

A
Summer of
Recipes
& Fun
from

Eureka
Springs

IVAN OF
THE
OZARKS
BBQ



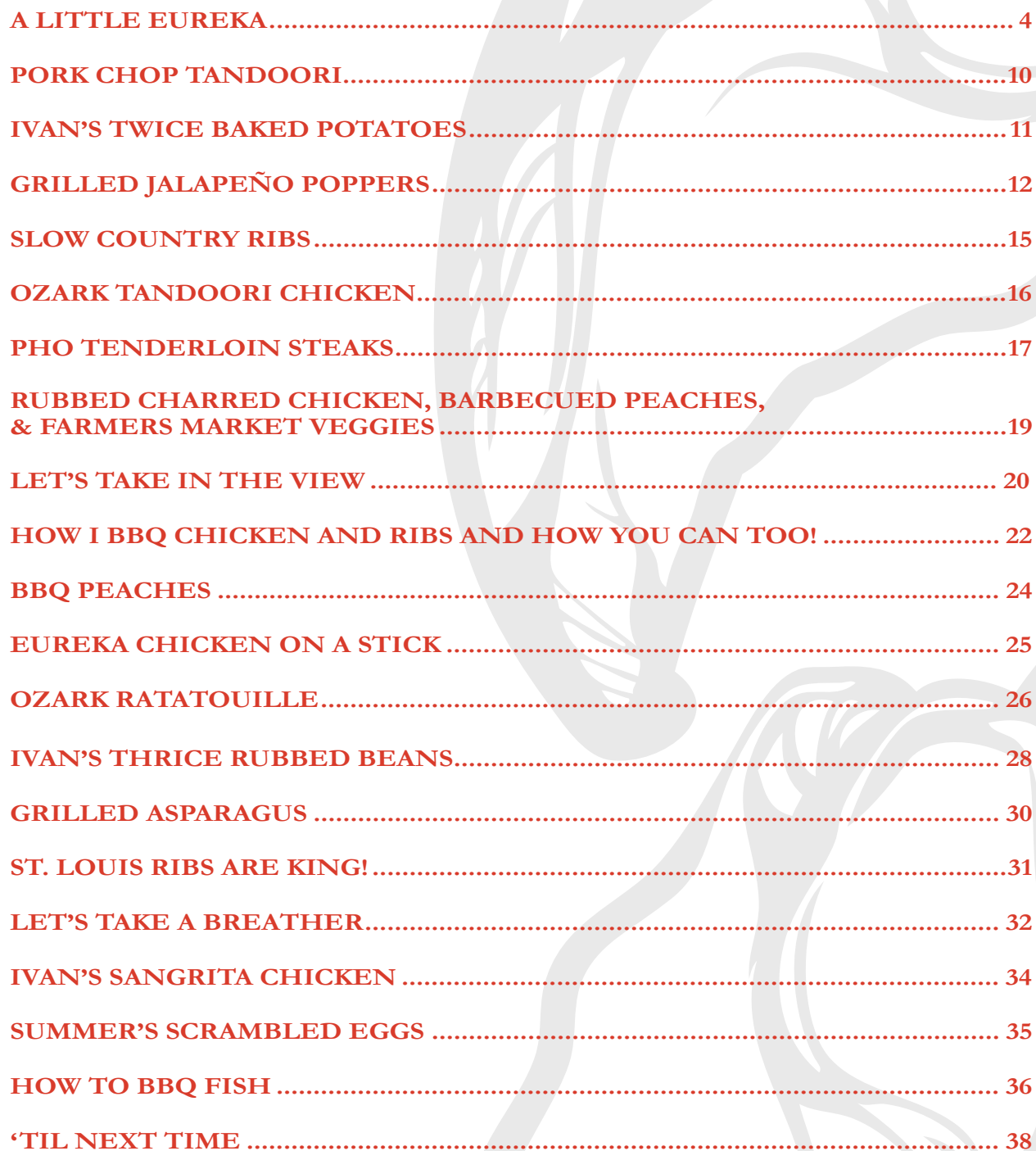
IT'S ALL ABOUT THE

RUB

I have been making rub for over 22 years – since I learned how to make proper BBQ. Some people ask why it's not HOT – well I do like it hot but I found that many people do not and those people complain more than the people that do like it hot. So if you want it hot – just add cayenne – sprinkle it on to your taste. Or if you are using a mop, put the hot pepper in the mop. Or make a nice BBQ finishing sauce with some zip to it! That's what I do.

