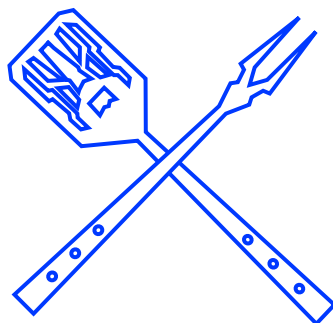




***DALSTRONG***

T H E R E A R E N O L I M I T S <sup>TM</sup>



**RECIPES FROM  
DALSTRONG CHEFS**

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# WELCOME TO DALSTRONG VIP

Thanks for signing up for **Dalstrong VIP** – an elite community of VIP chefs across the globe who strive for perfection in the kitchen. Without you, this world would be dull, tasteless, and full of microwaveable dinners. Whether you're a hobbyist or pro, our aim is to enhance the experience of your culinary creation.

FOR **MORE INFO**, PLEASE GO TO:



[dalstrong.com](https://dalstrong.com)



# Curried Chicken

by Island Boy

Curry chicken is a traditional Indian dish, adapted by Jamaicans. Traditional Jamaican curry chicken uses yellow curry and not green curry. It is spicy in nature yet full of flavor. Paired with potatoes, the potato breaks down and makes the gravy thicker. Usually served with white rice and Roti. Naan is also delicious when served as an alternative to Roti.

SERVINGS 2

PREP TIME 30 mins

TOTAL TIME 1 hour

## INGREDIENTS

Jamaican Curry

Onion

Thyme

Scallion

Scotch bonnet pepper whole

Garlic

Pimento

Potato

Salt

Black Pepper

Chicken (cut in bite-size pieces),  
(Chicken Breast can be used,  
approx 2 whole breasts.)

## STEPS

- Wash chicken with lime or vinegar
- Rinse and dry
- Place all ingredients except the potatoes with the chicken and stir
- Make sure to use your hands, this allows for the seasoning to get deep in the chicken
- Let sit and marinate for 2 to 4 Hours
- Heat a deep pot with vegetable oil

on high (olive oil can be used as a substitute)

- Place meat in the pot and cover for 2 minutes
- After 2 minutes remove the cover and stir
- You should start seeing the color change on the chicken
- Cover and stir after 2 minutes ensuring the meat is not sticking
- After 10 minutes turn heat to medium
- Add potatoes, butter, and enough hot water to barely cover the meat
- After 10 minutes stir and then turn heat down to low
- Salt to taste
- When potatoes have become soft and broken down, turn off the heat.
- Serve hot with white rice, add scotch bonnet sauce for added spice, and enjoy.



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## Island Boy

A lover of food and the art of preparing it, it brings me joy to prepare food. As a Jamaican, food is an important part of life not just for sustainability but for social balance. Food is where Jamaicans gather to share important moments and food is love.

I was born in Jamaica and moved to America when I was young. I am an island boy, that's how the name came about. Because of the military, I've moved all over the world and learned about food from all cultures: Asian, Italian, and French.

I have a stunningly gorgeous and amazing wife Gina, and 2 sons and 1 daughter.

Through the Military, I was stationed in Texas and learned all about BBQ. I've given 20 years now of total service. I Started in Air Traffic Control in the Navy, now I'm a maintenance scheduler for F-16s for the Air Force. I believe everyone should serve a greater purpose other than themselves.

### Chef is from:

I was born in Jamaica and moved to New York as an adolescent to join the Military. I moved all over the country and a few countries overseas. I currently live in Texas where barbecue is at the forefront of most culinary styles.

### Cooking heroes:

My Grandma cooks the best Jamaican cuisine that I know; and with no measurements. Chef Morimito: His Japanese style in my opinion is the most authentic and his recipes are often not customary, but the way he presents his dishes are excellent. Jamie Oliver His calm way of cooking British and other meals; makes his dishes so easy for anyone to make with almost any ingredients that are easily available. Giada De Laurentiis: She is so passionate about Italian cuisine, and all her dishes are practical yet challenging.


### Chef Tip:


Always marinate 2 hours or more, overnight if possible. Season more as you cook for that lasting flavor.

### Secret spice or food chef doesn't like:

I don't care for Durian, its texture and smell is displeasing.

 [islandboyjerkstop1](#)

 [chefsinghcooking](#)

 [islandboyjerkstop.com](#)

 [islandboyjerkstop](#)





# Jamaican Jerk Chicken

by Island Boy

Jerk Chicken, the most famous comfort food from Jamaica. Its intense flavor and slow cooking method make for an anticipating delight. It was very Spicy and served hot. This is the unofficial Jamaican national dish. People from all over the world travel to Jamaica for this tasty delight.

SERVINGS 4

PREP TIME 30 mins

TOTAL TIME 4-6 hours

## INGREDIENTS

4-6 Scotch Bonnet peppers, chopped  
1 small red onion, chopped  
4-6 garlic cloves, chopped  
4 stalks scallions  
1/4 cup soy sauce  
1/4 cup vinegar (use white vinegar or apple cider vinegar, to your preference)  
2 tablespoons olive oil  
Juice from half a lime (about 1/4 cup lime juice)  
1 tablespoon freshly grated ginger  
2 tablespoons brown sugar  
1 teaspoon nutmeg  
1 teaspoon allspice  
1 teaspoon cinnamon  
1 teaspoon dried thyme  
Salt and pepper to taste  
(I usually use 1 teaspoon salt and 1 tablespoon black pepper)

## STEPS

- Place in a food processor and make into a nice wet marinade. Make the wet marinade prior to making the dish, it can be stored up to 2 months in the refrigerator.
- Wash chicken with lime or vinegar
- Pat dry
- Add marinade to a whole chicken or (you can half a whole chicken)
- Let chicken marinate for 4 Hours (overnight is better)
- Turn temperature on grill or smoker to 225 degrees
- Slow cook until the internal temperature reaches 170 degrees. (use an internal thermometer for best results)
- Remove and chop into quarters  
Serve with Jerk Sauce or eat alone, the standalone taste is intense.



