



THE UNIVERSITY OF GEORGIA
COOPERATIVE EXTENSION
Colleges of Agricultural and Environmental Sciences & Family and Consumer Sciences ®



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Outdoor Barbecuing for Small and Large Groups

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Outdoor cookery or barbecuing to feed small and large groups is one of the most popular activities for 4-H and civic fundraisers, and for supporting educational meetings, church functions and field days. The sociability of the meal and the ease of service count almost as much as how the food tastes and provide excellent public relations for your organization. Take care to ensure that quality food in the right quantity is prepared and that proper precautions are taken to prevent food poisoning. Following a few simple steps will ensure the meal is appealing, is served on time, is hot (or cold), is available in sufficient quantity and is delicious.

Planning the Menu

The successful management of an outdoor meal brings satisfaction to everyone involved and reflects the thoughtful preparation and planning of your organization. Effective planning means dividing the work and assigning the responsibilities for getting the job done. This is best accomplished by a general planning committee with smaller work committees for food preparation, site and facilities, cleanup, and publicity. The size of these committees will vary with the type of meal and the number of people served.

Planning is the key to a smoothly functioning activity. Plan the major items such as menu, price, site and type of service well in advance. Keep complete records for financial purposes and so the event can be evaluated with suggestions recorded for future reference.

Worksheets

Develop summary worksheets (see sample on page 13) to ensure that all needs are met. Prepare a market order (see sample on page 14) from the menu, showing the serving size, number of portions and total amount to be prepared. This will prevent shortages and surpluses. The market order include all materials, paper goods, pit requirements and cleanup materials. Make a list of equipment needed to prepare, cook and serve each item. Assign specific duties and responsibilities to workers or volunteers so all jobs are completed

Selecting the Menu

There are several key considerations in selecting a menu for an outdoor event. Plan a complete menu to be sure the meal is nutritionally balanced. Keep the menu simple. Simple menus are most effectively and efficiently served to larger groups. Serving sizes should be slightly larger to satisfy the heartier outdoor appetite.

Cost is always a consideration but should not jeopardize the success of the event. Carefully calculate the meal cost and consider low cost items such as corn on the cob, grits or rice, biscuits or corn bread, and fresh fruits and vegetables in season. Include variety in texture, color, flavor and temperature in the menu.

Bakery items work well as desserts for large groups because they can be prepared ahead of time and are easily served. For smaller groups, fruits in season, ice cream or a combination of the two add flair and should be considered. Congealed or gelatin desserts do not work well.

Be sure to account for the differences in age, sex and occupation of the group. Serve hearty foods to people who do heavy physical work and consider lighter or fancier food for women's groups. When planning the menu, consider the time of day the meal will be served, the time required for service, the time required for food preparation, and meetings that follow the meal and that require your involvement. Don't be afraid to add a little flair to the menu as long as you use standard, pretested recipes and consider the skill required to prepare the dish.

Food safety is important in planning the menu. Refrigeration and cooking facilities available at the chosen location may dictate the use of non-perishable items such as potato chips or limit the number of refrigerated items served.

Labor Requirement

The amount of time required for each task associated with an outdoor meal is often underestimated. Assign individuals specific duties for the following tasks:

- ♦ assembling the cooking equipment
- ♦ obtaining the food and serving materials
- ♦ preparing the barbecue pit
- ♦ preparing the food
- ♦ serving the food
- ♦ cleaning up and disposing of waste

Make task assignments even for small groups to ensure that the work is accomplished.

Selecting the Site

The type of menu to be served and the type of service (picnic, cafeteria, take out or banquet style) influence the facility you choose. Large outdoor pit barbecues do not require extensive seating, but well organized serving facilities must be planned. When meetings are combined with or follow the meal, seating must be provided. In case of inclement weather, alternative facilities large enough to accommodate the group should be planned or alternative dates chosen. Overflow crowds can be a problem if plans do not include additional facilities. Advance

registration or ticket sales can assist in planning the site and the amount of food to prepare. Past records can provide an estimate of the number to be served if advance tickets cannot be sold.

Locate the pit or grill in a well-ventilated area where the fumes and smoke will not accumulate in the building or facility to be used for seating. Be sure the site is accessible and has adequate parking and restroom facilities. All publicity should contain directions to the function. Plan access to the facility far enough in advance for setup and cooking to be accomplished before the meal is scheduled to be served.

Purchasing Food

Before purchasing food items, prepare a market order (see page 14) with the estimated portion size, number to be served and total amount to purchase. Follow standardized, tested recipes. Small quantity recipes are often not accurate when used in multiple quantity. Tables 2 (see page 16) and 3 (see page 17) will help you determine the correct amount of food to be purchased for the number to be served. Be sure to have enough food but avoid excesses, which increase the total cost. Control serving size using scoops, spoons or ladles to ensure you serve the expected number of people. If self-service is used, plan for larger portions.

Selecting and Cooking Meat

Barbecuing and charcoal broiling are dry heat methods of cooking. Select tender cuts of meat such as the rib, loin, sirloin or large roast from the rump, and round or leg cuts (see Table 1, page 15). The age of the animal has the greatest effect on tenderness, so select lamb or kid goat. The USDA grade can be used as a purchasing guide when selecting beef or lamb. Most swine is slaughtered for pork at younger than 6 months of age, so toughness due to age is not a problem.

The size of the cut affects the rate of cooking and the ultimate tenderness and juiciness of the meat. Select steaks and chops 1 to 1½ inches thick and cook them slowly over a medium fire for best results. It is better to cook one thick steak and carve it into portions than to cook several thin steaks. Larger roasts make excellent barbecue meats because of the smaller surface area in relation to the weight of the cut. This allows a slowly cooked piece of meat to tenderize in its own juices during the cooking process. Cuts should be uniform in size and shape so that cooking times will be approximately the same. Roast thickness should not exceed 5 inches.

Less tender cuts such as pork spare ribs and beef ribs can be successfully grilled by first steaming or parboiling until the connective tissue in the meat is broken down; then grill the meat to achieve browning and a char-broiled flavor. Less tender steaks can be tenderized prior to grilling. To tenderize the meat, use a commercial meat tenderizer or marinate the meat using a tested marinade recipe. Always marinate meats in the refrigerator.

The fat and marbling in meat is important for barbecuing. The fat protects the meat from dehydration during cooking, increases the rate of cooking and contributes to the juiciness and flavor of the final product. Trim the outside fat, but leave a uniform cover over the surface of the meat during cooking. Some fat will render out during cooking and leave a tender, juicy piece of meat when done. The outside fat can be removed before serving or removed on the plate. The outside fat should be scored on steaks and chops to prevent the meat from curling on the grill.