Ivan





A LITTLE EUREKA.....	4
PORK CHOP TANDOORI.....	10
IVAN'S TWICE BAKED POTATOES.....	11
GRILLED JALAPEÑO POPPERS.....	12
SLOW COUNTRY RIBS.....	15
OZARK TANDOORI CHICKEN.....	16
PHO TENDERLOIN STEAKS.....	17
RUBBED CHARRED CHICKEN, BARBECUED PEACHES, & FARMERS MARKET VEGGIES.....	19
LET'S TAKE IN THE VIEW.....	20
HOW I BBQ CHICKEN AND RIBS AND HOW YOU CAN TOO!.....	22
BBQ PEACHES.....	24
EUREKA CHICKEN ON A STICK.....	25
OZARK RATATOUILLE.....	26
IVAN'S THRICE RUBBED BEANS.....	28
GRILLED ASPARAGUS.....	30
ST. LOUIS RIBS ARE KING!.....	31
LET'S TAKE A BREATHER.....	32
IVAN'S SANGRITA CHICKEN.....	34
SUMMER'S SCRAMBLED EGGS.....	35
HOW TO BBQ FISH.....	36
'TIL NEXT TIME.....	38

A LITTLE EUREKA

Eureka Springs, Arkansas – founded and named on July 4, 1879. But that is not the true beginning for there was always something there in the hollers among the limestone ledges and trees – it was a spirit that is still there today. A Great Healing Spring sacred to Native Americans known later as Basin Spring that is the founder of the feast known today as Eureka Springs.



European Americans also considered the springs to have healing powers. Dr. Alvah Jackson is credited in American history with locating the spring in 1856 and claimed that the waters of Basin Spring had cured his eye ailments. Dr. Jackson established a hospital in a local cave during the Civil War and used the waters from Basin Spring to treat his patient.



After the war, he marketed the spring water as “Dr. Jackson’s Eye Water.” The Ozarks Water Company was later formed in Eureka Springs in 1905 from springs flowing in Mull Hollow.

The Victorian era in Eureka Springs began in 1882 when the Eureka Improvement Company was formed to attract a railroad. With the railroad station in place, Eureka experienced a building boom. Thousands of Victorian style homes and businesses were built to serve the tourist trade.





Eureka grew into the fourth largest city in Arkansas during this period. All the while the spring kept healing and many spas on other springs were built. But it was the Basin Spring waters that produced 90% of the cures! The Crescent Hotel was established in 1886 and the Basin Park Hotel in 1905. These Victorian buildings constitute what is one of the very best representations of this style of architecture and they are protected in perpetuity in what is now called ‘The Historic District’.

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**IVAN OF
THE
OZARKS
BBQ**



THE **RECIPES**

SUMMER'S SCRAMBLED EGGS

INFUSED WITH IVAN OF THE OZARKS BBQ RUB

- 2 heaping tablespoons Ivan of the Ozarks BBQ Rub
- 1 to 1 1/2 cups veggies chopped – this is where you get creative!
- 3 to 4oz of your favorite cheese
- 3 tablespoons of butter
- 1 tablespoon of olive oil – place in frying pan on medium heat until bubbly!
- 1 dozen eggs

Jon & Martha are good friends who live back east – they wrote me about their breakfast using my rub:

Everything but the kitchen sink scrambled eggs. Cut up some veggies – black olives, red onion, peppers, some tomatoes, shred some cheese. I used Monterrey Jack this morning. I even added some broccoli, finely chopped. Scramble up about a dozen eggs, add two heaping tablespoons of Ivan's rub with the veggies and cheese. Scramble until them eggs look done good! The rub makes it. Yum, yum, yum!

