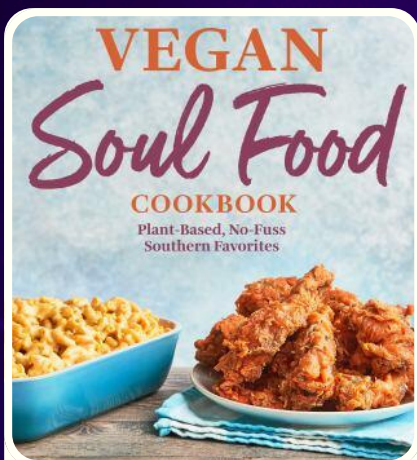
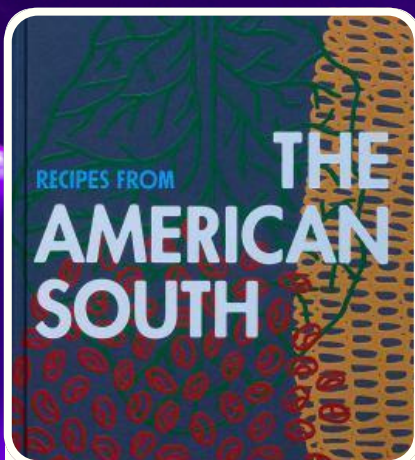


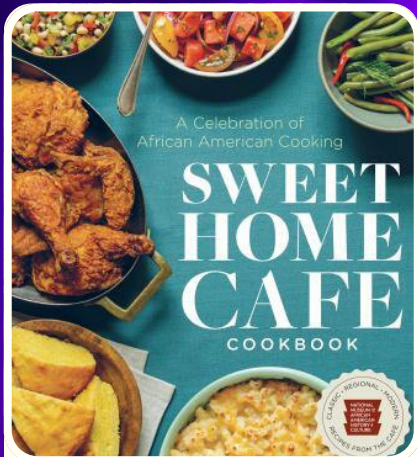
COOKBOOKS FOR MORE INSPIRATION



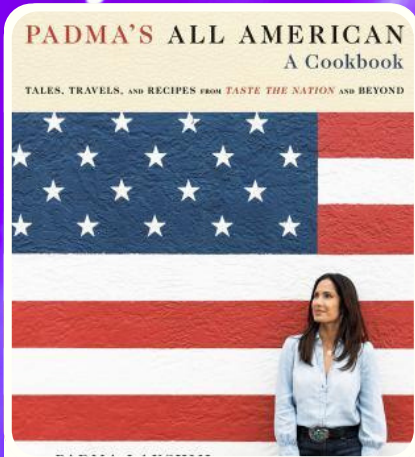
Vegan Soul Food Cookbook
Nadira Jenkins-El



**Recipes from the
American South**
Michael W Twitty



Sweet Home Cafe
Albert Lukas



Padma's All American
Padma Lakshmi

North Douglas Library District's Mildred Whipple Library

SPICE CLUB

AUGUST 2026 SPICE: MEMPHIS STYLE SEASONING

This Particular Seasoning Contains:

paprika, chili powder, brown sugar, white sugar, salt, garlic powder, onion powder, black pepper, ground thyme, ground oregano, ground ginger, ground allspice, ground cardamom

Best Ways to Use this Rub:

- Apply generously to any meat or vegetable that you are going to smoke or grill

"Just as we have the Egyptians to thank for the name Memphis, we have them to thank for a large part of the proliferation of spices and as a result our unique style of Memphis BBQ rubs. Their needs for exotic herbs and spices, for practice and experimentation in the mummification process, was a large driver to accumulating spices from around the known world at that time...Just as Egypt became the nexus for the early spice trade, Memphis was an early transportation hub in America."

Source: Memphis BBQ. <https://gracelandbbq.com/memphis-rub>



**"THE SPICE! IT'S IN
EVERYTHING HERE!"**
— FRANK HERBERT



North Douglas Library District's Mildred Whipple Library
205 West A Ave | Drain, OR | www.ndld.org

Memphis Style BBQ Rub

Source: *Memphis BBQ* gracelandbbq.com/memphis-rub/

- ½ cup paprika
- ½ cup mild chili powder
- ¼ cup dark brown sugar
- ¼ cup white sugar
- ¼ cup salt
- ¼ cup garlic powder
- ¼ cup onion powder
- 1 tbsp black pepper
- 1 tbsp ground thyme
- 1 tbsp oregano
- 2 tsp ground ginger
- 2 tsp ground allspice
- 2 tsp ground cardamon

Use a whisk to blend together the ingredients, then use your hand to break down any remaining clumps.

Memphis Style BBQ Sauce

modified from Michael Twitty's
Recipes From the American South, p. 298



thespruceeats.com

- 4 tbsp unsalted butter
- ½ cup minced onion
- 2 cups ketchup or tomato paste
- 1 cup apple cider vinegar
- ¾ cup dark brown sugar
- 4 tbsp honey
- 2 tbsp Worcestershire sauce
- 2 tbsp yellow mustard
- 1 tbsp chili powder
- 1 tbsp hot sauce
- 1 tbsp kosher salt or 1 ½ tsp fine salt
- 1 tbsp paprika
- 1 tsp ground black pepper
- ½ tsp allspice
- 1 ½ tsp ground cinnamon

In a deep saucepan, melt the butter over medium-high heat. Add the onion and cook, stirring until softened, about 5 minutes. Next add the remaining ingredients with ½ cup of water and bring to a boil. Reduce the heat and simmer on low stirring til thick. (45 min - 1 hour)
Remove from the heat and let the sauce come to room temperature before transferring to an airtight container or jar.

Pork Belly Burnt Ends

Source: *Memphis BBQ* gracelandbbq.com/memphis-rub/

- 3-4 lbs of skinless pork belly cubed
- 1-2 tbsp olive oil
- ½ cup *Memphis BBQ Rub*
- 4 tbsp melted butter
- ⅓ cup honey
- 1 cup *Memphis BBQ Sauce*

Preheat your oven or smoker to 250 F. Take the cubed pork belly and drizzle with olive oil, then stir til well coated. Add *Memphis Rub* and toss or mix until well coated. Either bake on wired racks in a sheet pan (oven) or place on wired racks in the smoker. Cook for 3 hours.

In a bowl mix together, butter, honey, and the *Memphis BBQ Sauce*. After you pull the cubes out toss them in the sauce. Put the mixture in a deep dish and cover with aluminum foil and cook for another hour. Remove the foil, stir, and continue cooking for another 30 minutes or until a toothpick slides easily into the meat.

Elvis' Favorite Sandwich

Source: Crawford Smith www.tastingtable.com/1552335/elvis-presley-favorite-foods-drinks/

- 2 slices of bread
- peanut butter
- thin sliced banana
- butter

To make Elvis' favorite peanut butter and banana sandwich, you have to first toast the slices of bread. Then, spread on peanut butter and thin slices of banana. Finally, fry the sandwich in a generous amount of butter. [Elvis's cook] reported that she used a ratio of two sticks of butter for every three sandwiches, and Elvis wanted all the butter to be soaked into the bread by the time the sandwich was finished frying.



deliciouslittlebites.com