



STORY BY JENNIFER STREISAND PHOTOS PROVIDED

Summer might be coming to a close, but you can hold onto the flavors of summer by barbecuing and grilling meat all year long.

“Anytime you can have a summer taste throughout the year, it is a plus,” says Marc Shumate, the owner of the South Street Smokehouse in Lafayette. “In the winter, you can brush the snow off of the grill, and in the process, free up your oven—for something like, say, peach cobbler.”

Whether you are using a grill or a smoker, area chefs and home cooks recommend trying different spices and rubs on the meat to yield ethnic and regional flavors.

Ryan Mitchell, the sous-chef -- or deputy executive chef -- at Bistro 501 in Lafayette makes what he calls an Arkansas-style smoked pork shoulder, with a dry rub to season it. The pork, which he says falls off the bone after smoking it for about 12 to 15 hours, can be served in a sandwich with green or red hot sauce and cole slaw, made with apple cider vinegar.

Mitchell makes the dish for his family and friends on his own time away from the restaurant. As a chef, barbecuing is one of his areas of expertise, and he has a smokehouse at home in addition to an industrial-grade sausage maker to dry-cure sausages in his basement.

Smoking meat is much more involved than placing it on a grill to simulate a barbecue flavor, even though the words “smoked” and “barbecued” are often used in broad terms to identify meat cooked on a grill or meat with a barbecue flavor. Rather, smoked meat is made in an actual smoker, which can look like an old-fashioned oven.

You can smoke meat on a grill by using wood chips, but Mitchell prefers using a smoker.

“If for any reason, because if you are going to put that much time into smoking something, then you need a little more space, and generally, smokers have more space; you can get more in there,” he says.

People often use the words barbecuing and grilling interchangeably, but they are

# BBQ sensations

different, Shumate explains.

For barbecuing or smoking meat, you have a more indirect source of heat, Shumate says. Grilling, on the other hand, is right on top of the fire, so the heat source is more direct, and the meat is cooked starting at about 500 degrees.

“As far as the flavor, you really can’t match barbecue,” notes Shumate. “You know when you are doing something that long, the smoke and the seasonings just penetrate the meat, but it keeps the crust and seasonings on the surface and the meat in its own juices.”

Smoked meat has such a good flavor because of the length of time involved: Meat is often smoked for more than 12 hours, and during the process, the fat melts into the meat, giving it the juicy flavor and tender consistency, Shumate explains.

“If you grill, the fat kind of burns and gets charred, but with barbecue, it slowly melts away, and that’s why it takes 16 hours,” he says.

You can use a grill -- either charcoal or gas -- to smoke meat, notes Shumate. For a charcoal

grill, put the wood directly on the coals, but for a gas grill, the wood should be contained in aluminum, “so the smoke rolls around and cooks the meat, but it’s not sitting over the fire,” he adds.

At the D&R II in Lafayette, Chef Terry Ford makes smoked chicken with hickory wood, the chicken is coated with a mesquite butter seasoning, and the coating gives the chicken a crispy consistency.

“Then we cook the chicken in the smoker for about two hours at about 250 degrees, which is a low temperature to hold the juices in a little more,” Ford says. Half a chicken is served to customers with two side dishes.

The wood, in large part, is what gives the barbecue its flavor, says Shumate, and you can buy wood for smoking meat at grocery stores and retailers. They carry different varieties, such as cherry and apple wood. More exotic flavors can be ordered online, he says.

The wood also is what makes barbecue regional, Shumate explains.

“Texas is mesquite wood or pecan. The Carolinas are hickory and oak, and why is it that way? Because that type of wood was in



Chef Terry Ford from D&R II shows off some smoked chicken.



their back yard when they first started to make barbecue.”

Barbecuing and grilling are also predominant forms of cooking around the world, and in Brazil cooking over a fire—both barbecuing and grilling—is a way to bring people together for celebrations, says Ricardo Schiochet, a Lafayette➔

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resident, who was born in Curitiba, in south Brazil.

“Everywhere you go in Brazil, you’ll find barbecue,” Schiochet says. His favorite dish is File de Picanha, translated as steak of sirloin. The recipe involves using sliced pieces of a tri-tip sirloin roast, also known as a triangle roast because of its shape, says Schiochet. The meat is cooked with a coarse salt on a very hot grill, he says.

“You spread the salt over the beef on both sides, and you just grill it.”

In other countries, organ meats are often used as a good source of protein, notes Chef Thom England, a culinary arts instructor at Ivy Tech Community College-Central Indiana.