## BONUS!

### Jerk Barbecue Sauce Recipe

#### INGREDIENTS

1 tablespoon olive oil  
1/2 cup chopped onion  
1 whole Scotch Bonnet  
1 cup ketchup  
1/2 cup water  
3 tablespoons dark brown sugar  
2 tablespoons cider vinegar  
2 tablespoons lime juice  
2 tablespoons Worcestershire sauce  
1 teaspoon ground dry mustard  
1 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/4 teaspoon allspice

#### STEPS

Place all ingredients in a sauce pot and bring to a boil. Once boiling, remove and cool. Serve with Jerk Chicken and enjoy.





# Old Fashioned

by Alf's Kitchen

This one is a newer love for me, and one thing I really have learned to appreciate over the years. I got into whiskey after never touching alcohol the first 23ish years of my life. I took a hard turn from no drinks to drinking whiskey neat and understanding the flavor profiles of the various blends, mash bills, and products out there. This really pushed my culinary thought process and palate to the next level. Understanding how much a good drink can complement a meal, and also how a subtle change in the whiskey can give an entirely different end result in what most would consider a simple cocktail. This drink is my go-to for family events and holidays, and it really just hits home for me when I can sit back, enjoy the hard work and effort put into making good whiskey and then find new ways to make it shine in a very traditional cocktail!

## INGREDIENTS

**1 1/2 oz Of Bourbon or Rye Whiskey of choice**

**2-3 Dashes of Angostura Bitters**

**1/2 oz Club Soda**

**1 Large Ice Cube**

**1 Demerara Sugar Cube**

**1 Bourbon Cherry**

**1 Orange peel twist**

## STEPS

- Start with the sugar cube in the bottom of an old-fashioned glass and pour the bitters over the sugar.
- Muddle the sugar and bitters in the glass.

- Now squeeze the orange peel over the glass, and rub the peel on the inside of the glass. Using the muddler, press the peel into the bottom of the glass to release more of the oils.
- Add the club soda into the glass, and stir until some of the sugar dissolves.
- Add the large ice cube to the glass and gently stir.
- Pour over the bourbon/rye and stir again.
- Garnish with the cherry, and enjoy!



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## Alf's Kitchen

Business Banker by day, and Home Chef and family man by night! I am self-taught through over 20 years of cooking with Family and Friends. My passion for food comes from the art behind it. Experimenting with food, trying new techniques and flavor profiles, all while introducing people to the culture behind those amazing meals.

**Chef is from:**  
Toledo Ohio

**Cooking heroes:**  
Guga Foods and Gordon Ramsay

**Chef Tip:**  
Dry Brining a thick cut of meat is always a game changer when Grilling or Smoking!

**Secret spice or food chef doesn't like:**  
Black Licorice!

 [alfskitchen\\_](#)

 [alfskitchen1](#)

 [alfskitchen](#)





# Jordanian Grape Leaves with Tzatziki Sauce

by Alf's Kitchen

I'm half Jordanian, and Middle Eastern cuisine is a cherished part of my heritage. Food is a fantastic way to introduce people to new cultures and flavors. This dish is special because it varies in preparation across countries, regions, and families, often bringing loved ones together. Each area has its unique twist, and I enjoy sharing the rich flavors from my family's culture and exploring its history and regional variations across Asia, Europe, and Africa. Here's an introduction to how my family makes it!

SERVINGS **6-8**

PREP TIME **1 hour**

TOTAL TIME **1 hour 30 mins**

## INGREDIENTS

**1 Jar of Mediterranean Grape Leaves**

**1 LB of Ground Lamb or Beef**

**1.5 Cups Medium Grain Rice**

**6 Cloves of Garlic minced**

**1 Cup Fresh Parsley Chopped**

**1/2 Cup Fresh Mint Chopped**

**3 Small Onions Chopped**

**1/2 Cup Fresh Dill Chopped**

**1/2 Cup Olive Oil**

**3/4 Cup Fresh Lemon Juice**

**24 Oz Tomato Sauce**

**2 Cups Water**

**1 TBSP of Salt**

**1 Lemon Sliced**

**4 Sprigs Fresh Dill**

## FOR THE TZATZIKI

**1 Cup Whole Milk Greek Yogurt**

**1/2 a Cucumber Finely Grated**

**1 Clove of Garlic Minced/Grated**

**1 TBSP Chopped Dill**

**1/2 TBSP Olive Oil**

**1 TBSP Lemon Juice**

**Salt to Taste**

## STEPS

• Carefully remove the grape leaves from their jar, then place them in a large bowl and cover with lukewarm water. Let the leaves soak for 10-15 minutes while you prepare your filling.

• Wash the rice until the water runs clear, then add to a large mixing bowl. Add the ground lamb/beef to the bowl followed by the minced

garlic, parsley, mint, dill, onions, olive oil, and salt. Mix with your hands until all ingredients are well incorporated, then set aside.

• Remove the grape leaves from the bowl and gently rinse with water to ensure they are clean, then set aside. On a clean flat surface, place down one of the grape leaves, vein side up, and trim off the stem if still attached. Then place a spoonful of Filling at the base near the stem. Fold both sides over then roll tightly from the bottom, being careful not to rip the leaf. Set aside, and repeat with the remaining leaves, reserving about a dozen leaves not to be filled.

• Once the leaves are rolled, grab your pressure cooker and place the unfilled leaves on the bottom in a layer to protect the stuffed grape leaves from the heat. Place in each grape leaf building layers up from the bottom. Make sure they are tightly placed next to each other and seam side down. Once all of the grape leaves are in, pour over the lemon juice, tomato sauce, and water. Then place the sliced lemon and fresh dill sprigs over the top. Lastly, I recommend placing a dish on top of the grape leaves to weigh them down during the cook and prevent bursting.

