



# COACH SPOSATO'S BAR-B-QUE RUB AND BASTE



## BRISKET RUB

This recipe serves approximately 8 people

1 ½ cups coarsely ground pepper  
1 cup granulated garlic

½ cup sugar  
½ cup salt

1. Mix well and store in an airtight container.

## COACH'S TIPS

### Herbs and Spices

- Put spices on the meat at least one hour before cooking and it's better to refrigerate overnight.
- Spray a good quality vegetable spray on the meat before and after using spices. This keeps the spices on the meat.
- Use branches of rosemary or fennel dipped in oil to baste meats and vegetables as they cook on the grill.
- As a subtle seasoning add a bay leaf or two to your charcoal fire before or while your grilling fish.
- Tuck fresh leaves of rosemary under the breast skin of chicken before smoking or grilling.

### Brisket

- Slice brisket ¼- to ½-inch thick. Place the slice in each hand.
- If brisket falls apart while it is being pulled apart, it is overdone (too tender).
- If brisket makes a sound while it is being pulled apart it is not quite done.
- If brisket makes no sound while it is being pulled apart, IT IS PERFECT!
- Stick a fork in thick end of brisket and turn fork; if it turns it is tender.
- Put finger into brisket to get a feel for tenderness.
- Packers trim should be trimmed of fat before smoking, leave about ¼ inch of fat on the brisket all the way around.
- The thick end of the packer trim brisket has a hard core of fat. This should not be too thick. If it is more the 1 inch thick you need to either select another brisket or plan to trim it down.
- Brisket flats make the best-sliced briskets; there is very little waste.
- Before smoking briskets, cut a small slice diagonally out of the end where all the grain of the meat goes. This helps later in slicing the meat against the grain and not with the grain of the meat.
- The bigger the brisket the better for chopped beef sandwiches.
- Look for uniform shape, long thin brisket on the end gets too dry.
- Figure three servings per pound for plenty of leftovers.

We want to hear from you!  
Do you have grilling or smoker questions?  
Do you want to give us feedback on our sauce or recipes?  
Contact Coach Sposato at: [coachbbq@pgtc.com](mailto:coachbbq@pgtc.com)





# COACH SPOSATO'S BAR-B-QUE RUB AND BASTE



## LEMON BASTE

This recipe serves approximately 10 people

1 ½ cups chicken stock  
½ cup lemon juice  
½ medium onion, chopped fine  
1 stick of butter, melted  
2 Tablespoons Worcestershire sauce

2 Tablespoons yellow mustard  
2 teaspoons BBQ spice  
3 Tablespoons Allegro Marinade  
Zest from 1 lemon

1. Combine the ingredients in a saucepan.
2. Heat the mop and use it warm.
3. Baste over chicken about every 45 minutes.

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- Tuck fresh leaves of rosemary under the breast skin of chicken before smoking or grilling.

### Poultry

- Marinate chicken overnight in Italian salad dressing for a great taste.
- Cook chicken breasts with skin on to prevent drying.
- Baste chicken every 30 to 45 minutes to prevent drying.
- Grill chicken with the skin down first.
- Smoke chicken with the skin up first.
- Keep cavity of chicken/turkey full of fruits, other chicken parts or marinates to prevent drying .
- Poultry is done when the juices run clear.
- Whole chickens are done when the drumstick can be turned easily and broken off.
- Chicken may turn pink in the middle, even though it is done. (Especially with hickory wood)
- Place small pieces of chicken when grilling towards the outside part of the grill.

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