“Organ meats are most often higher in nutritive value and absolutely flavorful,” he says. For example, grilled beef heart can be prepared on the grill, also by



seasoning it with a coarse or Kosher salt and freshly ground black pepper.

“Hearts are available at most farmers markets as well as through your store butcher,” says England. “They will just need a couple of days notice to order them.” They also can be found in

Latino markets.

“Heart also makes the best hamburgers if you ask your butcher to grind it for you. I made a meatloaf with it—mixing half heart and half ground chuck—and everyone said it was, by far, the best meatloaf they had ever had.” ❄

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# Sizzling Recipes, Rubs and Marinades

## Smoked Barbecue Chicken

(Chef Terry Ford, D&R II in Lafayette)

### Meat

- 1 or 2 whole free-range chickens

### Brine Mixture

- 1 c. salt
- ½ gallon water
- Pinch of garlic salt
- Pinch of granulated onion

Soak the raw chicken in the brine at least eight hours or overnight.

### Mesquite Butter Seasoning

This ingredient can be purchased already prepared in stores or online. Rub the mesquite butter seasoning onto the chicken liberally after it has been soaked in the brine mixture. Smoke the chicken in the smoker for about 2 hours at about 250 degrees.

## Indian Style Red Hot Chicken

(Marc Shumate, owner South Street Smokehouse in Lafayette and home cook)

### Meat

8 pieces of skinless chicken

### Marinade

- 1 T. curry paste
- 1 T. ketchup
- 1 tsp. Indian five-spice powder
- 1 fresh red chile, seeded and finely chopped
- 1 tsp. Worcestershire sauce
- 1 tsp. sugar
- Salt to taste

Place curry paste, ketchup, Indian five-spice powder, chile, Worcestershire sauce, sugar and salt in a bowl and mix until the sugar dissolves.

In a non-metallic dish, rub the chicken with the paste, then marinate with the paste for four to six hours in the refrigerator.

Preheat the grill to cook over medium-hot coals. Brush chicken with oil, and cook over medium-hot coals for about 25 to 30 minutes. Serve the chicken with grilled pita bread.

## Grilled Beef Heart

(Chef Thomas England, culinary arts instructor, Ivy Tech Community College – Central Indiana)

“The sliced beef heart is great on tacos or a spicy salad.”

### Meat

- 1 beef heart, trimmed, and cut into 2-inch wide strips

### Marinade

- 3 cloves of garlic, crushed
- 6 sprigs fresh thyme, crushed
- 3 sprigs rosemary, crushed
- ½ c. lime juice
- 1½ c. white wine
- A splash of extra-virgin olive oil

Mix all of the ingredients in a bowl and let the mixture sit for an hour. Pour the mixture over the pieces of beef heart, and marinate the meat for two hours.

The heart is a tougher cut of meat, which makes the marinade necessary, notes England. Let the meat dry a bit. Preheat the grill or grill pan until it's very hot.

Season the heart with coarse salt and freshly ground black pepper. Grill the hearts about three minutes on each side.

Serve the beef heart warm and sliced thinly.

“One of the most important things for using a grill is yearly maintenance. For a gas grill, I highly recommend getting a second tank or at least a fuel gauge because the last thing you want to do is run out of gas in the middle of cooking.”

- Marc Shumate

## Arkansas-Style Smoked Pork Shoulder

(Chef Ryan Mitchell, sous-chef at Bistro 501 in Lafayette and home cook)

### Meat

- 8 – 10 lbs. pork shoulder (serves about 12)

### Barbecue Rub

- ¼ cup paprika
- 1/8 c. of chili powder
- 1 T. salt – coarse or iodized salt
- 1 T. brown coriander
- 1 T. garlic powder
- 1 T. curry powder
- 1 T. mustard seed
- 1 T. ground mustard
- 1 T. sugar
- ½ T. freshly ground black pepper
- ½ T. dried thyme
- ½ T. ground cumin
- 1 T. cayenne pepper

Mix all of the ingredients in a bowl and rub it on the pork. Smoke the meat for 12 to 15 hours, and the meat usually falls right off the bone.

### Hot Sauce

- Use any type of hot peppers
- 2 T. salt
- 2 ½ c. plain white vinegar

Pulse all of the ingredients in a food processor. Place in mason jar(s). Let the mixture sit for nine days. After nine days, strain all of the solids out of the mixture, and you have the hot sauce.

### Cole Slaw

Carrots, cabbage, apple cider vinegar, oil, salt and pepper to taste. Shred carrots and cabbage, and mix in vinegar, oil, salt and pepper.