• Set the pressure cooker to high pressure and cook for 12 minutes.

Using a pressure cooker is the ideal method to cook these, however, you can cook over medium heat for about an hour as well.

• While they are cooking, let's prepare our tzatziki sauce. Start by using a grater on the cucumber. Place the cucumber on a paper towel and squeeze out the excess water. Now, just simply add all of the ingredients into a small mixing bowl and mix until well combined. Place in the fridge until ready to serve.

• When the grape leaves finish, let the pressure naturally release for 10-15 minutes, then you can use the quick release on the remaining pressure. Let the grape leaves cool for 5-10 minutes, then place them on a serving dish.

Garnish with mint leaves and enjoy!

## NOTES

• Grape leaves will keep in the fridge for around 5 days, and can be frozen for up to 2 months.

• When rolling the grape leaves, make sure they are rolled tight, but keep in mind they will expand slightly when cooking.

• Grape leaves are very delicate, it is important to be careful when handling them during the prep stage.





# Grilled Steak and Bourbon Shallot Compound Butter

by Alf's Kitchen

Thinking back to my childhood, I cherish memories of bonding around the grill with my incredible grandfather. He was a remarkable man who treated me like his own son, imparting valuable life lessons. Our summer days were spent at his house by the pool, savoring the aroma of him grilling a variety of dishes, including steaks, burgers, and kabobs. I'll never forget the first time he entrusted me with the grill. Now, with a 2-year-old son of my own, I aim to create similar grill-centered memories for him. As a business banker, I prioritize sourcing my meat locally, working closely with farmers and advocating for supporting local agriculture. This aligns with my passion for cooking with quality meat.

SERVINGS **1-2**

PREP TIME **15 mins**

TOTAL TIME **45 mins**

## INGREDIENTS

**1 12-14 oz Steak**

**1 Shallot Minced**

**2 TBSP of Bourbon**

**2 TBSP Olive oil**

**1 Stick of butter, Softened**

**4 cloves of Roasted Garlic**

**2 TBSP Fresh Parsley Chopped**

**1/2 tsp Lemon Zest**

**Salt**

**Pepper**

## STEPS

• Start with getting the grill fired up, and let your steak come up to room temp. We are looking for the grill temp to hit 500-600 Degrees. If using charcoal, make sure to have one hot side for searing, and a cooler "safe zone" to finish off the steak with indirect heat.

• Then we want to prepare our compound butter by starting with minced shallot and 1 TBSP of olive oil and get that in a pan over medium-low heat. Once the shallots start to brown, add the Bourbon to the pan and let that reduce.

• Now we need to grab our food processor and add our butter, shallots, roasted garlic, parsley, lemon zest, remaining olive oil, and salt. Process until well combined.

• Lay down a sheet of cling plastic and place the compound butter down in the bottom center and proceed to roll it into itself. You are looking for a cylinder shape and make sure you wrap it tightly! Place in the fridge to solidify. Compound butter is a great addition to any meat or veggie dish and has many possibilities when it comes to flavor.

• Pat dry your steak and season all sides generously with coarse ground salt and fresh cracked pepper.

• Once the grill is preheated and clean, bring the steak out to the grill and place it directly over the hottest point of your grill. Proceed to flip the steak every 30-45 seconds or so to avoid burning, and develop a beautiful crust.

• When you are happy with the crust, move the steak over to the safe zone and place it in your Probe Thermometer.

• Keep a close eye on the temperature. For medium rare, when you reach an internal temperature of 129°, Pull from the heat and bring inside. Temperature is greater than cooking time. Always rely on the temperature to know when your protein source is done rather than using a time reference.

• Grab the compound butter from the fridge, slice off 1-2 pieces, and place them over the steak while it rests on a cutting board for 5-10 minutes. You can start the melting process with a culinary torch, or add the butter while still on the grill.

• The temp should climb up to 133-135 and then it's time to slice, top it off with flakey salt and parsley...and enjoy!

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# Chicken Parmigiana

by Cooking In The Yard

Growing up this was my all-time favorite dish that my mom would cook. On birthdays, holidays, and any night that I was asked what I wanted to eat, it was always "chicken parmigiana". Now I get to pass down the memories of this classic dish to my own family.

SERVINGS 4

PREP TIME 30 mins

TOTAL TIME 1 hour 15 mins

## INGREDIENTS

4 Chicken Breast

1 C Italian Breadcrumbs

1/4 C Grated Parmesan Cheese

2 eggs, beaten

16 oz pasta sauce

8 oz shredded Mozzarella

Fresh Mozzarella (8 pieces)

## STEPS

- Filet chicken breasts in half horizontally
- Pound to flatten if needed
- Dip chicken in egg wash
- Dip in Breadcrumbs + Parmesan cheese mix
- Fry in pan at 350 for 2-4 mins per side to crisp
- Repeat for all chicken pieces
- Place in baking dish and cover with fresh mozzarella and shredded cheese
- Add pasta sauce to cover
- Bake at 350F for 40 mins



## Danny

Lover of all food - Always on the lookout to combine flavors in new ways.


**Chef is from:**  
Oklahoma City, OK

**Chef Tip:**  
When in doubt, more butter.

Secret spice or food chef doesn't like:  
Celery.

 [cookingintheyard](#)

 [cookingintheyard](#)

 [cookingintheyard](#)





# Smoked Pulled Pork Sandwich

by Sean Hill

The essence of BBQ revolves around family and friends, investing time, effort, and passion in a meal that disappears in minutes. BBQ played a crucial role in reuniting my dad and me. He adored my pulled pork, attending every Texas Moonswiners competition, contributing to our first-place pork award by blending two pork recipes. Shortly before his unexpected passing, he requested a smoked pork butt, eager to share it with friends. Smoking pork butts always reminds me of my dad, and I treasure those final years and our rekindled bond by the BBQ pit.