Meat flavor comes not only from the type of fat (beef, lamb, pork) but also from the browning reaction achieved during cooking. The unique barbecued flavor results from the browning of the fat and protein on the surface of the product. Smoke flavor is absorbed into the meat along with any spices, seasoning and flavoring added before, during or after barbecuing.

Frozen roasts and steaks can be used for barbecuing or charcoal broiling, but expect a dryer finished product due to the increased drip loss that occurs during the cooking of frozen meat. For best results, thaw roasts and steaks before cooking. Always thaw meat under refrigeration, never at room temperature. Microwave thawing is the easiest, safest method available. Hamburgers can be cooked from the frozen state to reduce the amount of bacteria growth that may occur during thawing. To reduce juice loss during cooking, turn steaks and chops with tongs rather than using a fork, and never press hamburger patties on the grill while cooking. Basting meat cuts during cooking greatly reduces the amount of surface moisture lost and allows you to add a flavoring spice to the meat. Use salt sparingly during cooking, because salt draws the moisture out of the meat. Basting also improves the color and yield of the barbecued cuts.

The only sure way to determine when meat is done is to use a meat thermometer. To check the temperature, insert the tip of the thermometer into the center of the thickest part of the cut without touching a fat pocket or bone. The end-point internal temperature for the degrees of doneness for meat are:

- ♦ 145 degrees F rare
- ♦ 160 degrees F medium
- 170 degrees F well

Cook whole poultry to an internal temperature of 180 degrees F. Check the temperature in the thickest part of the thigh. For poultry parts, the thickest part of the meat should reach 180 degrees F for dark meat and 170 degrees F for white meat.

Best results are achieved when whole pork primal cuts (hams, shoulders, butts) are cooked to an internal temperature of 165 degrees F. Cured pork chops or ham steaks need to cook to only 145 degrees F because they have been cooked during processing.

When cooking whole hogs, pigs or pork sides, it is recommended to leave the skin and fat on during barbecuing. This reduces shrink and increases heat penetration during cooking. The fat and skin can easily be removed during preparation, and the skins can be popped in hot (400 degrees F) fat and served as a side dish.

Purchasing Dry Goods

and Paper Products

Dry goods and paper materials are often sold in quantities of 50 and 100 and can be stored for future use. These items can be purchased well in advance, freeing time closer to the event for meal preparation. Be sure to store all dry materials in a cool dry area free of rats, mice and roaches. Large plastic bags can protect these materials from becoming soiled. Be sure to use the Market Order worksheet (see page 14) to list all of the items needed, the quantity and cost. This provides a checklist to ensure all necessary items are on hand and aids in planning future events. Store all unused materials and inventory them for future reference.

Setting a Price for the Meal

Unless a meal has a sponsor, you should set the price high enough to cover all costs and allow for a profit if profit is an objective. Here are some guidelines for estimating costs:

1. Use the Market Order worksheet (see page 14) to price all food items, including donated items, and total their cost.
2. Add the cost of labor, if any, to the food cost and include paper goods and miscellaneous costs such as those for decorating, non-paying guest meals, laundry or rental costs and janitor services. This is the estimated total meal cost.
3. Divide the estimated total meal cost by the estimated number of people to be served (including volunteer workers). This will give you the approximate meal cost per person.

When the meal is served at cost, charge only enough to ensure that you do not lose money. Allow a margin of safety to cover changes in the number of people served, then multiply the estimated cost by 125 percent. For example, if the estimated meal cost is \$2.00, charge \$2.50 per person. When the meal is served to earn money, a fair profit is calculated by using the cost as 50 percent of the meal price. Estimate all costs (not including labor) and divide by 0.50 (percentage meal cost) to determine the selling price. Round to the nearest \$0.25.

Example:	
Estimated food cost	\$206.50
Decoration and paper goods	18.50
Facility rental	25.00
Total estimated cost	= \$250.00
Estimated number of people	100
Estimated cost per person	\$250/100=\$2.50
Selling price	\$2.50/0.5=\$5.00

Food Preparation

Equipment and Containers

A carefully prepared worksheet listing the equipment required to prepare and cook each menu item will ensure that sufficient equipment, containers and cooking utensils are available. The grill or pit area needed should be calculated with consideration given to the time required for cooking and for serving the food hot. If the meal is to be served over a 3-hour period, smaller items such as chicken halves can be prepared on the same grill at a later time. Larger meat cuts require longer cooking times and generally will be cooked all together. Allow grill space to cook four steaks per square foot, or 2½ chicken halves per square foot.

Include foils, ziplock bags or plastic containers with lids on the worksheet to provide a way to handle and store leftovers. A successful barbecue often will generate sales for the leftover meat or hash you have on hand. Be sure you have made your meal cost calculations beforehand so you can properly price the product.

Roaster ovens are excellent for cooking baked beans, hash or other foods that are served hot. Fish fryers can be used for preparing grits, rice, hash and hot water for clean up.

Ice chests or Styrofoam® containers can be used for holding hot or cold foods. Polyethylene liners help keep the containers sanitary, attractive and easily cleaned. Food processors or grinders greatly reduce the time required for preparing slaw, salads, hash and other items requiring chopping or cutting.

Beverage service containers should be large enough to hold the necessary amounts of hot and cold liquids, but they should be easy to handle. Beverages available should include water, milk and your main beverage. Allow extra of each beverage for refills during the meal. Large, covered coolers with spigots work best because there is room for ice to be added to pre-cool the liquids, reducing the amount of ice needed in the cups. Hot coffee is best offered self-service from the pot or an insulated thermos. Beverage concentrates for tea, lemonade and juice work well for large groups, but make sure a sanitary water supply is available.

Food Safety

Plan for the proper handling and preparation of all food items to prevent foodborne illness. Remember the following tips when handling food:

- ♦ Keep perishable foods such as meat, poultry and fresh vegetables refrigerated until they are ready to be cooked or prepared.
- ♦ Thaw all frozen meats in the refrigerator, not at room temperature.
- ♦ Keep uncooked, cooked and prepared foods covered as much of the time as possible. Use foil on containers without lids.

