



This award-winning, step-by-step, DVD cookbook brings a unique body of barbecue knowledge and experience directly to you. Three BBQ masters and restauranteurs team up to unveil their secrets behind their authentic "low & slow" style of barbecue, using spice rub combinations, temperature controls, woods, marinades, and sauces on a wide variety of foods.

Detailed demonstrations include:

- \* whole hog
- \* pulled pork
- \* chicken
- \* beef brisket
- \* ribs
- \* fish

*"The overall quality on this tape surpassed all my expectations and truly is second to none."*

- National Barbecue News

*"clear and concise instructions and demonstrations will help all home barbecue chefs improve their product."*

- Library Journal

Little Rock:



Memphis in May, World Grand Champion  
**Mike Davis**, reveals his winning cooking techniques.

St. Louis:



20-year master BBQ cook and world grand champion  
**Terry Black** demonstrates how he creates his extraordinary barbecue.

Kansas City:



**Jeff Stehney**, winner of 8 BBQ grand championships, details his unique approach to his low & slow style of barbecue cooking.

Winner of 2006 Telly Award



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Time: 74 minutes



**BBQ SECRETS:** The Master Guide to Extraordinary Barbecue Cookin'



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## **BBQ SECRETS:**

The Master Guide to  
**Extraordinary**  
Barbecue Cookin'

**RECIPE BOOKLET**



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## Southern Gentlemen's Culinary Society Championship Whole Hog

**1 pig** (around 120 pounds, 30-35% fat)

**Have on hand 5-6 pounds of rub**

**2 gallons of sauce**

**1 lb box light brown sugar** (reserve 1 cup)

**1 beer**

**Foil**

**Time**

Butterfly open, cut down through rib joint on each side of backbone. Remove outer skin, save for later. Trim off fat. Apply rub; add beer to make paste, evenly all over. Place on rack in cooker, belly side down. Cook slowly at 225 degrees. After 8 hours, put skin back on, wrap tightly with foil. Put back into cooker for another 12 hours. Remove, unwrap and discard foil. Evenly coat backside with rub, sprinkle brown sugar all over. Dab sauce overall, then mix thoroughly with brown sugar. Dust with reserve cup of brown sugar. Slide back into cooker for final hour at 150 degrees.

## Bacon Wrapped Shrimp Stuffed with Horseradish

**16 shrimp** (12-16 count, peeled and deveined)

**Cowtown All-Purpose Seasoning**

**2 T butter**

**2 T green onions, chopped**

**3 T horseradish sauce**

**2 T breadcrumbs**

**1 T Parmesan cheese**

**1 lb low salt bacon strips**

Melt butter and sauté green onions for 1-2 minutes. Add horseradish, breadcrumbs and parmesan cheese, mix thoroughly and remove from heat. Stuff a small amount of the horseradish mixture into the cavity where the shrimp was deveined.

Season both sides of shrimp with Cowtown All-Purpose Seasoning. Wrap each shrimp with one strip of bacon and secure with a toothpick.

Place on a grill or smoker over low heat (200 degrees) with wood chunks added for smoke flavor. Smoke for 20-30 minutes over low heat and high smoke. Move shrimp to high temperature area of the grill or smoker and cook an additional 5-10 minutes until bacon is crisp, turning once.

## Kansas City Barbecue Sauce

**3 cups ketchup**  
**1 cup white granulated sugar**  
**1/2 cup brown sugar**  
**1/2 cup apple cider vinegar**  
**2 T molasses**  
**1 T Dijon mustard**  
**1/4 cup water**  
**1 T Worcestershire sauce**  
**1/4 tsp liquid smoke**  
**1 T salt**  
**2 tsp black pepper**  
**1 tsp onion powder**  
**2 tsp garlic powder**

Combine all ingredients and simmer for 1 hour, stirring often.

## JM's Grilled Portobello Mushrooms

**2 large Portobello mushroom caps**  
**3 T olive oil**  
**2 T Worcestershire sauce**  
**2 T butter**  
**1/8 tsp garlic powder**  
**1/2 tsp Pepperall crushed peppers**  
**1/2 tsp Cavender's Greek seasonings**

Mix together in a small saucepan the olive oil, Worcestershire sauce, butter, garlic powder, crushed peppers, and Greek seasonings. Stir over a medium heat for 5 minutes. Let cool. Slice Portobello's 1/4 inch thick, then place in shallow dish.

Pour marinade over sliced mushrooms and let sit for 10 minutes. Skewer each mushroom slice, using 2 kabob sticks, one on each end. Grill on top rack, or over low heat for 10-15 minutes until soft.

\*If using wooden sticks, soak in water first, otherwise they will burn.