SERVINGS **8-12**

PREP TIME **40 mins**

TOTAL TIME **12 hours approx.**

## INGREDIENTS

**8lbs Bone-In Pork Butt**

**16 oz Apple Cider Vinegar & a Spray Bottle**

**Your Favorite Pork Rub or Texas Moonswiners Pork Rub (Great on pulled pork, ribs, and pork belly)**

**1/2 Cup Kosher Salt**

**1/2 Cup 16 Mesh Black Pepper**

**3 T Onion Powder**

**3 T Garlic Powder**

**2 T Smoked Paprika**

**1 T Cayenne Pepper**

**1 Cup Light Brown Sugar**

## STEPS

• Combine all ingredients except brown sugar and generously coat the pork butt on all sides. Sprinkle brown sugar on top and allow it to sit for 30-45 minutes while preheating your smoker to 275°F.

• Once the smoker is ready, place the pork butt inside without opening it for 3 hours. Meanwhile, prepare your BBQ sauce and coleslaw as directed below.

• After 3 hours, spritz the pork butt with Apple Cider Vinegar every hour to prevent drying. Check the internal temperature after 6 hours; it should be around 160°F with a nice bark forming. If satisfied, proceed; otherwise, continue smoking.

• To expedite cooking and overcome "The Stall," transfer the pork butt to an aluminum 1/2 pan, spritz with ACV, and tightly cover with foil. Use a probe thermometer to monitor the internal temperature, aiming for 203°F. When it reaches this temperature, probe the meat to ensure it's tender.

• Rest the pork butt using one of the following methods: open the foil and let it sit on the counter, re-foil the pan and wrap it in towels, or place it in a cooler. Allow it to rest for 2 hours or longer if it finishes early.

• To pull the pork, mix the juices from the pan with the shredded meat. Season with salt, pepper, and brown sugar to taste.

• For a pulled pork sandwich, use a toasted buttered Brioche bun. Layer the pulled pork, bourbon BBQ sauce, and coleslaw. Enjoy with a glass of bourbon.

## NOTES

• Fat side up or down depends on your smoker type. Fat down for Pit Boss, fat up for offset or Weber Smokey Mountain.

• Wrapping or not, and the choice of foil, butcher paper, or panning are personal preferences. Experiment to find your best method and refine it as needed.

## SLAW & SAUCE RECIPES



## Sean Hill

Teacher, High School BBQ Coach (205 Pitmasters on Facebook and Instagram), United States Air Force Reservist, caterer, BBQ competition cook, father, husband and lover of all things BBQ. I left coaching football in Texas after 10 years to start the High School BBQ Program. I have the best job in the world! I bring people joy through food and I get to teach the next generation of pitmasters how to BBQ.

### Chef is from:

I was born and raised in North East Texas in Paris, TX. I currently live and coach just east of DFW in Rockwall, TX.

### Cooking heroes:

My dad was a huge inspiration in my love of cooking. He cooked breakfast every morning and when we went camping he would cook over an open fire. Aaron Franklin has also played a huge role in how I BBQ. He was one of the first pitmasters to say, "This is exactly how I do it. Good luck!"

### Chef Tip:

My best cooking hack for the home pitmaster is using the oven. Once you wrap or pan there is no reason to waste fuel. Set your oven temperature and get some rest. Some ovens also have temperature settings between 140 and 165 degrees. You can keep your food at food safe temps for hours. A lot of BBQ restaurants will smoke for 12 hours and hold in a food warmer for up to 12 hours. Your oven is the exact same thing; just on a smaller scale.

### Secret spice or food chef doesn't like:

Honestly, there isn't much I don't like. Food texture gets me more than a specific flavor or spice.

 [texas\\_moonswiners](https://www.instagram.com/texas_moonswiners)

 [texas\\_moonswiners](https://www.pinterest.com/texas_moonswiners)

 [texasmoonswiners](https://www.facebook.com/texasmoonswiners)



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# Homemade slaw and bourbon BBQ sauce

by Sean Hill

## INGREDIENTS

- 1 1lbs bag of Coleslaw Mix or the equivalent of home-shredded cabbage
- 3 T Mayo
- 3 T Milk
- 3 T Red Wine Vinegar
- 1/2 t Salt (add more to taste once mixed)
- 1/2 t Pepper (add more to taste once mixed)
- 1/4 t Celery Seed (optional but gives it a great "fresh" taste)
- 1 t Sugar

## STEPS

- Use a hand mixer to mix all ingredients except the cabbage in a large bowl until creamy.
- Mix in cabbage or a bag of slaw mix in a bowl.
- If you want a creamier slaw, add a little more mayo. If you want a tangier slaw, add a little more red wine vinegar. If you like a sweeter slaw add more sugar.
- Add more salt and pepper to taste. Cover in foil and place in the refrigerator for at least an hour to meld and chill.



## BONUS!

### Bourbon BBQ Sauce Recipe

#### INGREDIENTS

- 3/4 Cup of your favorite Bourbon (I prefer Herman Marshall's Dry County Blended Bourbon Whiskey)
- 4 Cloves Minced Garlic
- 1/2 Onion, Minced
- 2 Cups Ketchup (I prefer Heinz Simply Tomato Ketchup because it has no artificial sweeteners)
- 1/2 Cup Light Brown Sugar, Packed
- 1/3 Cup Apple Cider Vinegar
- 1/4 Cup Tomato Paste
- 1/4 Cup Worcestershire Sauce
- 1/2 T Salt
- 1/2 t Black Ground Pepper
- 1/3 t Hot Pepper Sauce, or to taste (I prefer Cholula)

#### STEPS

- While your pork butt is smoking, prepare your bourbon BBQ sauce. This sauce is a great compliment to the pulled pork and who doesn't love a glass of bourbon while smoking BBQ?!
- Combine \*Herman Marshall Dry County Blended Bourbon Whiskey, garlic, and onion in a large skillet over medium heat; simmer until onion is translucent, about 10 minutes.
- Stir in \*Heinz Simply Ketchup, brown sugar, apple cider vinegar, tomato paste, Worcestershire sauce, salt, black pepper, and \*Cholula; bring to a boil, reduce heat to medium-low, and simmer for 20 minutes. Run sauce through a strainer if you prefer a smooth sauce or use an immersion blender if you don't want to waste any ingredients.
- Pour into a mason jar or squeeze bottle and place in the refrigerator until ready to use. You can also place it in a crock pot and keep/serve it warm.