Yes, many people use Ivan of the Ozarks BBQ Rub as a seasoning for eggs, potatoes, beans, and greens – it can really save your bacon by adding flavor without adding fat!



IVAN'S TWICE BAKED POTATOES

TOPPED WITH IVAN OF THE OZARKS BBQ RUB

- 4 large baking potatoes like Russet or Idaho
- 1 stick of butter
- 1 cup cream or milk or buttermilk or plain yogurt
- 1/2 cup cheese like parmesan or your favorite – could be shredded cheddar or jack
- Chives, parsley, tarragon or other fresh herbs
- 3 tablespoons of Ivan of the Ozarks BBQ Rub for topping

This is easy. Just bake your 'taters and pull 'em out of the oven. Cut 'em half the long and short way so they make little flats that will stand on their own. Scoop out the insides, mash and dress 'em up with milk, butter, herbs, and parmesan cheese as you like. Then put the mash back in the skins. Sprinkle with Ivan of the Ozarks BBQ Rub and put back in the oven at 425° for 10 to 15 minutes for a little crust on top. Yum! Great side dish with fish or steak. Twice baked is awesome!





Most times 'poppers' are fried and they are really quite awful that way. These are really nice fresh peppers grilled with cheese and Ivan of the Ozarks BBQ Rub. Just a bit tricky!

Uncle Hymie is the first to present these grilled Jalapeño poppers and this is his method! It's really a fabulous appetizer if not challenging to some with a soft palate.

If the peppers are cleaned of their seeds and membranes and then get grilled so they are cooked through, most of the 'heat' leaves the pepper. This leaves only a slightly 'hot' sensation. Yee-haw!

But it's like Mexican roulette, as you never know which of the peppers may still be really hot! Fun times!



GRILLED JALAPEÑO POPPERS

IVAN'S UNCLE HYMIE'S

8 to 12 jalapeños as large as you can find

8oz jack cheese

Ivan of the Ozarks BBQ Rub

I recommend a paring knife and gloves, or use a plastic bag over your hands to protect yourself from the capsaicin loaded 'placenta' that you need to remove from the peppers. Make a hot fire in the BBQ grill and set aside some good tongs for handling the peppers.

Directions:

THE JALAPEÑOS: Cut the peppers in half the long way so that they make the widest 'boat' possible, cutting right through the stem. You should wear gloves when cleaning these or just use a sandwich bag on your hands for protection from the pepper juices. Glasses are a good idea too! Clean the seeds and membranes out of the peppers with a paring knife, but don't take out the part near the stem. Leave that as a 'plug' to keep the cheese in the pepper and as a 'handle' for picking and popping into your mouth.

THE RUB: Ivan of the Ozarks BBQ rub plus bacon or sausage bits – these can be home made and need to be finely chopped. Uncle Hymie has settled on "Hormel Bacon Bits" in the jar, which is real bacon and I have to admit it's hard to beat in flavor and ease of use. But I have found that the BBQ Rub works here and it is every bit as good!

THE CHEESE: Jack Cheese is preferred. It melts well and has a mild flavor that sets the pepper and the filling's flavor off without competing.

ASSEMBLE: Put a pinch of Ivan of the Ozarks BBQ RUB or a few sprinkles of bacon bits in the 'boats' then cut small sticks of cheese to fit in the top. They should be wedged in enough to hold them.

GRILL: On a medium hot fire place the peppers the long way in between the grill grates to keep them from rolling – cook 'til the cheese melts! Pull off with tongs and be careful not to dump 'the goods'!



SLOW COUNTRY RIBS

OVEN BBQ

Ivan of the Ozarks BBQ Rub
or Ivan's Winter Rub

3 to 4 lbs of country pork ribs
Glass baking dish and foil to cover

Snow, ice, cold, or you just gotta go to work and don't have the time . . . you and I still want BBQ! This is a special oven BBQ recipe using my rub that will really blow those winter blues away. This method has led me to one of my most popular recipes ever, and here it is . . .

