

SPECIAL BARBECUE SAUCE

Recipe courtesy of Sinclair Community College Culinary Arts Program at the 2007 Cityfolk Festival

1 onion, finely chopped
3 cloves garlic, minced
½ cup olive oil
2 tablespoons brown sugar
1 tablespoon chili powder
2 teaspoons salt
1 teaspoon dry mustard
1 teaspoon paprika

A pinch of cayenne pepper
¼ teaspoon each thyme and marjoram
A generous pinch of rubbed sage
2 tablespoons water
2-8 ounce cans of tomato sauce
½ cup freshly squeezed lemon juice
2 drops hickory or mesquite liquid smoke (optional)

Sauté onion and garlic in olive oil until translucent, but do not allow to brown. Combine brown sugar, chili powder, salt, mustard, and remaining herbs to form a paste with the 2 tablespoons of water. Add liquid smoke, if desired (not necessary if you will be using an outdoor grill). Simmer mixture without covering, for 10-15 minutes, stirring occasionally, until mixture slightly thickens.

Use sauce to brush on meat during the last 10-15 minutes of grilling or brush meat as a basting sauce.

The Sinclair Community College Culinary Arts Program, a division within the college's Hospitality Management Department, offers students a combination of technical, business and general support courses to earn an associate degree in Applied Science and become certified cooks, chefs and foodservice management professionals.