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**DALSTRONG**  
GLADIATOR SERIES  
Premium High Carbon German Steel



# Chicken Milanese with Bruschetta

by BBQfriend

This recipe is definitely a special one for me. I am Italian and from NY so chicken cutlets are a staple in my house. My wife Kaiti was born and raised in North Carolina on a horse farm and raised in a Cajun household. Needless to say, we come from two very different backgrounds. I'm sure she would tell you that she never would have pictured herself with a Northerner but here we are. I'd say it's my charm that won her over but I really think it was this recipe that I made on our first date.

SERVINGS 4-6

PREP TIME 20 mins

COOKING TIME 30 mins

## INGREDIENTS

### BRUSCHETTA

- 4 Roma Tomatoes (Diced)
- 2 Garlic Cloves (Minced)
- ½ Shallot (minced)
- 1 ball Fresh Mozzarella (Diced)
- 1 tsp Salt
- 1 tbsp Italian Seasoning
- 2 tbsp Extra Virgin Olive Oil
- 1 tbsp Balsamic Glaze

### CHICKEN MILANESE

- 2 lbs Chicken Breast (Sliced thin into cutlets)
- 3 Large Eggs
- 1.5 C Italian Seasoned Bread Crumbs
- ½ C Panko Bread Crumb
- ½ C Grated Parmesan Cheese
- 1 tbsp garlic powder

## STEPS

### BRUSCHETTA

- Mix all the ingredients into a bowl and let sit in the fridge for 30 min before serving

### CHICKEN MILANESE

- Slice your chicken breasts thinly into cutlets using a Dalstrong Delta Wolf Series 8" Cleaver Hybrid Knife. You should be able to get 3 or 4 out of a large breast.
- In a mixing bowl, crack and beat your eggs
- In a second mixing bowl, mix your bread crumbs, panko, cheese, and garlic powder
- Dip your chicken into the eggs and then into your breadcrumb mixture. Be sure to coat all sides and press the breading firmly onto the chicken
- In the 12" Dalstrong Avalon saute frying pan, add about ½" of oil and heat to 350 F.
- Gently place your chicken cutlets into the hot oil and fry for 6 min per side or until golden brown and 165F internal temperature.
- Place the cutlets on a plate with a paper towel to absorb any excess oil
- Plate your chicken cutlets and place bruschetta on top.



## Joe, BBQfriend

Joe DiApice, avid backyard barbeque enthusiast and foodie, comes from Long Island New York residing in Monroe, North Carolina. He is your above average Italian Joe who has now embraced the Carolina country life with his wife Kaiti and daughter Natalie. Joe has become engrossed in the art of cooking from simple kitchen recipes to more detailed and niche smoker cuisine, putting love into every recipe he makes.

Not only is Joe passionate about cooking in general, he also is passionate about sharing his love of food with everyone from his family and friends to his neighbors. His belief in regard to cooking is that no matter what type of cuisine you're putting out, it is guaranteed the potential to bring folks together if it's made with love.

### Chef is from:

Im from Long Island NY but have been in Monroe NC (in the Charlotte area) for over 13 years.

### Cooking heroes:

I enjoy watching show with Guy Fierri and Bobby Flay but I have leaned majority of my BBQ cooking from watching YouTube videos from Matt Pittman of MeatChurchBBQ, Bennie Kendrick of KendrickBBQ, Heath Riles of HeathRilesBBQ and Malcom Reed of How To BBQ Right.

### Secret spice or food chef doesn't like:


I hate Rye! No rye bread or pumpernickel for me.

 [BBQFriend](#)

 [BBQFriend](#)

 [bbqfriend.com](#)

 [BBQFriendCom](#)

 [BBQFriend](#)





# Spicy Bacon Wrapped Pickles

by TX Brew & Barbecue

When my wife Khristy was pregnant with our son Boston, all she wanted were pickles! I remember she loved them so much that I bought them in bulk. To this day, my family tries every new recipe. I didn't tell Boston or Khristy what I had made, but they both lit up with joy when they tried this recipe.

I made a video on this recipe and to this day, it's the most viewed video I have on youtube! Is one of my most requested appies at my BBQ classes and weekend get-togethers!

SERVINGS LOTS!

PREP TIME **15 mins**

TOTAL TIME **45 mins**

## INGREDIENTS

**1 pack of bacon**

**1 jar of sliced spicy pickles (famous Daves)**

**Favorite BBQ rub (BOOYAH! by TX Brew & Barbecue)**

## STEPS

- Preheat your smoker to 275
- Cut the bacon strips in half
- Wrap each pickle slice individually (put the seam on bottom)

- Place on a wire rack or a BBQ mesh mat
- Put some BBQ rub on them
- Place in the smoker and let them cook until bacon cooks
- About 10 minutes before removing them brush on your favorite BBQ sauce
- Once cooked, let cool for about 5 minutes or so, they are HOT so don't eat them too fast!



## Ty Sherrell

Ty Sherrell, the owner of TX Brew & Barbecue has built a brand that continues to push the boundaries with new, mouthwatering meals and flavors. He has built a successful brand that helps teach beginner barbecue enthusiasts how to advance and be more confident with their smoking and grilling techniques.

TX Brew & Barbecue's foundation was built on bringing families and friends together. Ty regularly hosts barbecue classes and workshops, teaching others the secrets to creating delicious barbecue dishes at home.

