



Grilling Basics

with

Chef Todd Leonard CEC

Understand Heat!!

Grilling is a dry heat cooking method, the flavor of the grill we love so much comes from char or caramelizing of the product. Picking the meat to be grilled is very important. Choose meats that have good fat content to them. The fat will melt as the dry heat cooks the meat keeping it moist, good fatty meats such as a rib eye may not need more than a good seasoning to be a great grilled item! Other meats that may contain less fat and juice need assistance in cooking with “moping and basting”. Marinating and seasoning of meat should always be done with the purpose to enhance the natural flavor of the meat or vegetable NOT TO MASK or take away from the product itself. It is important to understand heat, bigger pieces of meat need lower heat and longer cooking time or the outside will char or caramelize to quickly leaving it over cooked and the middle still raw. TURN IT DOWN! Low and slow with moping and finishing techniques during the cooking process will make grilling become a love of your cuisine!

The 3 Basics of Marinating

1-**Flavor**-Rubs, herbs, garlic, salt, pepper and CHEF TODD’S PIT SEASONING!

2-**Acidity**- citrus, vinegar, wine, Worcestershire and hot sauces.

3-**Fat**- Oils, butter, larding, barding

Using marinades to mop and baste with is appropriate as long as the liquid has a chance to cook thoroughly as the meat cooks

Finishing Techniques

Generally all meats need to be finished with a flavorful liquid at the end of cooking to help keep moisture and shine to the meats. Simple ideas are:

- 1- Butter or flavored butters rubbed on meats or served with grilled meats
- 2- Fresh olive oil marinades not contaminated with raw meat
- 3- One of Chef Todd’s favorites is a mixture of butter or olive oil, lime juice, and Cholula hot sauce.
- 4- Glaze= BBQ, Teriyaki, Sweet and sour or Savory meat
- 5- Fruit juices- specially good on fish or white meats

DON’T BE A FLOP, USE YOUR MOP!

Chipotle Lime Marinade

Chef Todd Leonard CEC

Serving 12

Prep Time: 10 minutes

1 Tablespoon Chef Todd's Pit Seasoning

2 Tablespoons Chipotle chile canned in adobo, pureed. less if a more mild marinade is desired

2 Tablespoons Garlic, minced

1 Cup lime juice

1 Cup blended oil

Combine all ingredients together, and coat your desired meat.

You may wish to add the flavor items first to the meat then the liquid items for a more rub marinade. Great with vegetables!

Yields 2 cups



Dutch Oven #1

with

Chef Todd Leonard CEC

Chili Verde

National Pork Producers Council

www.nppc.org

Servings 8

Prep Time 25 minutes

Cook Time 1 hour 30 minutes

2 pounds boneless pork butt shoulder, cubed and dusted with flour seasoned with black pepper
2 tablespoons bacon drippings OR vegetable oil
3 cups chopped onion
3 cloves garlic, minced
1 tablespoon oregano
2 tablespoons ground cumin
2 teaspoons salt
6- 4 ounce cans diced green chilies, drained
3- 14 ½ ounce cans chicken broth
1 teaspoon hot pepper sauce, to taste

Heat fat in dutch oven over medium-high heat; add pork cubes and brown evenly on all sides. Add onions and garlic to pan; cook and stir until onions are tender, about 10 minutes

Stir in remaining ingredients and bring to a boil. Lower heat to a simmer, cover and simmer until pork is very tender and liquid is slightly thickened. Serve immediately over hot cooked rice, if desired. Garnish with fresh cilantro.

Peach Cobbler

Chef Todd Leonard CEC, Thrive Foods

Servings 6

Prep Time 55 minutes

Peach Filling

4 cups fresh or frozen peaches, or 2 cans
½ cup brown sugar
¼ cup butter
1 teaspoon Vanilla extract
¼ teaspoon cinnamon
1 ½ cups apple juice

Streusel

¼ cup brown sugar
¼ cup quick oats
¼ cup white flour
¼ cup butter
¼ teaspoon cinnamon

Cake

1 ½ cups white flour
1/3 cup white sugar
¾ teaspoon baking powder
¼ teaspoon salt
½ cup butter milk
1 tablespoon vegetable oil
2 tablespoons butter, slightly melted
1 tablespoon vanilla extract
2 eggs

For filling: bring all ingredients in a dutch oven or sauce pan to a simmer. Let simmer for 5 minutes. For cake: Bring all ingredients in a bowl and whisk until smooth. Spoon batter over peach filling. For Streusel: Bring all ingredients into a bowl and cut butter into flour until crumbly and like cornmeal. Sprinkle over cake batter.

Bake in a 12" dutch oven for 25-30 minutes with about 32 coals.

Heat Control and Charcoal Calculator

Generally speaking, each briquette will produce about 25° F. worth of heat on a moderately warm day with no wind. However, do not use this number to try and formulate how many briquettes you should use to generate internal oven temperatures. Instead, use the general rule of thumb outlined in the charcoal calculator below to calculate the number of briquettes to reach 325° F. and then add or subtract briquettes to reach the temperature you desire. For recipes that take more than an hour to cook, after an hour remove the remaining briquettes and ash from the oven and replenish them with new briquettes.

