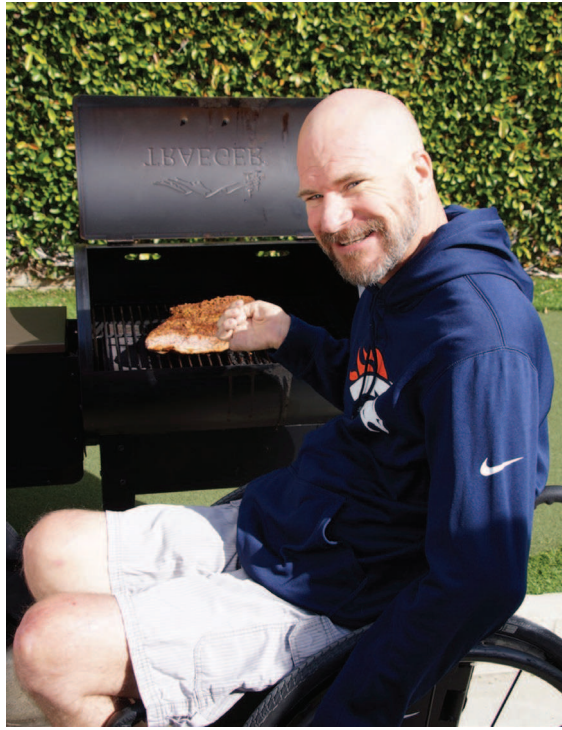


# An Unusual Culinary Column: Bobby's New Smoker

By Karen Kain

My friend Bobby Rohan is a foodie, who loves to cook. Bobby happens to be a quadriplegic, which means that he has limited use and function of his upper body. Maneuvering around the kitchen has always been difficult for him, due to the height and depth of the stove and oven. Bobby is no quitter; he found his niche at the BBQ and has become a long time griller.

Smokehouses have been used to cook meats dating back to the time of primitive caveman. Most cave dwellings lacked chimneys. It was discovered when meat was hung, dried and preserved by smoking, it had a nice smokey flavor. Today, using a smoker to cook has become trendy. This was the obvious next step for Bobby in following his passion for barbecuing. I have never cooked on a smoker before and had a great time making some amazing meals in sunny California with him. I know many of you locals have been smoking food for years and have built your own.



I have recently discovered that there are a plethora of smokers, they run from \$150-\$1700 or more. Bobby cooks on a Traeger junior electric smoker, but these recipes can be adapted to any kind of smoker.

I am learning that smoking food

is similar to art, it's complex. It is all about timing, temperature, flavor, and keeping in the juices. Although some of the larger meats can take a long time, I have discovered that you can smoke just about anything. This basic rub recipe that I am sharing with you can be used for pork, beef, fish and vegetables. For Bobby and his family, smoking food has become a pleasurable lifestyle. Sundays are family days that often are centered on smoking fabulous meals, which usually start with smoked bacon for breakfast. This form of cooking takes a commitment of time and energy with a tasty end result.

One of my greatest gifts is to be with my friends playing with food. Thanks Bobby for your shares and all the fantastic meals!

all sides. Mix together 1/8 cup of bourbon and 1/8 cup of apple juice together, drizzle it all over the butt. Cover and seal with tin foil and refrigerate over night. Take the pork out of the refrigerator and let it sit while you prepare your smoker. Bring the smoker to 225° F. Put the pork onto the smoker in the foil pan, cook for 3-4 hours or until the temperature is at 140° F. Put the apple juice in one bottle sprayer and the orange juice into the other. Every 45 minutes to an hour, generously spray the meat with both apple and orange juice. Once the pork reaches 140° F, pour 1 cup of bourbon, 1 Cup of apple juice onto the meat. Cover with tin foil and continue to smoke for 5-6 hours or until the pork reaches 205° F. Remove the pork from the smoker, be careful the pan may be filled with juices. Leave covered for 15 minutes, then uncover, let it rest for 20 minutes and serve.

### Smoked Pork Butt

#### Ingredients:

- 7 - 8 Pound pork butt
- 1/2 Cup Dijon, or your favorite mustard
- 1 Cup Basic Rub Recipe
- 1/8 Cup bourbon
- 1/8 Cup apple juice
- 1/2 Cup orange juice, no pulp
- 1 1/2 Cups apple juice
- 1 Cup bourbon

You will also need pellets (we used pecan), heavy-duty foil, a foil pan, 2 squitter bottles

#### Directions:

Cut off any excess fat from the pork. Put the pork into the foil pan. This part gets a bit messy; with your hands generously coat the entire pork in mustard then rub the rub onto the pork, coating

### Basic Rub Recipe

#### Ingredients:

- 1 Cup dark brown sugar, unpacked
- 1/2 Cup paprika
- 2 Tablespoons coarse black pepper
- 1 Tablespoon chili powder
- 1 1/2 Tablespoons garlic powder
- 1 1/2 Tablespoons onion powder
- 1/2 Teaspoon cayenne red pepper
- 1 Tablespoons Kosher salt

#### Directions:

Mix all the ingredients together making sure to get any lumps out. This recipe makes 2 cups. Store in a sealed container, you can also store in the freezer. This recipe is great for beef, pork, fish and veggies.

*continued on page 11*

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