**Chef is from:**  
Midlothian, Texas

**Cooking heroes:**  
Gordon Ramsey, Bennie Kendrick, Samuel D Zien (Sam the cooking guy)

**Chef Tip:**  
Always have Dalstrong knives, no matter what. Quote me.


**Secret spice or food chef doesn't like:**  
With the utmost passion, I hate cauliflower.

 [txbrewandbarbecue](https://www.instagram.com/txbrewandbarbecue)

 [txbrewandbarbecue](https://www.youtube.com/txbrewandbarbecue)

 [txbrewandbarbecue.com](https://www.txbrewandbarbecue.com)

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 [tysherrell](https://www.tiktok.com/@tysherrell)





# Napoletana Pizza Dough

by Have U Covered in the Kitchen

## INGREDIENTS

**500 grams of Type 00 Flour (I like Mulino Caputo® Chef's Flour or Tony Gemignani 00 Flour from Central Milling)**

**360 grams of room temperature filtered water (72% hydration)**

**16 grams of fine sea salt**

**16 grams of honey**

**1 gram of active dry yeast (you can use fresh yeast also. To convert from fresh yeast to active dry yeast, multiply the fresh quantity by 0.33).**

## STEPS

- In a large bowl, add the flour and salt and whisk thoroughly.
- Measure about 1/4 cup of water (approx 60 grams) and heat up in a microwave-safe cup or bowl or over the stove for about 10-15 seconds. Active dry yeast must be hydrated in warm (not hot) water before being incorporated into a dough. The water should be between 100°F and 110°F. If the water is too hot it can kill the yeast. Mix the yeast into the warm water and stir vigorously until it is dissolved (about 15 seconds). Set it aside for about 10 minutes. You can mix the honey into the yeast mixture at this point if you like because sugar actually helps to activate the yeast or you can opt to mix it later right into the dough.
- Once the yeast is activated, slowly pour the yeast mixture into the flour and mix thoroughly with a wooden spoon or rubber spatula. Slowly, then pour the remaining room temperature water (300 grams), a little bit at a time, into the flour mixture and mix it thoroughly before pouring more in. Scrape the sides of the bowl and get that flour and water all incorporated. Add the honey and mix it until it's fully incorporated.
- Dump the mixture onto the counter

and rigorously knead the dough with your hands for about 3-4 minutes until all the clumps of flour are worked out. The dough will be sticky, just keep working it. If you need to wash off your hands with just water, do so but keep in mind when you do this and don't dry them you are adding more hydration to the dough, which isn't necessarily a bad thing. Sometimes I use a little olive oil on my hands. You don't have to.

- Place the dough back into the large bowl and cover it tightly with plastic wrap. Make sure that it has enough room to double in size.

- Leave the bowl out on the counter for 24 hours. After 24 hours, put the bowl in the refrigerator with the plastic wrap still on. Make sure it's not in the back of the refrigerator where it has the tendency to get too cold and frost. Leave the dough in the refrigerator for 3 days (72 hours). You can take it out and use it after having fermented for only 1 day or even 2 days but it will be at peak performance in terms of taste and texture at 3 days. You can use it for 3 days but no longer than 6 days.

- When you remove the bulk dough from the refrigerator you will need to "ball up" your dough. Usually, I cut the dough in 3 or 4 equal parts and make 250-280 gram dough balls. It depends on what size pizza you would like to make. I store them in covered containers in the refrigerator (take-out pint or quart-size soup containers are ideal for this since they stack easily).

- After you make your dough balls, refrigerate them and remove them from the refrigerator for at least 2-3 hours before baking your pizza so they get down to room temperature. I highly recommend preheating baking steel for 1 hour at 500°F before launching your pizza.



## Danielle Caminiti

People who know me love my cooking almost as much as I love to cook. I have only been formally trained in law and parenting, but I am definitely a foodie by birth. In 2020, when courts were on pause during the Pandemic, I turned to my kitchen as a source of empowerment and ultimately turned my passion into a small business. I authored and self-published a cookbook, "From Courtroom to Cucina," and although I have countless provincial Italian recipes, I can and do cook so many other ethnic cuisines. My tastes are as diverse as the city in which I reside, New York City.

### Chef is from:

Born in Little Italy, Manhattan, Raised in Staten Island and currently live in Brooklyn, NY

### Cooking heroes:


Both my Nana Angie and my Grandma Susie (Assunta) who, with no luxuries or cookbooks, made "something out of nothing," and made it incredibly, in the true Italian culinary fashion.


### Chef Tip:

Improvising with a wine bottle for rolling out dough or using parchment paper on a baking sheet to discover oven hot spots. Preheat oven to 400°F on the center of the middle rack. Line a large baking sheet with white parchment paper and place in the oven for 20 minutes. The parchment paper will be darker in the areas where your oven has hot spots. This will help to position food to avoid the hot spots, or with rotating foods like pizza to avoid them burning.


