

B.B.Q. SPREADING SAUCE FOR ALL MEAT.

For Chicken Breast, or for Pork and Lamb ribs,
Or for any other meat cooked in the oven or on the B.B.Q.

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Preparation Time; 10 minutes Cooking Time; 23 Minutes

This recipe will make 8 to 10 cups Of B.B.Q. Sauce, or fill 4 or 5 of 2 cups containers (See photo below).

NOTE: Please wait at least 10 minutes of cooking time before tasting the sauce since that before that time the vinegar did not have enough time to evaporate and the spices are not yet all absorbed in the sauce. Don't forget that this is a spreading sauce and is not meant to be consumed all by itself. This sauce was created to keep your meats juicy and tasty in the oven and to prevent them from burning on the B.B.Q.

Step # 1- DRY SPICES & Vinegar.

- 1 Tea Spoon of Salt.
- 4 Tea Spoon of Mexican ground Paprika.
- 1 Table Spoon of Garlic Powder.
- ½ Tea Spoon of White ground Pepper.
- ½ Tea Spoon of black ground Pepper.
- ½ Tea Spoon of ground Cayenne Pepper
- ½ Tea Spoon of Curry Powder (Medium)
- 1 Tea Spoon of Onion Salt.
- ½ Tea Spoon of Turmeric.
- ½ Tea Spoon of Cummin.
- ½ Tea Spoon of Chili Powder.
- ½ Tea Spoon of ground Mustard.
- 2 Cups of White Vinegar.
- 1/3 Cup of water.
- 1 Tea Spoon of Wokcestersire Sauce.
- ½ Tea Spoon of Natural Hickory Liquid Smoke Flavour, (**Liquid Smoke is Optional, if you don't have a B.B.Q. and that you still want to have that B.B.Q. smoky flavour in your Sauce**)

Put all the above ingredients in 4 quart cooking pot and hard boil for 3 minutes while mixing briskly and constantly and then turn down the heat to Medium and add all the other ingredients below.

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- 1 Cup of Molasses, (regular)
 - 1 Cup of Brown Sugar. (Loosely packed)
 - 2 Cups of **MY Ketchup Recipe**
 or regular **Heinz Ketchup**,
 - 1 Can of Tomato Paste 156 ml.
 - 1 Can of Tomato Sauce 680 ml.
 - 2 Tea Spoon of Beef Bovril.
 - 1/4 Cup of Maple Syrup. (**Optional-Use this ONLY if you Like your sauce Sweeter and Less Spicy**).

After 20 minutes, taste the sauce and then you can decide if you want to use the Maple Syrup or not.

Stir slowly all the above till you obtain a gentle boil again and then lower the heat to **Medium-Low** or just enough to keep a gentle boil, and never put the cover on the pot for all the cooking time of this recipe. Start to count the time (20 Minutes) at the first gentle boil and then stir slowly every 2 to 3 minutes, After 20 Minutes of gentle boil the sauce should now be very Spicy and tasty and reduced enough and is now ready for use. Remove the pot and put it on a cold surface. Let cool down for 15 minutes before pouring in the plastic containers.

The sauce will lose some of its spicy properties as it will cook again with the meet so it is recommended to spread the meet again with this B.B.Q. SAUCE just before serving. The sauce must always be HOT (pre-heated) before spreading it on your meat, or for cooking on a B.B.Q. and just before serving. Don't forget that there is no preservative in it so it is best to be consumed within one Month from the Preparation date. The rest can be frozen in small containers for the freezer. Once frozen it should be used within 6 months from the frozen date.

BON APPÉTIT.