## Our Blend Coleslaw

**2 1/2 lbs 1/8" shredded coleslaw**  
**3 T coleslaw spice**  
**1/4 cup sugar**  
**1/2-3/4 cups coleslaw dressing**

Toss ingredients together, adding enough dressing to desired consistency.

## Sarge's Seasoning

**2 tsp onion powder**  
**1/2 tsp garlic powder**  
**1/2 tsp season salt**  
**crushed pepper blend** (season to taste)  
**cooking oil spray**

Sprinkle ingredients individually over meat product. Before placing on grill, spray cooking oil lightly on top. Place on grill top, oil side down. This will help keep the seasonings on the meat and keep it from sticking to the hot grid. This will season 4-6 hamburgers.

## Por-Qué BBQ Beans

**4 1 lb. 12 oz cans baked beans**  
**4 slices bacon, diced**  
**1/4 cup onion, chopped**  
**1 T BBQ rub**  
**3/4 cup BBQ sauce**  
**1/4 cup brown sugar, packed**

Place baked beans in a baking dish. Fry diced bacon until done. Add chopped onion.

Cook over a medium heat until onion is soft. Pour off excess grease. Stir in rub and brown sugar, until liquefied. Add BBQ sauce. On low heat, cook an additional 10 minutes, stirring constantly. Add to beans and mix together. Bake at 275 degrees for 1 1/2 hours.

\*Optional: Add 2 T diced red pepper to onion mixture as it simmers.

## Joe's Squash Rockefeller

**4 large yellow squash**  
**10 oz chopped frozen spinach**  
**1/4 cup celery, diced**  
**1/4 cup green onions, chopped**  
**1 tsp fresh garlic, finely chopped**  
**1 tsp Worcestershire sauce**  
**1/2 tsp Tabasco**  
**1/4 cup sour cream**  
**1/2 stick salted butter**  
**1 tsp Joe's Original BBQ Seasoning**  
**1/4 cup dry breadcrumbs**  
**3 T grated Parmesan cheese**  
**1/2 cup Colby jack cheese, grated**  
**olive oil**  
**salt and freshly ground black pepper**

Sauté celery and garlic in olive oil over medium heat for 5-8 minutes. Add spinach and green onions and continue cooking for 5 minutes. Transfer the sautéed celery, garlic, spinach, and green onion mixture to a food processor. Add the Worcestershire, Tabasco, sour cream, butter, Joe's BBQ Seasoning and breadcrumbs. Mix in the processor until blended thoroughly.

Roast squash on a grill or smoker for 30 minutes at 275-300 degrees. Remove from heat, and allow the squash to cool. Slice the squash in half long ways and use a spoon to hollow out the seed area of the squash. Top each half of squash with the spinach mixture.

Sprinkle liberally with Parmesan cheese. Place squash on a grill or smoker at 350 degrees and cook for 20 minutes. Top liberally with Colby jack cheese and cook for an additional 10 minutes. Serves 8.

## Jeff Stehney's Pork Rub

**4 T salt**  
**4 T sugar**  
**2 T brown sugar**  
**1 T chile powder**  
**1 T paprika**  
**1 T cumin**  
**1 T MSG**  
**1 T garlic powder**  
**2 tsp onion powder**  
**2 tsp black powder**  
**2 tsp white pepper**

Place all ingredients in container and thoroughly mix together.

The Pork Rub is designed for large cuts of meat. It has a high percentage of sugar. The longer the cooking time and the lower the temperature, the more sugar I prefer in rubs. Brown sugar and cumin taste better with the pork, while white sugar and lemon pepper enhance the brisket better.

## Arkansas Grilled Cabbage

**1 head cabbage, cored**  
**1 stick unsalted butter, divided into thirds**  
**1 T beef bouillon granules**  
**1 T chicken bouillon granules**  
**aluminum foil**

Place 1/3 stick butter into cabbage core. Sprinkle beef bouillon granules over butter.

Add 1/3 stick butter to cabbage core. Sprinkle chicken bouillon granules over butter.

Top with 1/3 stick butter. Wrap cabbage in 3-4 layers of foil, core facing up.

Grill on medium heat (250 degrees) for 2 hours. After 2 hours, check for tenderness. May need additional time on grill. Cut into wedges, spoon remaining juices over top. Serve.

\*Optional: Season with additional condiments, such as pepper or bacon bits to dress.

## Multi Purpose Simple Marinade

**14 -16 oz Italian dressing**

**2 T chili powder**

**4 T lemon juice**

**1 T apple cider vinegar**

**2 T water**

Mix lemon juice, apple cider vinegar, water, and chili powder together. Make sure all cluster lumps are beaten out, so that you get a nice even distribution.

In a bottle, add the above mixture to the Italian dressing and shake well. Best if it sits 24 hours before using. This allows the spices to release. The apple cider vinegar and lemon juice give a citrus tang flavor.