### Secret spice or food chef doesn't like:


Oregano

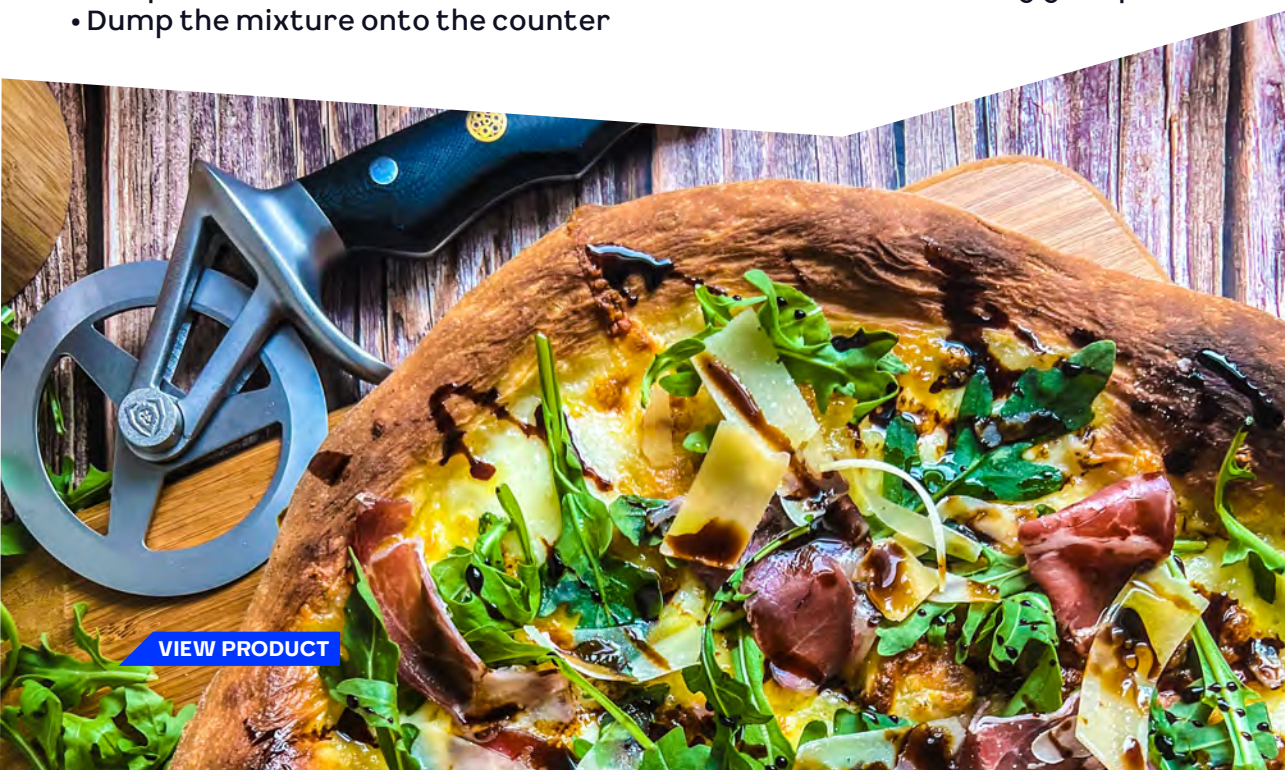
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# Bruschetta Steak Sandwich

by A Canadian's Cooking

This sandwich holds a special place in my heart as it symbolizes my love for simple ingredients, BBQ, and family bonding. It all began with my affinity for tomatoes, which my wife initially disliked to the point of separating our plates. However, during a trip to Venice, I convinced my wife to try a delicious tomato bruschetta on fresh, crusty bread, which changed everything. Now, thanks to that memorable Italian experience, we eat everything with tomato in our house.

**SERVINGS 4 SANDWICHES**

## INGREDIENTS

### BRUSCHETTA

**4 Roma (plum) tomatoes, diced or a variety of colored cherry tomatoes, about 1 cup**  
**¼ cup fresh basil, chopped**  
**2 tbsp shredded Parmesan cheese**  
**1 big clove of garlic, minced**  
**Pinch salt and pepper**  
**Drizzle extra virgin olive oil and an aged balsamic vinegar**

### AIOLI

**½ cup mayonnaise**  
**1 tbsp Italian parsley, chopped (optional)**  
**2 cloves garlic**  
**½ a lemon (juice)**  
**Pinch salt and pepper**

### STEAK

**2 ribeye steaks**  
**SPG rub**

### THE SANDWICHES

**Ciabatta buns**  
**1 clove garlic**  
**Bruschetta**  
**Steak slices**  
**Garlic Aioli**  
**Tops of basil plant (optional)**  
**Balsamic (optional)**



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## Daniel Vanson

My name is Daniel Vanson. I am a high school teacher that has a passion for cooking. I love to cook inside or outside, and take pride in sharing my recipes with people online and hopefully inspiring them to try new things in the kitchen!

### Chef is from:

Montreal Canada

### Cooking heroes:

Jamie Oliver & My Oma


### Chef Tip:

My favorite hack would have to be switching out paprika for smoked paprika you get such an amazing smokey flavor that adds so much to dishes

### Secret spice or food chef doesn't like:

I really dislike okra because of the slimy texture it often has.

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# Bruschetta Steak Sandwich

by A Canadian's Cooking

## STEPS

### BRUSCHETTA

- Dice up the tomatoes.
- Chiffonade the basil and mince the garlic.
- Make the dressing of olive oil, balsamic, salt, and pepper.
- Sprinkle parmesan over top.
- Mix and let sit for an hour in the fridge to allow the flavors to come together.

### AIOLI

Mix all the ingredients in a bowl until the sauce comes together.

### STEAK

Season the steaks and let sit until they come up to room temperature. Grill until medium rare.

Let rest for 5 minutes and slice.

### THE SANDWICHES

Cut the ciabatta bread in half and toast on the grill. Rub the toasted bread with a clove of garlic then add your sauce, steak slices, and bruschetta. Top with the tips of the basil plant and a drizzle of balsamic.





# Ponce Inlet Flounder Ceviche w/ Passion Fruit And Coconut

by Kelly Probst

During the summer months, Florida has an abundance of local fruit. This recipe uses passion fruit juice as the main ingredient in the Leche de Tigre (Tiger's milk) marinade. Passion fruit is naturally acidic and in this preparation, passion fruit juice replaces traditional lime juice. You can add any fresh tropical fruit to this ceviche, we used watermelon as they were particularly sweet during that part of the season.

Flounder is one of our favorite fish for ceviche or raw preparations. It has a delicious clean sweet flavor and perfect texture. Flounder is hand-speared here in Ponce Inlet, Florida, and is exceptionally fresh.