The cut of pork to use here is known as country style ribs. There are a few different styles going by that name. The best ones will be large pieces with some bone. Leave the small extra lean boneless variety for more delicate cooking. Just rinse and dry your meat, put the rub on heavy, and sprinkle with brown sugar on the top. Cover your baking dish with foil and put it in a real slow baking oven. When the meat is tender – as tender can be – it's done. Makes its own sauce and is lip smackin' good with sweet potatoes, beans & greens, or any other sides you like – as long as you serve corn bread too.

Slow cooking makes it right! Your oven should be set from 200°F to 325°F at the very most. The lower the better and the longer it will take. The country ribs will take about 8 hours at 200°F. This makes it perfect to put in the oven in the morning and have 'em ready when you come home from work. Other cuts like baby back, or St. Louis ribs can be cooked this way too. When I do these cuts I like to put a little broil on both sides to brown em' up before I cover and slow bake at 210°F. Takes about 2 to 3 hours at that temperature.

For this winter BBQ meal I like sweet potatoes, beans and greens for sides – and don't forget the corn bread!





OZARK RATATOUILLE

VEGGIE KABOBS
ON THE GRILL WITH
IVAN OF THE OZARKS
BBQ RUB

VEGGIE KABOBS ON THE GRILL WITH IVAN OF THE OZARKS BBQ RUB

KABOB INGREDIENTS:

Bamboo Skewers
1 eggplant
8 medium to large mushrooms
1 red onion
1 red Pepper
1 zucchini
1 can large artichoke hearts
A few toes of fresh garlic
peeled and some salt

RICE INGREDIENTS:

1 cup brown basmati or jasmine rice
1 teaspoon whole fennel or
caraway seed
1 tablespoon each of olive oil and
butter in a quart size pot with a tight
fitting top
1/2 teaspoon salt
1 3/4 cup water (use 1 1/4 cup water if
you are not using a whole grain brown
rice and cooking time will be 20
minutes or less)

SAUCE INGREDIENTS:

3 tablespoons olive oil
4 green onions or a very small
red or other onion chopped
1 small hot pepper, like
habanera, seeds removed &
chopped (optional)
12 Roma tomatoes
1/2 teaspoon cinnamon
Chopped cilantro

I am surprised at the number of vegetarians that don't grill! This is a complete vegetarian BBQ menu. Cut the eggplant and zucchini into pieces about 1 1/2 inch size. Make sure they will go on your skewers without splitting. I use thawed frozen artichoke hearts when I can get them – when I can't I use canned in water.

Crush a few toes of garlic with a teaspoon or two of salt to make a paste. Put the cut veggies in a bowl with the garlic salt paste and 'toss' them lightly to spread the garlic around, then add plain vegetable oil or light olive oil to coat everything. The eggplants will want a lot of oil. Give them a little at a time until they look wet all over. The mushrooms will take in some oil too, but will release much of it back during the marinade time. With everything well oiled, sprinkle with Ivan of the Ozarks BBQ Rub, cover and let stand 20 minutes. Soak bamboo skewers in water during the waiting time so they don't burn up when on the grill.

Start a medium fire in your BBQ. Thread the veggies onto the skewers. Grill each side of the kabobs for a few minutes until the eggplants and squash are cooked through. Serve with . . .

Basmati rice with caraway or fennel seed: 1 cup brown basmati soaked in water for an hour and drained. 1 tablespoon each oil and butter in the sauce pan. Heat till hot. Put in the spice seeds to fry hard, then the rice, 1/2 teaspoon of salt, and add 1 3/4 cup water. Bring to low boil, turn down to simmer and cover for about 25 to 30 minutes. Then turn off and leave covered until ready to serve.

