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# The Mantis Big Book of BBQ

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The definitive guide to easy outdoor cooking



The Mantis test kitchen

Anyone can cook great BBQ at home. Here is a preview of some recipes from the upcoming Mantis BBQ cookbook!

## Smoked Pork Shoulder (Boston Butt)



Pulled pork – use a Boston butt, bone in (top part of the pork shoulder) and smoke between 250-300 for about one hour per pound. Smoking a pork shoulder takes a long time but the meat is forgiving and if you do a reasonable job of monitoring your cook the results can be spectacular.

Rub- I start with a thin coat of olive oil and then apply a layer of mustard with horseradish. On top of that I add a rub that is roughly equal parts; salt, pepper with garlic powder, paprika and a little herbs de provence – coat well.

For the sauce I recommend a North Carolina style sauce (e.g., with some cider vinegar. You can take Mantis Sauce and add some cider vinegar and a little sugar to taste) that is designed to enhance but not hide the flavor of the pork.

Cook – get the smoker up to at least 250 (I go hot, up to 300 and then let it settle at 250-275) and put the butt on fat side up. After the internal temp gets above 170 (about 4-5 hours for an 8lb butt) wrap the butt in foil but keep a thermometer probe in to monitor the temp.

After the internal temp reaches between 195-200 remove the butt and let it rest for 30 minutes. Open and a good sign that it is done is if you can easily and cleanly pull out the shoulder bone with your hand.

Pull apart with tongs and if you want you can add some sauce now or sauce by the serving

Serve with sauce and sides. Either plain or as sandwiches with coleslaw are great.

## Smoked Turkey



For Turkey I start with a rub that is blend of paprika and garlic powder supported by a little salt and pepper and with a healthy dose of herbs de Provence.

Prep- a turkey can easily dry out so the prep involves a few steps. First, remove the neck and giblets then I rub a very light layer of butter on the skin and then apply the rub to the bird. After that I inject the Turkey with a mix of salted water with just a little sugar.

Cook – Put the turkey breast side up in the smoker and with the legs pointing toward the hotter part of the pit. I generally try to start smoking a little hot (300-350 for the first hour) to get a crisp skin on the bird and then let it settle at 250-275 for the balance of the cook. When the color is where you want it to be, around two hours and a half hours into the cook (temp around 150-160) it is time to put the bird in a foil pan and wrap it in foil. But before closing up the foil around the bird, take a stick of butter and rub the bird well, then close the foil around the bird for the balance of the cook. After about 3 ½ hours, when the temp reaches at least 165 in both the breast and legs your turkey is done. Take the bird off of the pit and let it rest for 20-30 minutes and then you are ready to carve.

## Smoked Turkey Drumsticks “Disney style”



These drumsticks are simple to make and will get you rave reviews! Use large turkey drumsticks- the bigger the better!

Prep – create a brine based on 3 teaspoons of salt, three tablespoons of brown sugar and one cup of water. Dissolve the salt and sugar in the water (use hot water and then add ice). Put two turkey legs and brine to just cover into a one gallon zip-lock bag and refrigerate overnight. When ready to cook rinse the meat and pat dry.

Cook – smoke at 275-325 and cook 2 ½-3 hours until the temperature reaches at least 165.

Serve – big enough for a two-fisted meal or you can slice the meat off and serve next to the bone.

## Smoked Baked Potatoes



A smoked potato is unexpectedly good! Take any type of baking potato and lightly coat with olive oil, salt and pepper. With a fork, poke about 6 holes in each potato to let steam escape while cooking. Put in smoker for approximately two hours or until a bit soft. Serve plain or with toppings. For a slightly different twist on this you can use sweet potatoes.

## Smoked Brisket



Brisket is a tough cut of meat and can be tricky to cook. Finding the right point of tenderness can be elusive and two keys to cooking a good brisket are fire management and close monitoring of the internal temperature. I usually cook a 7-8lb brisket and have had good success with the approach below but don't be surprised if it takes some practice to get a perfect brisket.

When ordering your brisket ask the butcher to leave just a thin (about 1/4 inch) layer of fat on top.

Prep- Start by rubbing the brisket with olive oil. Then, I recommend a Texas style rub, about 50-50 between salt and pepper and apply fairly heavy. Let the brisket warm to room temp and then you are ready to cook.

Cook- get the smoker to 275 and place the brisket on fat side up. Try to keep the temperature around 275 for the first few hours and then it is OK if it goes down to around 250. Also beware of the stall, often the temp holds at around 160 degrees and you just need to be patient – it will start to climb again. After 4-5 hours wrap the brisket in butcher paper and put back in the smoker. The brisket will be done in another 5 hours or so, when it gets to between 196-205 degrees.

Take the wrapped brisket and then let it rest, wrapped in newspaper or towels in a cooler for 1 hour, which lets the juices re-absorb into the brisket.

Burnt ends – separate the point from the flat. Take the end of the point and cut into roughly one inch cubes. Put in pan with sauce and either put back onto the smoker for an hour or for speed cook in the oven or stove-top.

## BBQ Beef Ribs



Use Giant full bone beef ribs (sometimes called plate ribs) – full bone for great impact and visual effect or can have the butcher cut in half.

Prep - Trim well rub with olive oil and a simple but generous rub of salt and pepper.

