

# Regional Barbecue Preferences of U.S.A.



**Northwest/Pacific**  
Sauces: KC copy cat  
Meats: Seafood and salmon

**Midwest**  
Sauces: Dry rub-onion powder, garlic powder, coarse ground black pepper. Also marinades of lemon juice and apple cider  
Meats: Steaks, pork chops, poultry, ribs

**Southwest**  
Sauces: Dry rubs; basting sauces - mustard, hot peppers, brown sugar, beer  
Meats: Ribs, brisket

**Northeast**  
Meats: Chicken

**Southeast**  
Sauces: Wide variety, many tomato based and a number based are containing mustard  
Meats: Pork

Sauces: Tomato based, sweet  
Meats: Chicken & turkey, pork ribs, pork butt, beef brisket

Sauces: Thick and robust with spices and peppers  
Meats: Lamb, game

Sauces:  
 1. Zesty tomato or salsa-based  
 2. Sweet'n sour, fruit juice-based  
 3. Red wine and herb  
Meats:  
 Seafood, chicken, beef

Sauces: Can contain onion, garlic, hot and mild NM chiles, Mexican oregano, cumin and red wine vinegar  
Rubs: Can contain caribe (chile powder)

Meats: Beef, pork, link sausage

Sauces: Mid Texas eastward: Thick and sweet chili or ketchup-based: butter, worcestershire, chili powder, vinegar and sugar. North Texas sauces are sweet, with honey and brown sugar. Central Texas sauces contain vinegar. Texas sauces can also contain molasses, cumin and sometimes coffee.  
Meats: Beef-boneless brisket, link sausage and pork ribs in Central Texas. Beef brisket, chicken, pork and turkey in other parts of Texas. Rubs can contain black pepper, dried minced onion, garlic and salt.

Sauces: Worcestershire sauce-bases called "black dip" or "brown sauce" in Western Kentucky. Eastern Kentucky sauces are tomato-based and sweet or hot  
Meats: Western Kentucky serves mutton, pork, beef. Eastern Kentucky serves beef ribs, shredded pork and whole piece or pulled chicken

Sauces: Sweet'n sour made with fruits and fruit juices.

Sauces: Sweet, spicy tomato-based with molasses and chili powder. Also tomato-vinegary sauces and tomato-peppery sauces  
Meats: Spareribs, and beef brisket primarily. Shredded pork, pork ribs, beef brisket, beef ribs, chicken and lamb secondarily

Meats: Ribs, chicken, brisket, pulled pork and sausage

Sauces: Tomato, chili sauce and corn syrup

Sauces: Two sauces: ketchup, apple cider, tabasco and worcestershire; the other is made with vinegar, oil, seasonings and egg  
Meats: Chicken

Sauces: Thick sweet (sugar and molasses) tomato-based sauce. Sauces can also be vinegary like Eastern NC or ketchup-vinegary like Western NC.  
Meats: Pork, typically whole hog or boneless butt. Pork can be chopped butt, pulled pork shoulder or cubed pork.

Sauces: Thick, bold tasting red or tomato-based and sweet made with vinegar, cola, brown sugar, steak sauce. Basting (mopping) sauces commonly used can contain white vinegar, beer, cayenne, oregano, chili powder, garlic, salt and sometimes mustard  
Rubs: are common and can contain paprika, black pepper, cayenne and sugar.  
Meats: Memphis, Northern MS and Eastern AR serve pork ribs ("wet" or "dry") and shredded, chopped or sliced pork

Sauces: Spicy version of thick, sweet tomato-based sauce with Creole flavor  
Meats: Pork in East; beef brisket in West

Sauces: "White sauce" found in Decatur, AL only: mayonnaise, vinegar, ground cayenne, black pepper and salt. Used for dipping. Also tomato-based with ketchup, chili sauce, onion, garlic, vinegar, sweeteners, chiles or hot peppers and worcestershire sauce.  
Meats: Pork, ribs, chicken.

Sauces: Tart tomato sauce of ketchup, butter, lime or lemon juice, vinegar, horseradish, A1 Steak Sauce and/or worcestershire  
Meats: Seafood

**South Carolina**  
Sauces: Mustard-based with ketchup, onion and vinegar. Also sauces without tomato and ketchup: just cider vinegar, mustard, maple syrup or honey, worcestershire, tabasco, oil, and salt and pepper.  
Basting sauce: Vinegar, sugar and red pepper flakes.

**Central Carolinas and Georgia**  
Sauces: Mustard-based with ketchup, onion and vinegar. Also red sauce similar to AL and Memphis. Red sauce may contain Coca-Cola in Atlanta. Grilling sauces may include butter, onion, yellow mustard, lemon juice, chili sauce, white vinegar, cayenne, salt and pepper.  
Meats: Pork - whole hog or shoulder