

POP HAYDN

EASTERN NORTH CAROLINA BBQ SAUCE

CARING ABOUT THE 21ST CENTURY



In the pre-revolutionary war period, most Americans and British believed the tomato plant poisonous—a member of the Deadly Night Shade family. BBQ sauces were based on English ketchup, which was vinegar-based and flavored with oysters, peppers and other flavorings.

Eastern North Carolina BBQ comes from this tradition, and eschews not only tomatoes, but also the corn syrup, molasses and other thickeners that go with most thick, sugary barbecue sauces.

INGREDIENTS

1 cup cider vinegar
1 cup white vinegar
1 tablespoon brown sugar
1 tablespoon hot pepper sauce
1 tablespoon cayenne pepper
1 teaspoon salt
1 teaspoon coarse ground black pepper

DIRECTIONS

Combine the white vinegar, cider vinegar, brown sugar, cayenne pepper, hot pepper sauce, salt and pepper in a mason bottle.

Refrigerate for 1 to 2 days before using. That lets the flavors blend thoroughly. Shake occasionally, and store for up to 2 months in the ice-box.

Use as a marinade for shredded pork. Cook pork butt all day in a crock pot, using about half of the mixture. Shred the pork and add some fresh sauce. Put the shredded pork on a bun and add some coleslaw on top for a traditional North Carolina BBQ sandwich.



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