- ◆ Never reuse raw material containers, such as poultry or meat boxes or vegetable containers, for holding cooked foods.
- ◆ Always wash and sanitize the cutting board, pans and lugs before reusing for cooked foods. Keep all food containers and equipment clean.
- ◆ Provide handwashing facilities at the outdoor cooking sites and always keep your hands clean.
- ◆ Provide clean hot water for cleaning during outdoor cooking. A fish fryer or gas stove can be used to heat water for washing equipment and utensils.
- ◆ Don't handle food if you have cuts or sores on your hands. Cover with a bandage and use gloves.
- ◆ Keep cold foods cold (below 40 degrees F) and hot foods hot (above 140 degrees F) when holding before serving.
- ◆ Promptly chill leftovers to below 40 degrees F in shallow containers less than 4 inches deep immediately after serving is complete.
- ◆ Protect the food by wearing clean clothing and keeping your hair covered.
- ◆ Comply with local ordinances concerning food preparation. Restroom facilities are recommended for large groups, and may be rented.

Food Preparation — Cooking the Meal

Timing is the key to food preparation. Prepare all the food items so they are ready to serve hot or cold at the appointed time. In order to achieve this, prepare and refrigerate all items that can be assembled prior to cooking the meat. Prepare salad or slaw ingredients separately, then combine and mix with dressing just before serving. Hash or Brunswick stew can be cooked the day before, placed in shallow containers for rapid cooling, refrigerated and reheated just before serving. Vegetables that require cooking, (baked potatoes) can be held hot in thermal chests for up to 2 hours before serving. Rice, grits, corn on the cob, hash, green beans and baked beans can be cooked in fish fryers on-site or prepared on a stove and held for up to 1 hour in thermal chests before serving. Plan the menu to accommodate the available facilities. Baked items should be baked ahead of time or purchased from a bakery. Sheet cakes, brownies, cupcakes and fruit pies work well. Avoid cream filled or custard baked goods because they spoil easily.

The Fire

Barbecuing for large groups is usually done over an open pit or in a large portable metal grill, with a wood or charcoal fire. Burn wood down to form a bed of hot coals, then place the coals in the pit for cooking. Not all wood burns well, so select a good supply of dry hardwood. Hickory, oak, pecan, maple and ash provide a good bed of coals when burned, but softwoods such as pine produce a lot of smoke and off-flavors in the meat. Avoid damp or

green wood. Start the fire well ahead of the time you expect to cook the meat so a good bed of coals is available. Keep a modest fire burning to ensure additional coals are available as needed.

Charcoal is the preferred heat source, and charcoal briquettes are the best form to use. Estimate the amount of charcoal needed to cover the grill area or to form a bank beside the carcass. Build a pyramid of briquettes and add the lighter fluid. When the briquettes are covered with white ash (about 20 minutes), the fire is ready for cooking. Do not light all of the charcoal at once when cooking a large roast or a whole pig, but resupply the fire by adding briquettes to the fire as needed. Use commercial lighter fluid or mineral spirits to start a fire. Never use kerosene or other fuels that are absorbed by the meat and produce off flavors.

When the charcoal is ready, spread it evenly around the grill. For large pieces of meat or for whole carcasses, it is best to place the fire parallel to the meat and not directly under it to reduce flare fires. Always keep a spray bottle or water source handy to extinguish any flare-ups and prevent burning the meat. Control the heat by removing or adding charcoal to the fire. One firing of charcoal should be sufficient to cook steaks or chops. A moderately hot fire is best for browning ribs or cooking steaks or chops. By placing your hand over the fire at the height of the meat, you can determine the amount of heat: You can hold your hand over a hot fire to a count of 4 or 5 and over a low fire to 10. A low fire provides the heat necessary for barbecuing large cuts and whole pigs.

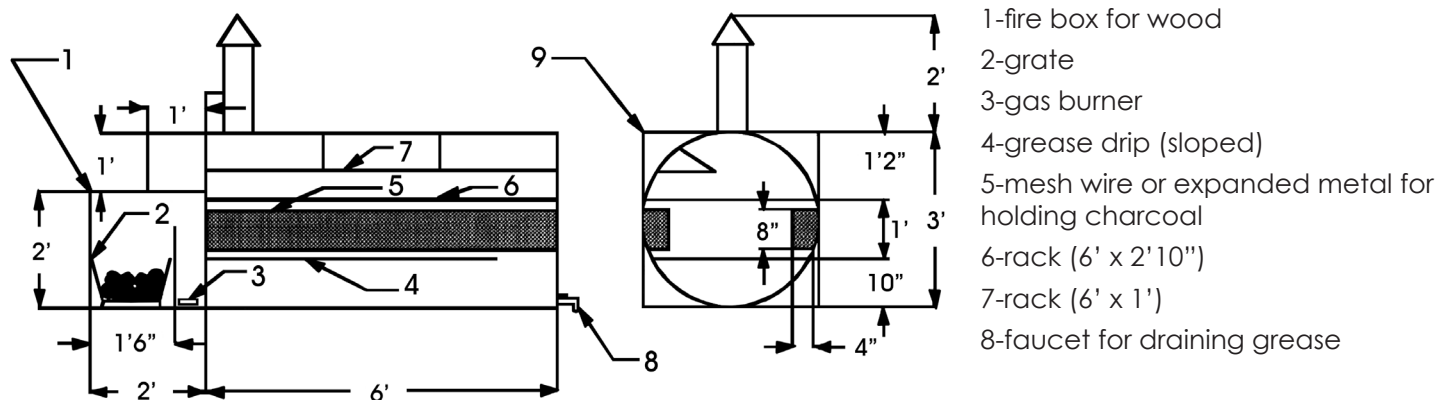
Grill Cooking

Cooking steaks, chops or other meat items on a grill requires some care. If the meat sticks to the grill, grease the grill lightly. Clean off any burned particles that can stick to the food. Turn the meat only when necessary. Use tongs instead of a fork when turning the meat. Do not salt until the meat is nearly done. To test for doneness of steaks, make a small split in the center with a knife and check the center for color. Do not cook over too high of a heat. Slow cooking results in a juicier product. Wood chips can be added for a smoked flavor, but they should be soaked in water first to prevent flare-ups. Sawdust can also be used if dampened before being sprinkled over the fire.

Pit Roasting a Pig

A pig that is 75 to 200 pounds live weight can be cooked by either of two methods: on a rotisserie over a low fire, or on screens or rods over a low fire with hand turning of the pig.

