between them. Press down firmly in order to get as much stuffing in to each cavity. Pour a little of the maple syrup over the stuffing in each apple. Place a small piece of the remaining butter on top of the stuffing. Brush the sides of the apples with the reserved sausage drippings. The apples can be made ahead up to this point. Cover with plastic wrap and chill.
3. Set the grill up for indirect grilling a preheat to medium. If using a gas grill, place wood chips in a smoker box and run the grill on high until you see smoke, then reduce the heat to medium. If using a charcoal grill, place a drip pan in the center, preheat the grill to medium, then toss chips on the coals.
4. Place apples in the center of the hot grate, over the drip pan and away from the heat and cover the grill. Cook apples until soft 40-60 minutes. Transfer to a platter and serve immediately.

NOTE: This recipe can be made and cooked in the oven at 375°F for 30-35 minutes or until soft.