Eastern North Carolina Bar B Q Sauce

Mop the meat with the sauce as you are SMOKING the meat. Good idea to make one batch just for the table.

Keep your SMOKING temperature below 225. Traditional NC BBQ uses Hickory wood. Here in FL a lot of the BBQ guys use Black Jack Oak. I still think Hickory gives the best flavor.

Traditional

1 cup white vinegar

1 cup cider vinegar

apple cider

1 tablespoon brown sugar

1 tablespoon cayenne pepper

1 tablespoon hot pepper sauce (e.g. Tabasco™), or to taste

1 teaspoon salt

1 teaspoon ground black pepper

Want a little less vinegar try this variation

.5 cup cider vinegar

.5 cup white vinegar

.5 cup apple cider

.5 cup water

1 tablespoon brown sugar

1.5 tablespoon cayenne pepper

2 teaspoons hot pepper sauce (e.g. Tabasco™), or to taste

1.5 teaspoons crushed red pepper flakes

1 teaspoon salt

1 teaspoon ground black pepper

From Stamey’s BBQ in Greensboro, NC (Eastern NC style sauce)  
1.5 cup cider vinegar  
2 tablespoon brown sugar  
2 tablespoon cayenne pepper  
1.5 tablespoon hot pepper sauce  
1 tablespoon salt