For cooking on a rotisserie, use a pit of adequate size with wind screens to prevent the ashes from blowing and to reduce heat loss. The drive motor should be large enough to ensure proper turning. Do not split the pig into halves. Secure the carcass to the drive rod with wire and skewers so it will not slip off during cooking. The carcass should be 12 to 18 inches above the fire and should be basted with liquid (**see recipes, page 10**) to prevent the



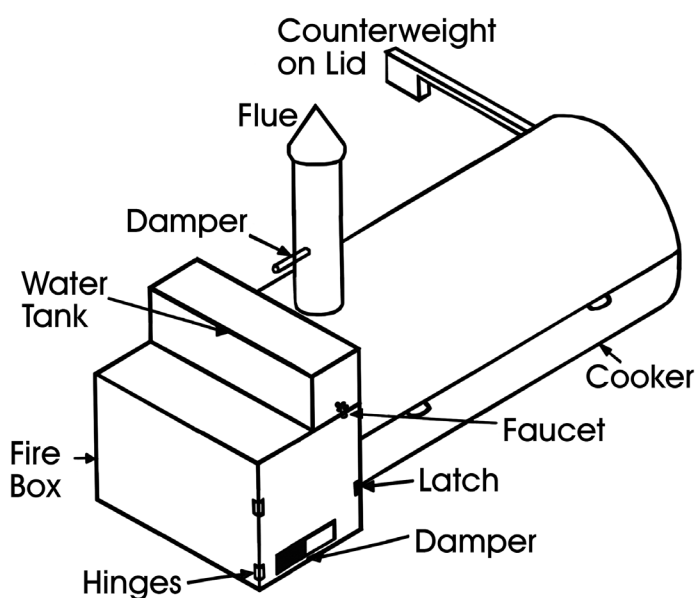
meat from drying during cooking. A low to medium fire (coals only) is recommended, and cooking time will be 6 to 8 hours for a 40-pound carcass, and 12 to 14 hours for a 120-pound carcass. Use a meat thermometer to determine doneness (165 degrees F) underneath the shoulder blade or in the center of the ham. Remove the meat from the fire and add any other sauces or seasonings after slicing.

The second method is to cook the pig over an open pit with the carcass on a wire screen or with long rods run through the pig. This requires the pig to be split in half down the backbone. The pit should be 16 inches deep and constructed of two layers of concrete block. The pit should be 12 inches longer than the pig (about 5 feet). The concrete block will support the screen handles or rods. An area 40 inches wide is required to allow room on each side of the pig. If screens are used, construct them from half-inch pipe covered with a hardware screen of 1-inch mesh. If rods are used, two half-inch solid rods are run lengthwise down each side with three 3/8-inch rods run across the pig through the ham, middle and shoulder. The rods should be wired to the larger rods to

prevent the carcass from slipping and falling off during cooking. Turn the carcass by placing one screen on top of the other, grasping both handles and inverting quickly. A minimum of three screens are required. Screens can also be used for chicken halves.

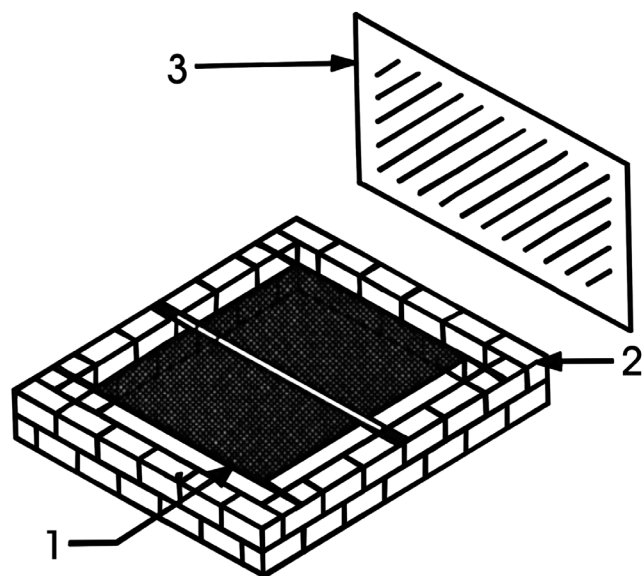
Start cooking the pig with the bone side down. Cook in this position for at least 30 minutes, then baste and turn. The carcass will require frequent basting and turning to prevent drying and charring; turn more frequently as the meat becomes done. Be sure to check doneness with a meat thermometer (160 degrees F) in the thickest portion.

Carve the meat while it is hot by slicing across the muscle fibers. Thin cuts can be deboned and minced; remove excess fat. Add barbecue sauce and stir. A portable grill can be used for barbecuing, with gas, mod or charcoal as the heat source. Portable grills work well when cooking for groups of up to 150 people.



Portable Grill

Note: This unit may be supported with legs or mounted on a trailer for hauling.



1-Concrete block or brick

2-Meat rack made from 1/2" pipe and 1" mesh wire to form a cooking space of 30" x 48" and 6" on each end for handles.

3-Wind screen

Note: If blocks are only one high, dig the pit 8" to 12" deep to reduce heat loss.

Roasting a Small Pig

A pig weighing 20 to 40 pounds live will yield about 25 percent of that weight in edible meat. Have the pig dressed, but do not split the breastbone. Remove the head, if desired, by cutting the neck off smoothly. If the head is not removed, open the throat area and remove the esophagus and wind pipe at the base of the tongue and wash the area thoroughly.

Rub the body cavity with salt and stuff loosely with oyster dressing just before roasting. Use oyster dressing because meat from a small pig has little flavor. Stuff the pig just before roasting to prevent foodborne illness. Sew or skewer the opening shut. Fold the legs tightly against the body and tie with wire.

Place the pig on a pit rod and secure firmly so the carcass will rotate. The pig should be approximately 24 inches above the pit with enough coals for a low-heat fire along each side of the carcass. Baste the pig every 15 minutes with a basting solution to prevent the skin from burning. Roast 6 hours, reducing the heat slightly during the last hour, and cook until the stuffing reaches an internal temperature of 165 degrees F. Remove the pig from the pit and remove the stuffing. Place the pig on a large platter with the back up, garnish, and cover until ready to serve.

To carve, split the skin down the middle of the back. Lay skin off to each side. Scrape off subcutaneous fat, then pick the meat off the bones with a serving fork (the meat is too tender to slice). Serve with cranberry sauce, candied sweet potatoes, green beans, relishes, hot rolls, and tossed or Waldorf salad. For aesthetic value, roast the head separately, wrapped in foil, and later reattach to the pig on the platter with skewers and with an apple in its mouth.

Pit Barbecuing Chicken

Chicken broiler halves or quarters are the best serving size for a meal. Start cooking the chicken with the bone side down. Keep the fire low so the broiler will not scorch or dry out. Allow 1½ to 2 hours for well-done barbecued chicken. The cooking time will depend on the height of the pit (16 inches is recommended), the size of the broiler, the heat of the fire and the weather conditions. Mop or brush the chicken with sauce each time the broiler is turned. When cooking for large groups, the sauce can be sprayed on with a new, unused regular garden sprayer. Turn the chicken with tongs every 5 to 10 minutes. For large groups, racks built of welded wire (like those used for a pork side) turn easily by placing an empty rack on top of the filled rack and turning. Check doneness by twisting a thigh joint or a wing joint — when the bone twists out easily and has no red appearance, the meat is done.

