

# Sauce Master

Seasoned barbecue judge James Hare reveals his secrets for perfect outdoor fare.

By Erin Tobin

**J**ames Hare of Rancho Cucamonga's Cucamonga Cattle Company is a Kansas City Barbeque Society judge. He'll be casting his ballot at Pechanga Resort & Casino's 3rd Annual Pro BBQ Championship, June 21. He offers six secrets for creating the perfect barbecue:

**BARBECUE SHOULD BE LOW AND SLOW.**

It takes time, but it is worth the wait. Maintain a temperature of 225°F to 250°F. Grilling is the opposite. To get that perfect steak, you want a high temperature and a short cook time.

**WATCH THE SMOKE WHILE YOU BARBECUE.**

Thin blue smoke is a good thing. It means your meat will have a sweet, smoky flavor. Thick white smoke means your food is going to take on a bitter, acrid flavor.

**TRUE BARBECUED MEAT, INCLUDING CHICKEN, HAS A PINK HUE BECAUSE OF THE LOW AND SLOW SMOKING.**

Touch the corner of a white napkin to the meat's juices. If no color or the slightest pink shade appear on the napkin, the meat is done. If the color is dark pink or red, the meat is underdone.

**DON'T ADD SAUCE UNTIL THE END OF THE COOKING TIME TO PREVENT THE SAUCE FROM BURNING.**

Even better, serve warm sauce on the side.

**IODIZED SALT WILL DISCOLOR THE MEAT DURING THE SMOKING PROCESS.**

Use kosher or sea salt in the seasoning to keep things looking as appetizing as they taste.

**KEEP A NOTEBOOK FOR COOKING AND USE IT OFTEN.**

That way it is easy to keep track of recipes, temperatures and time so you can recreate those perfect ribs again.

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**PECHANGA PRO  
BBQ CHAMPIONSHIP**  
June 21  
Pechanga Resort &  
Casino, Temecula  
10 a.m. to 5 p.m.  
General admission  
\$5; additional cost for  
tastings & beverages  
pechanga.com

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