Fresh tomato sauce is the best way to complete the ratatouille: Heat olive oil in a frying pan with 4 green onions chopped. Allow to start to brown, then add crushed chopped garlic, and if you like add hot pepper like habanera. Add roma tomatoes cut into eighths to the hot pan. Stir as they cook away most of their moisture. Add more water to make a sauce. Spice with a 1/2 teaspoon of cinnamon and lightly chopped cilantro. Salt & pepper to taste.

P.S. If you are not a vegetarian and you want to grill some meat, I suggest you serve this with Ozark Tandoori Pork Chop!



IVAN'S THRICE RUBBED CHILI BEANS

4oz of Ivan of the Ozarks BBQ Rub

1 lb of your favorite dried beans:

I suggest Pinto, Small Red, Roman,
or even Black beans for this dish

1 onion

4 Roma tomatoes

Olive oil

Jalapeño

Fresh cilantro

While working the farmers market right here in Eureka Springs, one of my first customers was Beth Withey who, among many things, is the director of the Ozarks Chorale and is a vegetarian.

I know her husband Quinn from the open mike sessions at the New Delhi Restaurant and music venue. He once informed me: "That is the best bean rub ever! And you don't have to rub each bean!" Hmm . . . I considered this and said why not? I had to try it out myself.

My rub contains a combination of fresh dried "single chili" powders and about five other spices, as well as some herbs and only a little salt and sugar. When the Ivan of the Ozarks Rub is used in high volume in a pot of beans, all of that exotic flavor is concentrated providing an intense chili flavor that is well balanced.

If you like your beans with a milder chili flavor, I recommend using as little as $\frac{1}{3}$ the amount of rub that I use, which in total is about 3 ounces. No matter what you choose as your ‘measure of rub’, apply it 3 times as I tell you below. Just use the same amount each time!

How much rub? Choose your own measure of rub . . . for mild flavor, use 1 heaped teaspoon. For medium flavor use 1 level tablespoon. For full flavor use a scant $\frac{1}{8}$ cup rub as your measure – about 1 ounce. It’s a personal choice.

In your ‘bean pot’ whatever that might be, crock pot, Dutch oven, pressure cooker, etc. put in $\frac{1}{4}$ cup of oil and apply medium heat. Dice 1 small onion and one nice jalapeño (optional of course). Leave seeds for an extra hot kick! When oil is hot, add the onion and pepper. Stir and cook until they start to brown.

Add your desired measure of Ivan of the Ozarks BBQ Rub to the hot oil in the pot, stir and let cook. Cut 4 roma tomatoes into eighths (or add an 8oz can of diced tomatoes) and add to the hot oil, stir and cook them down. Cook for 10 minutes or so, cooking out the water.

While the pot is still hot and cooking, add 2 cups of dried beans. Pintos are great. Black beans need a bit more time and water – I don’t soak them. Stir and cook. Add the second measure of Ivan of the Ozarks BBQ Rub to the pot as before. When everything is again very hot in the pot, add 6 cups of water! Now on medium heat, allow the pot to come to a fast simmer. Stir the pot from time to time as it comes up to a very slow boil, 10 minutes or more. Use the full measure of rub indicated in recipe for a medium-hot heat level.

THE LONG COOKING: Cover and simmer very slow for the next 2 hours. Check and stir if cooking on the stove. If using a crock pot, set to low. For a pressure cooker, cook under pressure 25 minutes. Generally, no fast heating or cooling, no long boiling. Slow simmer until beans are tender. Cover the pot if stove top cooking. If beans are cooking too fast uncover, stir and add water as necessary. When beans are tender go to next step . . .

TASTE: Beans tender? How about the spice? Now is the time to add the third measure of Ivan of the Ozarks BBQ Rub. Every time it is added, the recipe will produce a different flavor. These beans are three layers deep in flavor.

FINISH: Chop $\frac{1}{2}$ a bunch of fresh cilantro and add it to the pot. Simmer uncovered and on low for at least 10 minutes. Keep warm ‘til serving.