Serving the Meal

When serving the meal, personal appearance is important. Wear a clean hat and apron, clean clothes and a smile. Wash your hands and wear disposable plastic gloves. Use scoops, spoons and ladles to control the size of the servings. Be sure portions are generous, but avoid waste. Insulated containers, thermal chests and Styrofoam chests with liners make excellent serving containers for hot and cold foods. Rice, grits, hash and other hot foods can be served from the cooking container. Keep all foods covered before and after serving with plastic wrap, aluminum foil or lids.

The serving line layout should be designed so all people are served in 30 to 45 minutes for large crowds (250) and 15 to 20 minutes for small groups. A suggested serving layout is on page 10. The number of serving lines required for prepared plates is one line for each 100 people served for each 15 to 20 minutes of serving time. Four lines serving the same items on all plates can serve 600 people in 30 minutes, providing backup food items for the lines are readily available and beverage service is equally as fast. Plan and organize the serving line so that each worker knows which item he is responsible for and where and how to resupply the item.

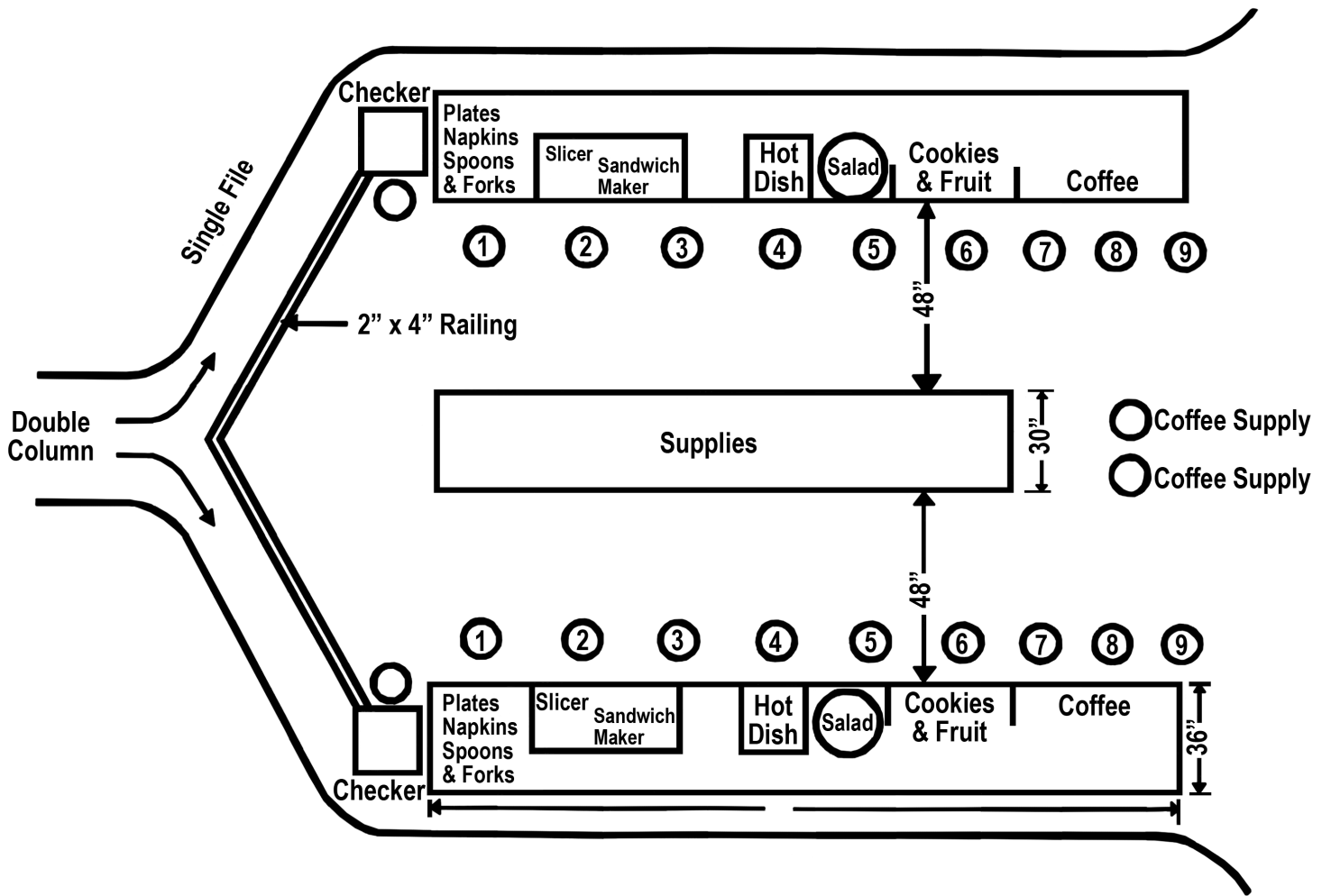
Cleanup and Write Up

The best sign of a successful event is when your excess barbecue is sold at a profit to those attending. Always cover, seal and promptly refrigerate all leftovers at 40 degrees F or below. Use shallow pans or small containers (less than 5 pounds) to ensure that the food chills rapidly. Dispose of any food served family-style or self-service or that has been exposed to anyone's hands.

Provide trash containers for waste removal. Clean up the cooking area and wet down ashes or other waste wood before removing them. Wash all serving utensils, pans, pots and cooking equipment in warm soapy water. Rinse in hot water and sanitize with a bleach solution (½ ounce of bleach in 1 gallon of water). Air dry to prevent the use of a dirty towel or dirty hands, which can contaminate the clean surfaces with bacteria. Remember, you are putting the public at risk

when these procedures are not followed. Write a summary report detailing the number attending, the success or failure of the event, food acceptance, the amount and type of leftovers, shortages, costs and suggestions for future events. Keep your worksheets for future reference.

Suggested Layout for Serving



Recipes

Thin Barbecue Sauce

(Use on chopped or sliced pork, venison or goat.)

1 pound butter or margarine
8 Tbsp. black pepper
1 Tbsp. red pepper (reduce for milder sauce)
4 Tbsp. salt
6 oz. catsup
2 Tbsp. Worcestershire sauce
1 gallon vinegar
½ gallon water

Melt butter, add other ingredients with vinegar and water last. Simmer 15 minutes. Do not boil. Pour over meat while the meat is hot and allow to stand a few minutes before serving. This recipe provides enough sauce for 25 pounds of meat, or 100 six-ounce servings of barbecue.

