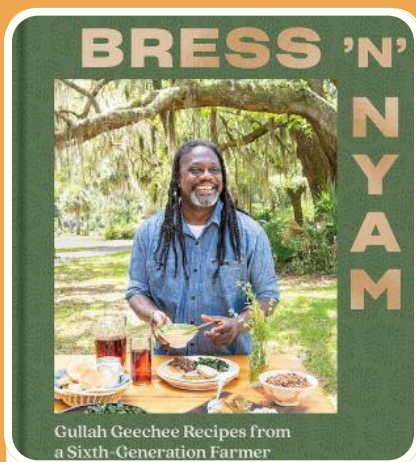
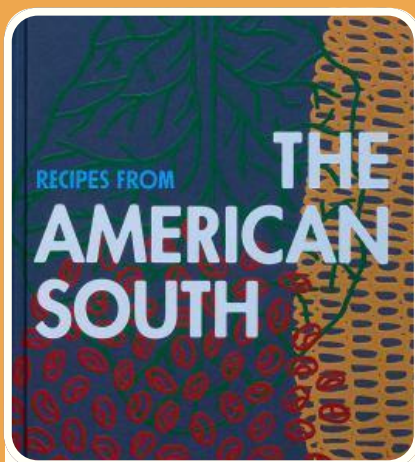


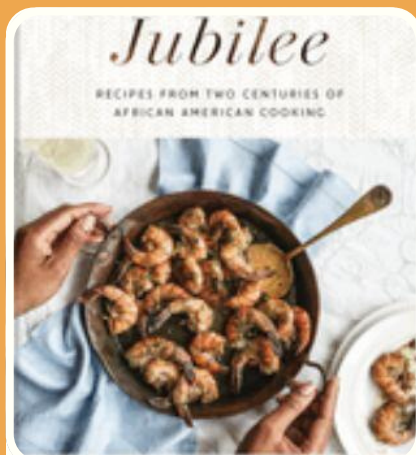
COOKBOOKS FOR MORE INSPIRATION



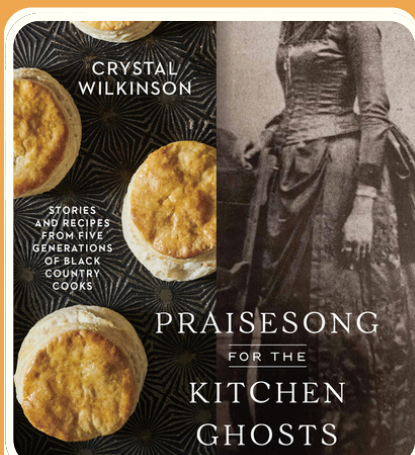
Bress 'n' Nyam
Matthew Raiford



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



Jubilee
Toni Tipton-Martin



**Praisesong for the
Kitchen Ghosts**
Crystal Wilkinson
available from Roseburg

North Douglas Library District's Mildred Whipple Library

SPICE CLUB

JULY 2026 SPICE: CAROLINA BBQ RUB

"South Carolina is home to several distinct styles of barbecue characterized by different cuts of meat, types of barbecue sauce and preparation. It is particularly well known for the heavy emphasis on pork and the popularity of a mustard-based barbecue sauce in the central part of the state."

Source: Wikipedia, "Barbecue in South Carolina"

This Particular Barbecue Rub Contains:

sugar, brown sugar, cumin, chili powder, salt, ground black pepper, cayenne pepper, and paprika

Best Ways to Use this Rub:

- Rub meat or proteins before grilling, roasting, or slow cooking
- Sprinkle on eggs, salads, or roasted vegetables



**"THE SPICE! IT'S IN
EVERYTHING HERE!"**

— FRANK HERBERT



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CAROLINA BBQ RUB

Source: Cummings, Tim. "Carolina BBQ Rub | Broilmaster Grill Recipes." broilmaster.com/recipe-carolina-bbq-rub/

- 2 tbsp sugar
- 2 tbsp brown sugar
- 2 tbsp ground cumin
- 2 tbsp chili powder
- 2 tbsp salt
- 2 tbsp ground black pepper
- 1 tbsp cayenne pepper
- ¼ cup paprika

Combine and store in a shaker to use as needed.

CAROLINA GOLD BBQ SAUCE

Source: Twitty, Michael, *Recipes From the American South*, p. 287

- ½ cup light sorghum syrup, golden syrup, or maple syrup
- ¾ cup apple cider vinegar
- ¾ cup brown mustard
- ¾ cup yellow mustard
- 4 tbsp light brown sugar
- 2 tbsp tomato paste
- 2 tsp Worcestershire sauce
- 1 tsp garlic powder
- 1 tsp fine salt
- ½ tsp fresh ground pepper
- ½ tsp ground white pepper
- 1 pinch of cayenne powder
- A dash of hot sauce

In a small sauce pan whisk all the ingredients together with 1 cup of water until well incorporated. Set the pan over medium-high heat and bring to a boil. Reduce the heat to low and simmer for 30-45 minutes, to mellow the taste of the vinegar and the mustard. Remove from the heat and let cool completely before pouring into a jar with a lid. Refrigerate for at least 1 day to allow the flavors to fully develop before using.

Makes 2 cups

OVEN-COOKED PULLED PORK

Source: Segal, Jennifer. "Easy Oven Cooked Pulled Pork" <https://www.onceuponachef.com>



<https://themom100.com>

- 1 (5 to 6 lbs) bone in pork butt (Boston butt)
- 6 tbsp Carolina BBQ Rub
- 1 cup Carolina Gold BBQ Sauce (add more as needed)

1. Preheat the oven to 300 F and set an oven rack in the lower-middle position.
2. Pat the pork dry with paper towels.
3. Place the pork in a roasting pan. Rub the Carolina BBQ Rub all over the pork, turning to coat evenly (don't leave any spice at the bottom of the pan; keep turning the meat until it all adheres).
4. Roast, uncovered for 6 to 6 ½ hours, or until the meat is fork tender and a thermometer inserted into the thickest part of the meat reads 195 F.
5. When the pork is done take it out of the oven and set it on a cutting board or platter and tent with aluminum foil, let the pork rest for about 10 minutes.
6. While the pork is still warm, use two forks to pull the meat away from the bone. Remove and discard any large pieces of fat or sinew. Put the shredded pork in a bowl and add the Carolina Gold BBQ Sauce to taste.

CAROLINA BBQ: DID YOU KNOW?

Mustard based BBQ sauce is common in the central part of South Carolina, and is the sauce that is most commonly associated with the area. Sometimes referred to as 'Carolina Gold', it is thought to have originated in the French and German communities that arrived to central South Carolina in the mid 18th century. The sauce's origins have been



<https://whipandwander.com>

linked to the aptly named 'Mustard Belt' between Orangeburg and Newberry Counties in South Carolina where large amounts of German immigrants settled. Mustard was also thought to repel mosquitos in colonial times, preventing malaria. Which in the mosquito laden Carolina's makes the rise of the mustard heavy sauce understandable.

Source: Wikipedia