

BBQ'ing with 'Big Daddy Q'



'I like Big Butts!'

by Jim 'Big Daddy Q' McCain
Florida BBQ Association

I LIKE BIG BUTTS!

That I can't deny. When I BBQ Boston butts one of the most important things to me is to purchase a healthy, heavily-marbled big butt!

Injecting is a popular thing to do, especially in competition BBQ. I use an injection consisting of one part apple cider, one part salted butter and one part of any of your favorite fruit jelly.

Heat up the ingredients slowly while stirring constantly, then inject the butt from all angles. One useful tip is to pull the needle out while continuing to force the injection in.

When you think ya' got enough injection in your butt, add more. Injecting makes the heat transfer throughout the meat, as well as adding your favorite flavor throughout instead of just on the outside.

BUTT RUB!

After injecting the butt thoroughly, I like to rub the outside with Bad Byron's Butt Rub. I put my liquid-filled butt in a half pan and pour on the rub. Once again,



JIM MCCOIN IS SHOWN WITH HIS BLUE RIBBON and trophy after a recent Florida BBQ Association competition. Jim and his "Big Daddy Q" team of Okeechobee is ranged #4 out of 200 FBA members.

when you think ya' got enough seasoning, add some more. Make sure to get all sides completely covered

SLOW-N-LOW

The magic number is 225 degrees. Cook the butt at 225 degrees until the internal temp is at 165 degrees (usually 6 to 7 hours), then wrap it with aluminum foil and crank up the heat to 275 degrees.

After the butt is wrapped in foil the temperature will rise fast – kind of like a pressure cooker (make sure you wrap it tight).

Take the internal temperature using an internal meat thermometer to 200 degrees before removing the meat from the heat and letting it rest for an hour.

SAVE THE GOOD STUFF

When unwrapping your now-cooked Boston butt, place it in a half pan so you can save all the juices that will flow out of the aluminum foil.

This juice is what you'll need to thin down your sauce you will need when preparing pulled pork. This heavily-seasoned juice will add to your sauce to give it that extra kick....in the butt!

BIG DADDY Q

My name is Jim McCain, and I am a cook and board member for the Florida BBQ Association (FBA).

At the time of this writing I am currently leading the FBA in the pork category (at least until the next competition), so now is a good time for me to share my Boston butt cooking tips before I am knocked off my perch.

I welcome you to come visit us at a FBA BBQ competition or go online to www.flbbq.org and see if you are interested in being the next cook team or judge to join us in the FBA.

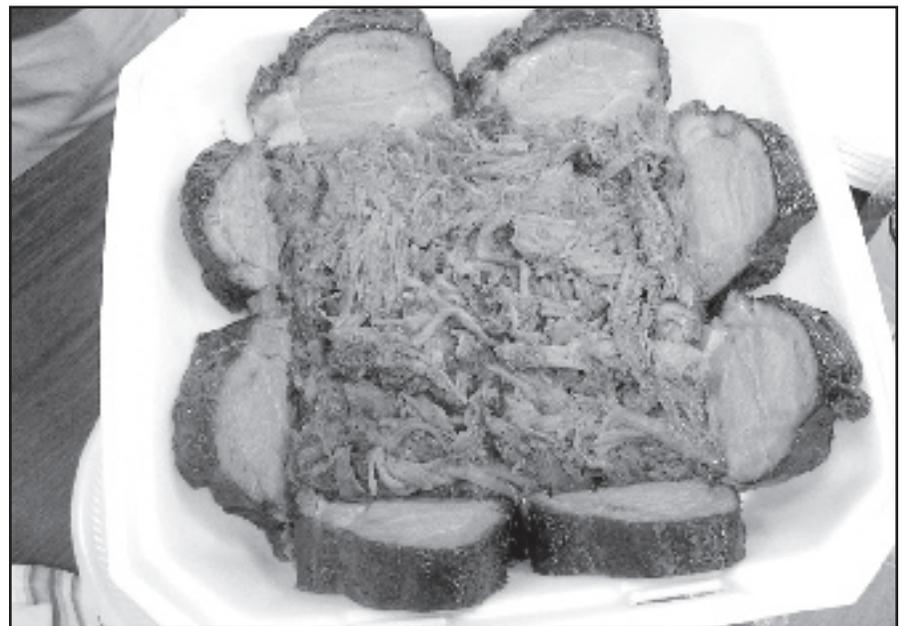
UPCOMING EVENTS

- Jan. 11-12 Sebring BBQ Festival
- Jan. 18-19 Okeechobee BBQ Affair
- Jan. 19-20 Panama City BBQ Fest
- Feb. 1-2 Wauchula Chillin' & Grillin' Happy BBQ'ing!

Jim "Big Daddy Q" McCain is a board member with the Florida BBQ Association. He is head cook with the "Big Daddy Q" team in FBA competitions and currently leads the pork category.



BIG BUTTS! These seasoned pork butts and brisket are ready to hit the grill in this mouth-watering photo sent in by Dana "Big Poppa" Hillis of Big Papa's Kitchen.



PULLED PORK, ANYONE? This eye-catching display of grilled pork surrounding some pulled pork was sent in by Jim "Big Daddy" McCain.



GRILLED, SLICED AND READY FOR JUDGING – This BBQ brisket has been sliced and is ready to be presented to the judges in the "turn-in box." (Photo courtesy of Dana "Big Poppa" Hillis).

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