

# GETTING *Saucy*



# YOU CAN'T HAVE A BARBECUE WITHOUT GREAT INGREDIENTS AND YOUR OWN SIGNATURE SAUCES

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**Y**ou can master the art of the cookout with two secrets to success: great ingredients and signature sauces. Your guests will appreciate your nutritional savviness and smart food style.

The backyard barbecue, like everything in life, is a team effort. Since my husband, Jack, is a wonderful griller, I thankfully accept his talents as the grill master.

I have, however, mastered the art of shopping for the grill and making sauces for grilled meats.

When selecting chicken, beef, pork and lamb, I look for grass-fed, free-range meats from animals raised without hormones, steroids or antibiotics. Buying from local farmers and ranchers is best. To learn more about grass-fed animals and to find a pasture-based farm, visit Eat Wild at [eatwild.com](http://eatwild.com).

Beef, chicken and pork contain B vitamins and the important minerals calcium, iron and zinc.

I look for seafood that is harvested in the wild and is free of antibiotics. To learn about seafood from the wild, visit Food and Water Watch at [foodandwaterwatch.org](http://foodandwaterwatch.org).

Tuna, cod and shrimp contain calcium, protein, magnesium and essential heart-healthy omega-3 fats.

## SAUCES


I make sauces using a simple no-recipe approach. Sauces dress up cookouts and transform seafood, meats and grilled vegetables from ordinary to extraordinary.

Using a well-stocked pantry, anyone can quickly whip up a barbecue sauce or marinade. I keep prepared mustards, mayo, tomato paste and fruit preserves on hand. When combining these ingredients with organic spices, oils and simple vinegars, there is no limit to creativity.

I use organic products free of gluten and sugar. Fruit spread that is naturally sweetened with fruit juice is one of my favorite go-to ingredients.

Homemade barbecue sauces require four components: a tomato base, ingredients to add tanginess, ingredients to add sweetness and ingredients to add a spicy kick.

Start by using tomato paste or tomato sauce. Create tanginess by adding a vinegar (like apple cider, balsamic or red wine) or add some of the juice of a lemon or lime. To create a mouthwatering sweet-and-sour pucker, balance the tanginess with something sweet, such as honey, molasses, maple syrup, fruit spread or stevia.

Don't worry about making mistakes. Sauces are practically fool proof. 

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Excerpted and adapted from "The Art of Gluten-Free Living" by Patricia Wilson, available online at Barnes and Noble ([barnesandnoble.com](http://barnesandnoble.com)) and on Amazon ([amazon.com](http://amazon.com)). Visit Patricia at [PatriciaCWilson.com](http://PatriciaCWilson.com).



## RASPBERRY SAUCE

### INGREDIENTS

- Bag of frozen raspberries
- Maple syrup
- Fig preserves
- Juice of half a lemon

### INSTRUCTIONS

Thaw raspberries and blend them in the blender. Pour the thick puree into a bowl. Add the orange juice, maple syrup and preserves to your

desired taste. Whisk well. Pour the mixture into a sauce pan and simmer over low heat for about 20 minutes or until the extra liquid evaporates and the jam melts. The sauce thickens into a glaze.

### TIP

Serve with pork chops, mild white fish and fresh fruit.



## BARBECUE SAUCE

### INGREDIENTS

- Tomato paste
- Balsamic vinegar
- Red wine vinegar
- Maple syrup
- Honey
- Apricot fruit spread
- Garlic powder
- Paprika

### INSTRUCTIONS

Combine ingredients in a bowl and whisk. This is your sauce, so you control the proportions to your desired taste and viscosity.

I like my sauce thick and tangy with apricot and a nice spicy kick.

### TIPS

Depending on how spicy you like barbecue sauce, add dry mustard, chili powder, cayenne pepper, red pepper flakes, paprika or hot sauce. For additional flavor, consider adding salt and garlic powder. Use this as a marinade for beef, chicken, pork and shrimp or serve it as a dipping sauce on the side.



## HONEY MUSTARD

### INGREDIENTS

- Blend of German, Dijon and honey mustard
- Mayonnaise
- Honey
- Dry mustard
- Juice of half a lemon
- Splash of chardonnay

### INSTRUCTIONS

Mix ingredients in proportions to your liking and whisk

in a bowl until it reaches your desired consistency. I like mine a little dryer as opposed to sweet.

### TIPS

Honey mustard is delicious as a dipping sauce for grilled vegetables and can double as salad dressing. Serve it as a topper for chicken, pork and fish.



## CREOLE REMOULADE

### INGREDIENTS

- Mayonnaise
- German brown mustard with horseradish
- Cayenne pepper
- Garlic powder
- Celery seed
- Juice of half a lemon

### INSTRUCTIONS

Combine ingredients in a bowl and whisk. Create your signature remoulade by varying the spiciness or the style. Original French

remoulade is a mayonnaise-based sauce with chopped pickles or capers. It is similar to tartar sauce. Creole-style remoulade omits the pickles and is made with horseradish and spicy cajun seasonings.

### TIPS

To give it spice and a nice reddish color, add paprika. Serve with grilled seafood and shrimp salad.