Cook- Smoke at 250-275 for 5-6 hours, bone side down and then wrap in butcher paper, put into a cooler and let rest for 30-45 minutes. Easy to cook and delicious!

Serve – you can serve “dinosaur style” (whole bone) or slice the meat off of the bone and serve along with other main courses.

## **Ribs!...either babyback or St. Louis cut**



Everyone loves ribs and here are a couple of different versions guaranteed to please a crowd. You can use either babybacks (smaller and tender) or St. Louis cut (bigger and meatier) for each recipe, with the cook time of the babybacks about 20 to 30 minutes shorter.

Prep- Start by removing the silverskin on the bottom by taking a sharp knife putting under the skin and when you can separate it a bit then get a good grip and pull it off by hand. Next rub the ribs. I use a mix of paprika, garlic powder, cayenne and herbs de provence. You can experiment by adding other ingredients like cumin. If you like a bit of sweetness to your ribs I recommend adding brown sugar, up to 1/3 of the rub mix. Next, coat each rib with a thin layer of olive oil and then rub the ribs, coating each side with the rub. If you have time let them sit a few hours in the fridge but this is not necessary.

Cook- get the smoker up to 225 to 250 and put the ribs on meaty side up. There are two basic cooking options “regular” and “competition”

For a “regular” cook smoke for about two and a half hours then turn. Take off after 4 to 4 1/2 hours for baby backs and 4 1/2 to 5 hours for St. Louis. Wrap tightly in butcher paper and place in a cooler for a half hour. Then serve.

For “competition style” smoke for about two and a half hours then take off the smoker and set them on either butcher paper or foil. Add a layer of brown sugar or some agave along with a little BBQ sauce. Wrap tightly and put back on the smoker until done as above.



## **Fried Ribs!**

### **Same as above but fried!**

First make the wash with 2 cups of Milk, 2 eggs and about 1/3 bottle of beer and mix all together. For the breading take some all purpose flour and season with Salt pepper and any Others spices you want (e.g., cayenne peper). Cut ribs into individual pieces and dip in the beer batter then dredge in the flour, do it again and you are ready to fry!

Cook – get the oil up to 325 degrees and fry ribs for five minutes, until golden brown. Cool and serve with sauce.



### **Rodizio (aka rotisserie) Salami**



Skewer salami on a rotisserie and go over fairly high heat for 45 minutes. Slice and serve with horseradish mustard. Guaranteed to surprise people!

### **Rodizio Lamb Chops...coming soon**



### **Smoked bologna**



This one is guaranteed to surprise! Take either regular or kosher (beef bologna) and cut into two to three inch chunks. Smoke anywhere from 225-275 for 2 and one half hours. Remove, slice into cubes and serve with mustard. Have your guests guess what they are eating!

## Smoked sausage



Take pretty much any type of sausage and smoke for one and a half to two hours. Check after an hour or so to make sure it is not drying out. Cut up and serve.

## Smoked Bacon

Ideally use thick cut bacon (if you can find Peter Luger brand it is spectacular!) and smoke anywhere between 225 and 275 for 45 minutes to an hour. Delicious! Bacon tastes great no matter how you prepare it but here are a couple of fun options:

- Sprinkle on some brown sugar and just a little pepper
- Add to the above some hot sauce. Anything will work but a hot sauce with a touch of fruit (e.g., peach) is great



## Bacon wrapped pretzels

Take either smoked or microwaved bacon and wrap a strip of bacon around each pretzel. Put on the grill for about five minutes or until the bacon shrinks and tightens around the pretzel. Serve with mustard.

## Tomahawk steak - smoke and sear (reverse sear)

The Tomahawk is a ribeye with the bone attached and usually between 1 1/2-2”s thick. The idea here is to smoke the meat until 115 degrees internal temp (for about an hour) to get an even cook through the thick cut as well as a smoky flavor and then to finish it up on a hot grill until desired done.



Bring steaks up to room temp and rub with olive oil, salt and pepper. Bring smoke up to 250. Place steaks in smoker until 115 degrees (about an hour). While steak is cooking bring a grill up to high temp. Remove steaks from smoker and grill until preferred doneness. Take steaks off of grill, wrap and rest for 15-20 minutes to seal in the juices. Serve!

**Cubano style pork shoulder...and cuban sandwiches!...coming soon**



**La Caja China Duck...coming soon...**



**Alabama White Sauce Chicken...coming soon**

**Smoked Tri-tip...coming soon**

**Pastrami wrapped hot dogs**



Easy and delicious! Grill hot dogs, buy some pastrami and wrap around the hot dogs. Put in bun, add condiments – eat!

**Smoked Egg Plant**



Rub some olive oil, salt and pepper on the egg plant. Smoke for an hour to an hour and a half and serve. Personally I don't eat egg plant but I'm told this is really good!

**Fried Pickles...coming soon**



## Pizza! ...coming soon



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### The list:

1. Plain
  2. Bacon and egg
  3. Peach and prosciutto
  4. Peach and balsamic
  5. Buffalo chicken
  6. BBQ chicken
  7. White pizza with red onion, pistachio and honey
  8. Penne vodka
  9. Blueberry, corn and balsamic
  10. Hot dog stuffed crust
  11. Strawberry pizza – mozz, strawberries, pecans, arugala and balsamic
  12. Pastrami pizza – pastrami, mustard, kraut and thousand island dressing
  13. Mortadela
  14. ...and more coming soon!
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