SERVINGS **6-8**

PREP TIME **1 hour**

TOTAL TIME **1 hour**

## INGREDIENTS

### FOR THE LECHE DE TIGRE

**550g** passion fruit puree

**100g** fresh coconut water, keep the coconut shell to serve the ceviche

**75g** lime juice and zest

**28g** sesame oil

**10g** ginger, grated

**10g** fish sauce

**28g** soy sauce

**20g** brown sugar

**7g** salt

**20g** shallot, sliced

**28g** Fresno chiles, sliced

### FOR THE CEVICHE

**680g** flounder (substitute with any fresh local fish)

**85g** red onion, thinly sliced

**56g** cilantro, coarsely chopped

**28g** Fresno chiles, thinly sliced

**168g** watermelon, 1/3 inch cubes

## STEPS

### LECHE DE TIGRE

• Place all ingredients in a blender and process until smooth. Adjust seasoning if needed and place in the refrigerator.

### CEVICHE

• Cube the fish into 1/3-inch cubes. Place the fish in a bowl and combine it with the rest of the ingredients. Refrigerate until cold and serve in a coconut over ice.



## Kelly Probst

Dad, husband, surfer, waterman, and monger of all things fishes.


The best meals I've ever had include two common factors: incredible ingredients and great friends. I'll often take people kayaking to a gem of an island in the Florida Keys to unplug, bringing little else but a spear, fishing pole, tent, and basic cooking supplies. I was there with a great friend Chef Camilo Velasco when our stove stopped working (or maybe it was that I had brought the wrong part). Though we were able to find some firewood, we ate much of our food raw.

It was there in the tropical sun, drawing back to our primitive selves that I experienced one of the best ceviches I've ever had in my life.

This incarnation of that dish has roots from that island, too many fishing trips to count, and the finesse of a talented Florida Chef. It is cool, light, fragrant, and flavorful and you find yourself reliving the tropical scenes of your life. It's a forgiving recipe so give it a try and add your own adventure to it!

### Chef is from:

New Smyrna Beach, Florida

 [Fishmonger and the Sea Film](#)





# Tailgating Ribs

by Blue Smoke Blaire

SERVINGS 6-8

PREP TIME 1 hour

TOTAL TIME 6 hours approx.

## INGREDIENTS

**3 Racks Trimmed Baby Back Ribs or Spareribs**

**12 Ounces Down Home Rub**

**2 Cups BBQ Sauce**

**1 Cup Yellow Mustard**

**1/2 Cup Apple Juice**

**Foil**

## DOWN HOME RUB

**1/2 Cup smoked paprika**

**1/4 Cup Kosher salt**

**1/4 Cup cane sugar**

**1/4 Cup granulated garlic**

**2 Tablespoons mustard powder**

**2 Tablespoons coarse black pepper**

**1 Tablespoon nutmeg**

**1 Teaspoons Cayenne**

**1 Teaspoon Cornstarch**

## BBQ SAUCE

**1 Cups ketchup**

**1/2 Cup brown sugar**

**1/4 Cup apple cider vinegar**

**1 Tbsp granulated garlic**

**1 Tbsp onion powder**

**1 Tbsp chili powder**

**1 Tbsp liquid smoke**

**1/2 Tbsp Worcestershire sauce.**

**1 Tsp lemon juice**

## STEPS

• In a large bowl, combine all of the BBQ rub ingredients until uniform. In a medium saucepan, combine all BBQ sauce ingredients and stir. Remove ribs from the package and pat both sides dry with a paper towel.

• Remove the membrane from the back of the ribs. This can be done by using a paper towel and pulling upwards or you can simply score the membrane with a knife and leave it on.

• Apply a thin layer of mustard on the front and back sides of the ribs. Generously sprinkle the BBQ rub on both sides and along the edges of the ribs.

• Place seasoned ribs on the grill at 275 F for 3 hours. Check the color every hour. The ribs should turn a beautiful mahogany color. Use a spray bottle and lightly spritz water or apple juice on the ribs to speed up this process.

• Remove ribs and wrap tightly in foil. Open one end and pour 3 tablespoons of apple juice into each foil pack and reseal it.

• Place the foiled ribs back on the grill or smoker for 2 more hours or until the internal meat temperature reaches 206F.

• While the ribs are on the grill, combine all BBQ sauce ingredients in a medium saucepan. Heat on medium until small bubbles begin to form. Reduce to a simmer for 10 minutes. Remove from heat.

• Remove the ribs from the foil and allow the steam to escape. throw away the used foil and discard the liquid.

• Use a basting brush and cover the ribs with a light coating of BBQ sauce. Place back on the grill or smoker for 15 minutes.



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## Blue Smoke Blaire

I'm Erica Roby, and I'm passionate about a lot of things. I'm an attorney, a level-2 Certified Sommelier, a United States Navy wife, and a mother.

In 2020, I won Food Network's "BBQ Brawl" and earned the mantle "Master of 'Cue." Since then, I made my own award-winning digital series, "The Pit Stop with Blue Smoke Blaire." In May 2022 I competed at the world-famous Memphis in May World Championship BBQ Cooking Contest. I tied for 1st place in brisket and 4th in the rib division.

I love the barbecue community and I give back when I can through traveling with Operation BBQ Relief or as a guest lecturer inspiring young people to pick up tongs and find joy through food and culinary passion.

**Chef is from:**  
Ohio

**Cooking heroes:**  
I collect old cookbooks and stuff so there are a lot from the 1800s and the 1900s that I look back to for inspiration

**Chef Tip:**  
If you're trimming brisket, you have to have cold meat. If it warms up the fat starts melting and it's dang near impossible to slice through it. That turns a lot of people off of brisket, but it can be nearly frozen and you can still trim it. It's a really simple hack once you know it.

**Secret spice or food chef doesn't like:**  
Star Anise. I love the smell of it, but not that licorice taste. It reminds me of when you were a kid and everyone took all the good candy and you were left with that bad taste.

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