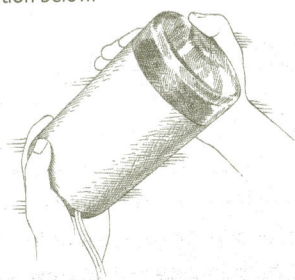


**EQUIPMENT: Spice Grinder**

You can buy a specialized tool designed just for grinding spices, but most cooks will find it easier to invest in a cheap coffee mill that they use exclusively for grinding spices. (Don't try to grind coffee beans in a mill that has been used for spices. Mills are impossible to clean thoroughly, and cumin-flavored coffee isn't the best way to start your day.) Don't use an expensive burr coffee grinder; spices can be ground perfectly well in the blade-type grinder that has a small hopper on top. To get an even grind, see the illustration below.



Hold the coffee mill in one hand and place the other hand over the hopper on top. Lift the whole unit off the counter and grind, shaking the unit gently to move the spices around the blade and grind them evenly and finely.

can be left on foods for several hours without causing fires.

Spice rubs can be used on just about any type of food you want to barbecue, and, in general, you can mix and match rubs and pastes on different foods with abandon. Still, it's worth following a couple of guidelines. First, consider matching the strength of the rub or paste with the nature of the food being cooked. For example, earthier spices are better with meat, lighter spices and herbs with fish and chicken. Also keep in mind that spices like cumin and paprika are good "bulk" spices, while aromatic spices like cinnamon and cloves should be used lightly.

We find that bare hands—not brushes—are the best tools for applying rubs. Use a bit of pressure to make sure the spices actually adhere to the food. Although the rubs can be applied right before cooking, we find that the flavor of the spices penetrates deeper into the food if given some time. In general, we like to refrigerate rubbed meats for at least a few hours (and sometimes a few days) to allow the flavor to develop.

**Dry Rub for Barbecue**

MAKES ABOUT 1 CUP

*You can adjust the proportions of spices in this all-purpose rub or add or subtract a spice, as you wish. For instance, if don't like spicy foods, reduce or eliminate the cayenne. Also, if you are using hot chili powder, you may want to eliminate the cayenne. This rub works well with ribs and brisket as well as with Boston butt if you want to make pulled pork.*

- 4 tablespoons sweet paprika
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 tablespoons dark brown sugar
- 2 tablespoons salt
- 1 tablespoon dried oregano
- 1 tablespoon granulated sugar
- 1 tablespoon ground black pepper
- 1 tablespoon ground white pepper
- 1–2 teaspoons cayenne pepper

Mix all ingredients together in a small bowl. (The rub can be stored in an airtight container at room temperature for several weeks).

**BARBECUE SAUCES**

BARBECUE SAUCE IS THE MOST COMMON sauce used for grilling. Almost all sauces contain ingredients such as tomatoes or a sweetener that will cause them to burn if left on grilled foods for any length of time. For this reason, these sauces are usually brushed on grilled foods during the last few minutes of cooking and also served at the table.

Classic barbecue sauce is relatively easy to make. We found that the combination of tomato sauce and whole tomatoes in juice cooks down to a thick, glossy texture. Vinegar, brown sugar, and molasses add the sour and sweet notes, while spices (paprika, chili powder, black pepper, and salt) round out the flavors. For some brightness, we add a little fresh orange juice as well. The only downside to this sauce is that it takes at least two hours of gentle simmering for the flavors to come together and for the tomatoes to break down into a sauce of the proper consistency.