Note: **Because the Dutch oven is already hot, you may not need as many briquettes as when you started cooking.** Sometimes you can remove 1-2 briquettes from the top and bottom the first time you replenish them. This is dependent on how the dish is cooking at the time. Use your best judgment.

Why shouldn't you use the heat values to determine temperature? The answer is, other factors such as the amount of metal used to manufacture the oven, the size of the oven (volume), and the amount of free airspace inside the oven affect the final internal temperature the oven will reach when using a set number of briquettes. The more metal, volume of food, and internal air space you have to heat up, the more heat will be required to bring your oven to the desired temperature.

Heat placement around the Dutch oven is crucial to yield the best cooking results. Briquettes placed under the oven should be arranged in a circular pattern with the briquettes half under and half out from beneath the bottom edge of the oven. Briquettes placed on the lid should be spread out in an evenly spaced ring around the edge of the oven lid. Try to avoid bunching the briquettes as this causes hot spots. Space them as evenly as possible.

The number one question asked is ***"How many briquettes should I put on the lid and how many should go underneath the oven?"*** The answer is "It depends on what you are cooking". Rule of thumb is, you take the diameter of your oven and multiply it by 2 to create a temperature of 325°F. For example, a 12" oven would be 24 briquettes would equal 325°F. One briquette added to that total adds 25 degrees. So, to get 350°F for a 12" oven, you need 25 briquettes.

To know how many briquettes you need on top of the oven and how many on the bottom you need to decide how you want to cook your dish.

For food you wish to simmer such as soups, stews, and chili's; place 1/3 of the total briquettes on the lid and 2/3 under the oven. For food you wish to bake such as breads and rolls, biscuits, cakes, pies and cobblers (rising); the golden rule is to take the diameter of the oven and the 3 up, 3 down equation, add 3 to the number for the top and take away 3 from the number of briquettes for the bottom. For example, for a 12" oven, this would be 15 on top and 9 on the bottom to get 325 degrees. For 350 degrees it would be 16 on top and 9 on the bottom and so on. For food you wish to roast such as meats, poultry, casseroles, quiche, vegetables, and cobblers (non-rising); use an even distribution of briquettes on the lid and underneath the oven.

The golden rule of Dutch oven cooking is "go easy with the heat". If the oven isn't hot enough you can always add more briquettes, but once food is burnt, it's burnt. Try as you may, you can't unburn the dish. Well, you can try to cut the bottom off burnt bread but you know you burnt it.

Many problems can be avoided by watching your ovens while you are cooking so don't be afraid to lift your oven lids to check on your food but do so infrequently because removing the lid will reduce the heat very quickly. If you see steam escaping from around your oven lids then one of two things is going on. If the dish is nowhere near done your ovens are too hot. However, if you've managed your heat well the steam could be an

indication that your dish is nearly done. Dutch ovens act as a sort of pressure cooker steaming the food from the inside out making it more tender. If you let the steam out of your Dutch oven, it doesn't help the food and more often than not the top or bottom will be burned.

Charcoal Calculator for Baking in the Dutch Oven

Baking temperatures taken from regular cookbooks, sometimes refer to slow, moderate, hot or very hot ovens. Those terms normally reflect the following temperatures:

Slow- 250- 350 degrees

Moderate- 350-400 degrees

Hot 400-450 degrees

Very Hot 450-500 degrees

Oven	325	350	375	400	425	450
Top/Bottom						
8"	16	17	18	19	20	21
Top/bottom	11/5	12/5	13/5	13/6	14/6	15/6
10"	20	21	22	23	24	25
Top/Bottom	13/7	14/7	15/7	15/8	16/8	17/8
12"	24	25	26	27	28	29
Top/bottom	15/9	16/9	17/9	17/10	18/10	19/10
14"	28	29	30	31	32	33
Top/Bottom	17/11	18/11	19/11	19/12	20/12	21/12

Servings Per Dutch Oven- These are approximate as some people can eat more than others but they do serve as an aid"

8"	1-2 people
10"	4-7 people
12"	12-14 people
12" deep	16-20 people
14"	16-20 people
14" Deep	22-28 people



Dutch Oven #2

with

Chef Todd Leonard CEC

Chef Todd's Turkey Pot Pie

Chef Todd Leonard CEC

Servings 20

Great use of leftovers! Utilize the left overs in the fridge from turkey day, or just things that need to be used up. Add left over vegetables such as mushrooms, roasted potatoes etc. Also try topping with puff pastry. If you want to use pheasant or another meat, just roast whole or sauté pieces and substitute for the turkey in this recipe.

