

BBQ Sauce

Type: Sauce - Miscellaneous

Serves: Varies on how the sauce is used

Time to Prepare: 30 minutes of labor, at least 3 hours in the slow cooker

This recipe can be used as a sauce, a condiment, or as a marinade.

Ingredients

1 yellow onion, chopped

1 clove of garlic, minced

1 tbsp. of olive oil

10 roma tomatoes, grilled and smoked

Olive oil for brushing the tomatoes

1 cup of brown sugar

3 tbsp. of molasses

½ cup of water

½ cup of prepared yellow mustard

Juice of 2 lemons (2 tbsp.)

1 tbsp. tamari

¼ cup of peanut butter

2 tsp. salt

1 tsp. allspice

2 tsp. crushed red pepper

1 sprig of parsley, chopped

1 tbsp. olive oil

Options: 2 ½ cups of tomato sauce instead of 10 tomatoes, 1 tsp. of liquid smoke instead of grilling and smoking the tomatoes

Instructions

Grilling and Smoking the Tomatoes...

Heat up your outdoor grill.

Brush the tomatoes with olive oil.

Place on the edges of the grill rack, cover, and cook for ten minutes.

After ten minutes, turn them over and cook them for another five minutes.

Making the Sauce...

Sauté the onion in 1 tbsp. of olive oil on a medium-high heat until they brown.

Add in the garlic and sauté for another minute.

Remove from the heat and add 2 tbsp. of water to the still hot sauté pan and stir.

Add this liquid with the onions and garlic into the slow cooker.

Add in the rest of the ingredients, including the tomatoes and the last tbsp. of olive oil.

Blend together with a hand blender until smooth.

Cook on a low heat for at least three hours.

Using the Options...

If you use the canned tomato sauce instead of the grilled and smoked tomatoes, you should add in 1 tsp. of liquid smoke.

If you do not have a hand blender, you can put all of the ingredients into a blender or food processor after they have cooled a bit, blend, and then transfer to the slow cooker.

Kitchen Equipment

Cutting Board

Chef's Knife

Slow Cooker

Blender, Food Processor, or Hand Blender

Sauté Pan

Wooden Spoon to Use in the Sauté Pan

Outdoor Grill

Blunt Tongs for the Tomatoes

Presentation



Since this is a sauce that's meant to be used as a condiment or a marinade, presentation is not a factor.

Time Management

If you plan on using the sauce the same day, try making it in the morning as the longer it sits, the better it is. You can also get the onions and garlic ready while you are grilling the tomatoes, so start with the tomatoes, and while they are cooking and smoking, sauté the onion and garlic so they are all ready to be put in the slow cooker at the same time. If you plan on making anything else to go with this, make this first, and then start on your other recipes well after the BBQ sauce has been in the slow cooker.

Complimentary Food and Drinks

Try this with shredded seitan or as a veggie burger topping instead of using something like ketchup. It also goes great spread across a slice of extra firm tofu. If you do it that way, add an additional tbsp. of olive oil to help it grill better and keep it from sticking too much. Lastly, you can use this as a tasty dip for French Fries!

Where to Shop

All of the ingredients are common, so they should be found at any supermarket. For the wood chips, if you decide to use them, you may have to go to an outdoors store or a store that specializes in grills.

How It Works

BBQ sauces are traditionally tangy, especially the Texas style ones. That tang comes from the lemon juice and the vinegar from the prepared mustard. As this is also a Texas style sauce, it is a little on the sweet side, which is gotten from the molasses, the onion, and the brown sugar, all of go together to provide a layered sweetness since each have a unique taste. This sauce makes a good marinade since it is so acidic. Acids penetrate food easily. The peanut butter adds a little bit of smoothness and richness to the sauce and usually gets people talking as they try to figure out what the tasty uniqueness that is created by the peanut butter is. Finally, the long cook time allows the flavors to mingle together, which is further achieved by letting the BBQ sauce set overnight.

Chef's Notes

Once the coals are smoldering, you can add a layer of mesquite and cherry tree chips to the outdoor grill for some extra flavor with the smoke. My favorite way to eat this is to make some shredded seitan and let that marinade in the BBQ sauce for at least an hour, which I put on a bun for BBQ sandwiches. Also, make sure that when you cook the sauce in the slow cooker, it is on low so that it does not burn the sugars in the sauce too much. If that happens, there's a chance the sauce will become bitter.

Nutritional Facts (does not include the options)

Calories 1766

Calories from Fat 414

Fat 49g

Total Carbohydrates 241g

Dietary Fiber 9g

Sugars 214g

Protein 34g
Salt 2710mg

Vitamin A 134%
Vitamin B6 5%
Vitamin C 331%
Calcium 63mg
Iron 3.9mg
Thiamin .37mg
Riboflavin .30mg
Niacin 3.9mg
Folate 15.2mcg
Phosphorous 148mg
Potassium 206mg
Zinc .2mg
Magnesium 68.2mg
Copper .46mg

Interesting Facts

Most Southern style BBQ sauces have a sweet tomato base.

While many cultures grill with a sauce, BBQ sauce is an American culinary invention that became prevalent in the late 1800s.

There is a BBQ rivalry between Texas and Kansas City.