Barbecue Sauce

(Use on barbecued pork, pork ribs and beef.)

8 quarts	2 quarts	Ingredient
1 quart	1 cup	vinegar
2 pounds	½ pound	butter
4 Tbsp.	1 Tbsp.	Worcestershire sauce
4 Tbsp.	1 Tbsp.	Tabasco sauce
4 Tbsp.	1 Tbsp.	chili powder
8 Tbsp.	2 Tbsp.	paprika
12 Tbsp.	3 Tbsp.	black pepper
12 Tbsp.	3 Tbsp.	salt
96 oz.	24 oz.	catsup
3 tsp.	¾ tsp.	dry mustard
2 tsp.	½ tsp.	cayenne pepper (ground)
2 cups	½ cup	water (optional)
2 Tbsp.	1 tsp.	liquid smoke (optional)

Simmer for 30 minutes; do not boil. For a milder sauce, omit the cayenne pepper.

1-2-3 Basting Sauce

one part vinegar
two parts oil
three parts water
salt to taste

Mix well and use immediately, while oil is still dispersed.

Chicken Barbecue Sauce

1 pint	1 gallon	Ingredient
½ cup	2 cups	onion, chopped
2 Tbsp.	5 oz.	oil
¼ cup	2 cups	vinegar
2 Tbsp.	¾ cup	brown sugar
2 Tbsp.	5 oz.	lemon juice
1 cup	64 oz.	catsup
3 Tbsp.	8 oz.	Worcestershire sauce
½ tsp.	4 tsp.	mustard, prepared
½ cup	4 cups	water
½ tsp.	4 tsp.	celery salt
¼ tsp.	2 tsp.	cayenne pepper, ground
¼ tsp.	2 tsp.	liquid smoke (optional)

Brown onion in oil; add remaining ingredients. Simmer 30 minutes. Cook chicken halves over low fire and baste with 1-2-3 basting solution (see recipe below). Apply barbecue sauce when done and remove from grill.

Spicy and Savory Sauce

(For basting or spraying chicken.)

1 pint Worcestershire sauce
1 tsp. onion salt
1 pint cider vinegar
1 tsp. celery salt
1 quart water
½ tsp. garlic salt
4 Tbsp. cooking oil
1 tsp. MSG
½ tsp. paprika
2 tsp. Tabasco sauce
½ tsp. black pepper

Heat to boiling and simmer for 1 hour.

Barbecue Pork Spare Ribs

40 pounds pork spare ribs (12 oz. of fresh ribs per person)
2 cups vinegar
2 gallons barbecue sauce (mild)
½ gallon of 1-2-3 basting solution (see recipe)

Place strips of pork ribs into a deep pot or large Dutch oven. Add the vinegar and cover. Steam or simmer for 2½ to three hours or until fork tender. Build a hot charcoal fire, then remove ribs from the pot and brown over fire, basting frequently with solution to prevent burning. When the meat is amber brown, baste liberally with barbecue sauce and remove from fire immediately to a covered dish. Cover the ribs with sauce. Hold 15 minutes and serve. Serves 50.

Do-Your-Own Kabobs

This recipe is excellent for family outings, children's parties or 4-H get-togethers. Each person can fix the combination of his choice and cook them as desired while sharing in the fellowship of the activity.

3 lbs. beef kabob cubes or 1¼-inch thick meat strips sliced from 1-inch thick sirloin tip or sirloin steaks (use lamb, fresh pork cubes, cured pork, various sausages, venison cubes or other meats)
20 medium-sized fresh mushrooms (and an assortment of items such as apple wedges, mango slices, smoked sausage, steamed new potatoes, red pimento peppers, yellow squash, zucchini or steamed plantain)
1 fresh pineapple cut into 1½-inch cubes
20 cherry tomatoes or 5 small tomatoes, quartered
2 large bell peppers cut into 1½-inch pieces
3 large onions, quartered

Prepare vegetables and thread marinated meat on skewers, alternating meat and vegetables. Place on a hot grill and baste with marinade. Broil to desired doneness, turning frequently. Thread steak strips accordion-style to reduce cooking time to about 4 minutes on each side.

Meat Marinade for Fresh Meat Cubes or Strips

1 tsp. salt
4 Tbsp. soy sauce
¾ tsp. ground ginger
4 Tbsp. lemon juice
1 tsp. brown sugar
4 Tbsp. oil
¼ tsp. ground pepper
1 cup pineapple juice
⅛ tsp. garlic powder

Combine salt, ginger, pepper and garlic powder. Mix soy sauce, lemon juice, oil and pineapple juice and add to the dry seasonings. Mix well. Place meat in a shallow pan and pour marinade over steak strips or kabobs. Allow meat to marinate at least four hours.

Baked Beans

100 portions	10 portions	Ingredient
20 lbs. (3 #10 cans)	2 lbs.	pork and beans, canned
10 medium	1 medium	onions, diced
7 cups	2/3 cup	brown sugar
3 pints	2/3 cup	catsup
4 oz.	2 tsp.	Worcestershire sauce
6 oz.	2 Tbsp.	prepared mustard
¼ pound	2 strips	sliced bacon

Mix ingredients and place in a 2- or 3-inch deep baking pan. Lay bacon on top. Bake at 350 degrees F for one hour.

Roast Pig Oyster Dressing

1 large onion
1 quart oysters, chopped, with liquid
1 pound butter, melted
8 quarts toasted bread cubes
3 eggs, lightly beaten
5 stalks celery, diced
salt and pepper
2 cups milk

Cook onions and oysters with liquid in butter until oysters start to curl; cool. Add bread cubes, eggs, celery and milk, tossing lightly. Add salt and pepper to taste. Bake extra dressing in casserole dish at 350 degrees F for 45 minutes. Note: The liver and heart may be steamed, diced and added to a light brown gravy to be served with the dressing.

Brunswick Stew

Brunswick stew is a traditional dish served at southern barbecues. It is a favorite because of the flavor combination of chicken, beef and pork. The dish is long on flavor and short on leftovers.

1 hen (6 pounds) chicken
1 Boston Butt (6 pounds) lean pork
1 roast (6 pounds) beef chuck
15 cups (120 oz.) canned tomatoes
1 cup (8 oz.) tomato paste
4 cups (32 oz.) cream style corn
2 cups (16 oz.) whole kernel corn
4 cups (2) large onions, diced
1 oz. Worcestershire sauce
1 Tbsp. (½ oz.) butter
8 Tbsp. (4 oz.) salt
4 Tbsp. (1 oz.) black pepper
4 Tbsp. (2 oz.) vinegar or lemon juice

Place meat in a large kettle, add a small amount of water and cook until meat comes off the bone easily. Remove meat and debone. Strain broth through a cloth and return it to the kettle. Grind meat through a ¼-inch plate or chop into small pieces by hand. Add meat, tomatoes, corn and other ingredients. Cook on low heat for 45 minutes, stirring frequently to prevent sticking. Cool, then package in freezer containers and freeze. To retain a comparable flavor, do not reduce this recipe by more than one-half.