Great for marinating pork chops and chicken breasts overnight. Marinate in a dish and cover with plastic wrap tightly.

## Jeff Stehney's Brisket Rub

**6 T sugar**

**4 T salt**

**3 T MSG**

**3 T chile powder**

**2 T paprika**

**2 T lemon pepper**

**2 T onion powder**

**2 T garlic powder**

**2 T black pepper**

**1 T cayenne pepper**

Place all ingredients in container and thoroughly mix together.

The Brisket Rub is designed for large cuts of meat. It has a high percentage of sugar. The longer the cooking time and the lower the temperature, the more sugar I prefer in rubs. White sugar and lemon pepper taste better with the brisket, while brown sugar and cumin enhance the pork better.

## Ultimate St. Louis Style Pork Chop

**4 thick cut pork loin chops**  
**1 lb Italian sausage**  
**2 lbs provolone cheese**  
**1 cup marinade** (Super Smoker's Mississippi Mud)  
**1/2 cup dry rub**  
**toothpicks**

Start with a pork loin chop that is about 1 1/2 inches thick. Cut a slit in its side to create a pocket. Dip the chop in your favorite marinade. Then add your favorite dry rub to the outside of the chop. Blend together the sausage and cheese. Stuff this mixture into the pocket of the chop. Seal it up using toothpicks. Using indirect heat on a kettle style smoker, these juicy stuffed pork chops should be done in about an hour. On a gas grill it will cook much faster.

## Grilled Portobellos

**4 large Portobello caps**  
**1/2 cup Super Smokers "Mississippi Mud" marinade**  
**2 cups grilled chicken, chopped**  
**1 lb 4-blend cheese**

Remove the stems from the Portobello mushrooms. Clean and rinse. With cap facing up, pour marinade over, and let sit for a couple of minutes. Pour off excess liquid, but leave just a little for flavor. Place chopped grilled chicken (or other cooked meat of your choice) on top of Portobello. Top with 4-blend cheese. Cook on a gas grill over direct heat, at a low temperature. In just a few minutes, when cheese melts, they are ready to eat. Serve immediately!

## Sweet and Sour Sauce over Cabbage

**1 green apple, chopped**  
**1 large head of cabbage, shredded**  
**1 large onion, finely sliced or chopped**  
**3/4 cup plus 2 Tablespoons sugar**  
**1 cup vinegar**  
**3/4 cup vegetable oil**  
**2 tsp salt**  
**1 tsp celery seed**  
**1 tsp dry mustard**

Layer cabbage and onion in a bowl ending with cabbage. Mix in some of the chopped apple during the process (using the entire apple by the end of the process). In a saucepan combine sugar, vinegar, oil, and spices. Bring to a boil. Pour over cabbage. Do not stir. Cover and refrigerate (overnight is best).

Stir just before serving. Yields about 8-10 servings and keeps for about one week in the refrigerator.



## E-Z Rub

- 1 T onion powder**
- 1 T chili powder**
- 1 T garlic powder**
- 2 1/2 T black pepper**
- 1 T seasoning salt**

Thoroughly mix all ingredients together. Apply to meat product at least 30 minutes prior to cooking. The longer it can marinate, the tastier the outcome. Best results are if the rub can be applied on meat and refrigerated overnight.

This E-Z Rub gives great results when used on pork and chicken.

## Honey Hot Wings and Sauce

- 1 cup honey**
- 1/4 cup Super Smokers "Texas Hot" Sauce**
- 1/8 cup apple juice**

This sauce goes great on BBQ Hot Wings, as follows:

Pour E-Z Rub in a plastic bag of chicken wings and let dry rub marinate the wings for at least thirty minutes while your coals are burning to white.

Put the wings on your BBQ grill, or smoker, using indirect heat and smoke.

Use some form of wood smoking chips, such as apple, cherry or pecan. Smoke for 30 minutes. Then finish in a pan or open foil pouch (over the coals, with direct heat) with sauce. Pour the sauce over the wings in your pan or pouch. Blend until all wings are evenly coated. Wings will finish in 10-20 minutes over your hot coals, using direct heat.

## St. Louis Red Sauce

- 4 cups ketchup**
- 10 oz Heinz 57 sauce**
- 5 oz A-1 sauce**
- 1 1/2 cups apple juice**
- 1/3 cup Worcestershire sauce**
- 4 oz. Pickapepper sauce**
- 1/3 cup dark caro syrup**
- 2 tsp black pepper**
- 1 tsp garlic powder**
- 1/3 cup honey**
- 1/4 cup molasses**

Blend all ingredients together. To make it less spicy, eliminate or reduce the Pickapepper sauce. This is a flavorful barbecue sauce for just about any application. Brush on during last ten minutes of cooking.