7 ½ pounds left over turkey, or chicken- diced medium
1 pound carrots, diced small
1 pound celery, diced small
1 ½ pounds yellow onion, diced small
2 tablespoons fresh sage or rubbed
1 ½ tablespoons Italian seasoning or fresh herbs you need to use up
2 tablespoons garlic, minced
2 tablespoons shallots, minced
2 ounces Worcestershire sauce
2 pounds frozen peas
5 quarts roasted chicken stock
1 quart heavy cream
salt and pepper to taste
1 pound butter
1 pound flour

Saute and sweat the mirepoix, garlic, shallots, and herbs in a roasting pan. Add the turkey and stir in and let sweat for a few minutes. Add the stock and simmer for about 20-30 minutes or until flavors have developed. Do a first seasoning with salt and pepper, and taste.

Temper the cream with the hot stew and then add to the pan and simmer for a minute. In a sauce pan, make a roux by using the butter and flour and slowly add it to the stew as needed to tighten. Taste and adjust seasoning.

Add the frozen peas, or other vegetables you may want to use. Top with biscuits or puff pastry and bake in oven for 15 minutes at 415 or until brown.

Classic Brownies

Servings 24

½ pound unsweetened chocolate	½ pound unsalted butter
½ pound eggs	1 3/8 pounds granulated sugar
½ fl oz Vanilla extract	1 lb 10 oz All purpose flour
¼ pound pecan pieces	

Melt the chocolate with the butter over a double boiler. While the chocolate is melting, whip the eggs and sugar in a large mixing bowl fitted with a paddle attachment for 10 minutes. Add the melted chocolate and vanilla to the eggs. Stir to blend completely. Stir in the flour and nuts. Spread the batter evenly onto a parchment-lined and buttered sheet pan. The pan will be very full. Bake at 325 for 40 minutes, rotating the pan 20 minutes into bake time. Allow to cool completely before cutting. Dust the brownies with powdered sugar if desired.



Smoking with Chef Todd Leonard CEC

Andouille Sausage

Chef Todd Leonard CEC

Yield 5 pounds

5 pounds boneless pork butt, 25% fat, cubed
4 tablespoons Salt
2 tablespoons Thyme, fresh chopped
1 tablespoon Caraway seed
½ cup Garlic, minced
3 tablespoons black pepper
1 tablespoon chili powder
½ tablespoon cayenne pepper
1 cup ice water
½ teaspoon curring salt
Hog casings

Mix all ingredients together and send through grinder. Stuff in casings and allow to chill completely before cooking. Smoke in smoker at 200 for about 30-40 minutes

Baby Back Ribs

Chef Todd Leonard CEC

Servings 6

Prep Time 3 hours 30 minutes

3 racks baby back ribs, cleaned and silver removed
3 tablespoons chef todd bbq rub:
3 parts pit seasoning, 1 part smoked paprika, 1 part chili powder, 1 part granulated sugar
2 cups chef todd's chipotle pineapple bbq sauce
2 tablespoons olive oil

Rub each rib with the spice rub and then a little bit of the oil after seasoned. Smoke the ribs for 45 minutes and cook until at 225 degrees for 3-4 hours.

Grill on char grill to caramelize. Baste with Chef Todd's BBQ sauce. Continue to baste during the cooking and grilling process.

Chipotle Pineapple BBQ Sauce

Chef Todd Leonard CEC

Servings 160

Prep Time 2 hours 45 minutes

2 yellow onions, small diced
¼ cup shallots, minced
¼ cup garlic, minced
2 cups cooking sherry
¼ cup blended oil
4 pounds brown sugar
1 cup soy sauce
½ can chipotle chile canned in adobo, pureed
23 oz pineapple juice

92 oz apple juice
half of #10 can ketchup
half of #10 can chili sauce
½ cup molasses
½ cup Worcestershire sauce
½ cup yellow mustard
1 pineapple, peeled, sliced, and grilled,
then cubed
1 ½ oz kosher salt, to taste
½ tablespoon black pepper, to taste

In a large roasting pan heat until hot. Add the blended oil to the pan and then the onions to caramelize. Add the garlic and shallots towards the end of the caramelization of the onions. Add the chipotle puree and stir well. Add the brown sugar, molasses, and soy sauce.

Deglaze with the sherry cooking wine and simmer for a few minutes. Add the mustard and stir until well incorporated. Add the apple juice and pineapple juice and let simmer for 30 minutes. Add the ketchup and chili sauce and let simmer stirring frequently. Season with salt and pepper and the Worcestershire sauce. Taste and season as needed. Reduce sauce until syrupy and thick. Add grilled cubed pineapple and puree with the bur mixer. Sauce should be smooth, thick and amazing.

Taste and adjust as needed.



SMOKING WITH MATT SMITH

BRINE OVER NIGHT:
1/2 CUP SALT
1/4 CUP SUGAR
1/8 CUP GYGI SPICE

PREP ORDER:
BRINE
RUB
MEAT ROOM TEMP
CHARCOAL IN CHIMNEY
CHARCOAL IN SMOKER
(MINION METHOD)
LET IT GET TO 200.00
LOAD MEAT

WEBER SMOKEY MOUNTAIN COOKER SMOKER'S

10% OFF

14.5"
\$199.99



18.5"
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22.5"
\$399.99