Suggested Menus

Fresh Fruit		
Barbecued Spare Ribs or Lamb Riblets or Beef Ribs		
Corn on the Cob		Tossed Green Salad
French Bread		
Tea	Coffee	Milk
Sheet Cake		

Cabbage-Green Pepper Slaw		
Broiled Cured Pork Chops or Grilled Ham Slices		
Baked Sweet Potatoes		Green Beans
Hot Buttered Rolls		
Tea	Coffee	Milk
Apple Pie and Cheese		

Fresh Fruit		
Barbecued Pork or Hash		
Rice		Cole Slaw
Sliced Bread		
Lemonade	Coffee	Milk

Sliced Tomatoes		
Barbecued Venison or Goat, Chopped or Sliced		
Baked Beans		Cabbage-Carrot Salad
Biscuits or Corn Bread Muffins		
Lemonade	Coffee	Milk
Apple Pie and Cheese		

Foil Baked Apples or Onions		
Broiled Steak or Lamb Chops		
Toasted Garlic Bread		
Green Lima Beans		Tossed Green Salad
Sliced Bread		
Tea	Coffee	Milk

Chilled Cantaloupe or Watermelon		
Sliced Tomatoes or Tomato Salad		
Barbecue Beef on Bun		
Corn on the Cob		Potato Chips
Tea	Lemonade	Milk
Chilled Watermelon		

Sliced Tomatoes		
Barbecued Chicken Quarters or Halves		
Potato Salad		
Sour Dough Rolls		
Tea	Coffee	Milk
Fresh Peach Ice Cream		

Fruit Salad		
Grilled, Smoked or Fresh Sausage		
Steamed Cabbage		Baked Beans
Tea	Coffee	Milk
Ice Cream		

Summary Worksheet

Group served:	Date:	Time:
Place:	Type of meal:	

Estimated number to be served		Menu:	
Adults:			
Children:		Number of portions:	
Workers:			
Guests:		Total amount prepared:	
Estimated Total			
		Recipe source:	

General chairman	Number of workers in	
	Food preparation:	
Volunteer workers (names)	Serving:	
	Cleanup:	
	Publicity:	
	Total number of workers	

Financial Statement			
Income			
Number of adult meals:	@	\$	=\$
Number of children's meals:	@	\$	=\$
Number of workers meals:	@	\$	=\$
Number of free meals	@	\$	=\$
Sale of leftovers			=\$
Other income			=\$
		Total Income	=\$
Expenses			
Food purchased:	\$		=\$
Paper goods:	\$		=\$
Clean-up supplies:	\$		=\$
Labor:	\$		=\$
Decorations	\$		=\$
Facility rental	\$		=\$
Other	\$		=\$
		Total Expense	=\$
TOTAL INCOME – TOTAL EXPENSES = PROFIT (LOSS)			=\$

Market Order Worksheet

Organization:					Date ordered:		
Occasion:					Date needed:		
Ordered by:					Telephone:		
Item & Description	Supplier	Portion Size	Number of Portions	Amount to Order*	Unit Price	Total Price	Amount Over/Under
Meat, poultry							
Dairy products, eggs							
Fresh vegetables, fruits							
Canned vegetables, fruits							
Bread, cereals							
Staple groceries							
Paper goods & supplies							
Cleaning supplies							

* See Tables on following pages.

Table 1. Meat Selection Guide for Outdoor Cooking

Beef	Choose USDA Grade Prime, Choice or Select. Recommended cuts are 1-1½ inch thick steak from the rib, loin or sirloin; or 8-10 pound roast from the rib, round or rump. Cook to the desired degree of doneness.
Pork	Whole hogs or pork sides should come from lean pigs with less than 0.8 inch of backfat and good muscling. Pork primals (hams, shoulders and butts) should be well-trimmed. Avoid pale, soft and watery pork. Chops and steaks are best cut thick (1-1½ inches). Cured pork is excellent charbroiled.
Lamb	Choose well-trimmed cuts. All cuts are acceptable because the animal is young. Chops should be thick. Remove fat during preparation and cook over medium fire to the desired doneness. Because lamb has a high melting point for fat, serve hot.
Goat	Select a kid or yearling that has been grain fed. All cuts are acceptable. Bone and tie thin cuts to prevent burning and drying out. Cook until well done.
Venison	Venison quality is determined by the care taken during handling and processing of the carcass. Carefully trim off any discoloration. Cuts can be rubbed with spice and wrapped in foil to prevent excessive drying, because venison has little or no fat cover. Basting during cooking also prevents drying.
Chicken	Select fresh 2-2½ pound broilers split into halves or quarters. Remove fat pads and wash the meat in cold water before cooking. Baste frequently during cooking over a medium fire. Test doneness by twisting the thigh or wing joint, which will separate easily when done. Doneness can be checked in the thigh meat with a thermometer. Cook to 180 degrees F.
Sausage, Fresh	Pork links, bratwurst, fresh Polish sausage, and fresh Italian sausage are all excellent grilled or charbroiled. Be sure the sausage is fresh. Cook over a low fire to 165 degrees F. Basting may be necessary.
Sausage, Smoked	Franks, ring bologna, Polish kielbasa, smoked beef or pork sausages and many other cooked sausages are excellent for outdoor cooking, especially for small groups or as an alternative meat item. Cook over a medium fire to 145 degrees F. Use local sources for best acceptance.
Turkey	Select medium to small turkeys for barbecuing or smoking. Be sure to use fresh, not frozen, birds. Remove the neck and giblets and leave the body cavity open. Do not stuff before cooking. Cook over a medium fire, basting often to an internal temperature of 180 degrees F at the inside of the thigh. Prebasted birds can be used. Turkey breasts or other parts make an excellent selection for barbecuing or grilling and should be cooked to 180 degrees F for dark meat and 170 degrees F for white meat.

Table 2. Barbecue Requirements — Meat

Item	Unit per person of meat to buy for cooked edible portions of:			Approximate weight (in pounds) to buy for 4 oz. portions of:		
	3 oz.	4 oz.	6 oz.	50	100	200
Beef, round roast, boneless	4 oz.	7.5 oz.	9 oz.	23.5	47	94
Beef, steaks, bone in		8 oz.	12 oz.	5	50	100
Beef, steaks, boneless		5.5 oz.	8 oz.	17.5	35	70
Beef, hamburger	4 oz.	6 oz.	8 oz.	19	38	76
Pork, whole pig, head off weight range 60-145 lbs.	7 oz.	8.5 oz.	12 oz.	½) 60 lb.	1) 60 lb.	2) 110 lb.
Pork, whole pig, live weight range 100-200 lb	10.5 oz.	14 oz.	16 oz.		1) 85 lb.	2) 150 lb.
Pork, suckling pig, head on 20-40 lbs. live weight (25% meat yield)			24 oz.	2	5	10
Pork, shoulders, bone in	5.3 oz.	7.1 oz.	10.7 oz.	22	44	88
Pork, Boston Butt, boneless	4.6 oz.	6.1 oz.	9.2 oz.	19	38	76
Pork, loins/chops	6 oz.	8 oz.	12 oz.	25	50	100
Pork, ham, bone in	5.9 oz.	7.9 oz.	11.9 oz.	25	49	98
Pork, spare ribs	12 oz.	16 oz.		50	100	200
Pork, cured ham steaks	3.7 oz.	5 oz.	7.4 oz.	15.5	31	62
Lamb, rib chops	7.5 oz.	10 oz.		31	62	124
Lamb, leg roast, boneless	5.0 oz.	6.7 oz.	10 oz.	21	42	84
Goat whole/roast (carcass weight includes shoulder, loin, legs)	7.5 oz.	10 oz.	15 oz.	31	62	124
Goat, roast, boneless	5.0 oz.	6.7 oz.	10 oz.	21	42	84
Venison, roast, boneless	4.6 oz.	6.2 oz.	9.2 oz.	19.5	39	78
Chicken, (2-2½ lbs.) halves	(9.1 oz.	(w/skin)	20 oz.	62.5	125	250
Chicken, quarters		8.5 oz.		26.5	53	106
Hash (recipe yields 25 lbs.)		4 oz.		½ batch	1 batch	2 batches
Pork, Boston Butt, boneless (65)					6 lbs.	
Beef, chuck, boneless (67)	(% yield)				6 lbs.	
Chicken, hens, whole (48)					6 lbs.	
Sausage, fresh						
Pork	4.0 oz.	5.3 oz.	8 oz.	16.5	33	66
Polish	4.0 oz.	5.3 oz.	8 oz.	16.5	33	66
Italian	4.0 oz.	5.3 oz.	8 oz.	16.5	33	66
Bratwurst	4.0 oz.	5.3 oz.	8 oz.	16.5	33	66
Sausage, smoked/cooked						
Beef/pork	3.0 oz.	4 oz.	6 oz.	12.5	25	50
Polish (kielbasa)	3.0 oz.	4 oz.	6 oz.	12.5	25	50
Ham, pump cured/smoked (center slices)	3.5 oz.	4.7 oz.	7 oz.	14.5	29	58
Pork loin, pump cured, smoked	6 oz.	8 oz.	12 oz.	25	50	100

Table 3. Barbecue Requirements — Other Foods

Item	Unit of purchase	Serving size	Portions		
			50	100	200
Potatoes, salad	pound	3 oz. (3/4 cup)	12	24	48
Potato chips	pound	3/4 oz. (1 handful)	2 ½	5	10
Potatoes, baked (med)	pound	1	25	50	100
Butter	pound	3 Tbsp. (3 pats)	3	5	10
Sour cream	pound	1½ oz. (4 Tbsp.)	4	8	16
Pepper	pound		1	1	2
Salt	pound		1	2	3
Rice*	pound	¾ cup	4½	9	18
Grits**	pound	¾ cup	2	4	8
Pickles, dill, slices	gallon	¾ oz. (4 slices)	½	1	2
Pickles, sweet cut	gallon	¾ oz. (3 pieces)	½	1	2
Coffee	pound	1	1	2	4
sugar	pound	½ oz.	1½	3	6
Cream	pint	12 oz.	2	4	7
Tea***	pound		1/3 (5 gal.)	2/3 (10 gal.)	1½ (20 gal.)
Sugar	pound		3	6	11
Lemonade (premix)	pound	12 oz.	1 ½	5	10
Ice	pound	8 oz.	25	50	100
Cake	sheet	2" x 2" cut	½	1	2
	5 pound mix	2" x 2" cut or cupcakes	½	1	2
Frosting	pound		1½	3	6
Salad		3 oz.			
head lettuce	pound	8 oz. bowl	11	23	45
fresh tomatoes	pound		3	6	12
carrots	pound		.75	1.5	3
French dressing	pint	1 oz.	3	6	12
Slaw		2 oz.			
cabbage	pound	½ cup	8	16	32
carrots	pound		.75	1.5	3
salt	pound		4 Tbsp.	8 Tbsp.	16 Tbsp.
pepper	pound		4 tsp.	8 tsp.	16 tsp.
mayonnaise	quart		1 pint	1 quart	2 quarts
Barbecue sauce†	gallon	2.5 oz./4 oz. of meat	1	2	4
Bread, thin slice	loaf	2 slices	5	9	18
Buns, flat type	8 pack	2	100	200	400
Beans, navy††	#10 can (7.5 lbs.)		1.33	3	6
	1 lb. can	4 oz.	12.5 pounds	22.5 pounds	45 pounds
Green beans	#10 can	3 oz.	2.5	5	10
Peas, green	#10 can	3 oz.	2.5	4.5	9

* Rice - 1 cup with 2 cups of water

** Grits - 1 cup with 4 cups of water

*** Tea - 8 individual bags per gallon

† See separate recipes

†† See baked beans recipe

Table 4. Barbecue Requirements — Paper and Dry Goods

Item	Unit of Purchase	Number of People		
		50	100	200
Paper plates	50/100	60	110	220
Plastic plates (10 inch, sectioned)	125	60	125	250
Styrofoam (R) cups (10 oz.)	50	50	100	200
Plastic cups (16 oz.)	50	50	100	200
Spoons	25/100/500	50	100	200
Knives	25/100/500	50	100	200
Forks	25/100/500	50	100	200
Paper napkins	100/500	75	150	250
Handy wipes	box	1	2	4
Plastic aprons and hats	50	1	1	1
Plastic gloves	100	1	1	1
Lighter fluid	quart	1	2	4
Wood - ash, oak, hickory	pounds	500	1000	1600
Charcoal				
barbecue	pounds	50	100	180
steaks	pounds	30	50	100
Length of pit (3 ft. wide, 16 in. deep)		4 ft.	6 ft.	9 ft.

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