Scientists tell us there are a million and one serving suggestions for these beans. But may I suggest Frito Pie?! If you really want to do it right (for kids or a trip back to the Jr High Lunch ‘store’), use single serving bag of Fritos cut along the side to make a ‘bowl’ the long way. Spoon on some beans and top with cheddar or jack or go all the way back with Velveeta cheese, diced onions etc. Eat standing up with plastic spoon and swill Dr. Pepper. Oh yeah! Memories are awakened with good old comfort food!

LET'S TAKE IN

THE VIEW

GPS is known not to work that reliably here in the Ozarks – so it's best you get some good directions to your final destination from your innkeeper when visiting Eureka Springs. The topography of the area will provide you with 'heart in the throat' views around the switch backs curves on the way into town. Vistas of the beauty both architectural and natural can be had from many locations – 'East Mountain Lookout' (pictured here) frames the Crescent Hotel, likewise the hotel itself provides some great views of the town from their sky lounge and their gardens are the scene of many a wedding and anniversary photo. The perfect way to spend some time getting to know Eureka Springs is to take a tour of as many springs as you can find. There are hundreds of springs around town – some obvious with gazebos and gardens built around them – others more primitive with just a few mossed over stones laid one on each other. A slow drive along Spring Street will provide you with access to some of the better-known springs and many views of the 'Painted Ladies' as our Victorian houses and cottages are fondly called.

Across the holler from the lofty Spring Street Victorians, Eureka holds more treasures for the curious and those willing to explore off of the Historic Loop. Points of interest include Hatchet Hall – The Carry Nation National Home that sits directly across from the famous cave where Ms. Nation first lived when she started her reign of terrorizing saloons in the area in the name of 'temperance'. Many unique houses, cottages and cabins are 'perched' along the winding ways on this side of town. Shaded for a unique and lovely walk or slow driven with plenty of springs along the loop at which you can stop and stretch your legs. Truly a bit of Shangri-la Eureka style!



HOW I BBQ CHICKEN AND RIBS AND HOW YOU CAN TOO!

SAGE ADVICE BY IVAN OF THE OZARKS

Ivan of the Ozarks BBQ Rub

2 racks of St. Louis cut ribs or spare rib rack

2 chickens 4 lbs each cut into quarters

1 cup of brown sugar

BBQ grill classic Webber or other

Food brush, tongs & chunk of wood or chips

BBQ Rule #1: Don't try and do more meat than your grill can comfortably hold! This photo shows two racks of St. Louis ribs and two cut up chickens that were barbecued on a 22" Webber kettle grill.

FIRST THE RUB: Wash and dry your meat before you rub. Use a lot of rub – paint the meat red. Pictured here is a pan of barbecued chicken and ribs with the correct amount of rub applied. Do both sides and let it stand for 10 to 20 minutes or cover and put in the fridge overnight. The rub is a dry marinade and needs time to work.

THEN THE MOP: Here is where you stop grilling and start BBQing! Mop is what you brush on your chicken and ribs as it's cooking!

HERE IS A SIMPLE MOP

1/4 cup oil, 1/2 cup brown sugar, 1 tablespoon Ivan of the Ozarks BBQ Rub, 1/2 a beer or water. Shake it up or stir to dissolve the sugar. If you like you can start mopping your meat even before it hits the grill. The mop helps keep the meat moist and the sugar will caramelize and give you that lacquered BBQ appeal and flavor. Yum! Yum!

SMOKE: Where there is smoke there is BBQ! I don't think you can call it BBQ if there is no smoke involved. Using charcoal is one way to get that smoky flavor, but nothing beats real hardwood. You can get chips or chunks to produce a little smoke even if you have a gas grill. You may want to soak the chips and put them in some foil on the burner if you are using gas. I usually use a classic 22" Webber kettle grill and charcoal briquettes and just throw in a small chunk of hickory wood.

FIRE: In any case you don't want a lot of fire. I usually have just 1/3 of the grill covered with coals. If you are using gas just turn on one burner. When you put the meat on the grill you want to put it over the heat directly at first to give it a little sear on both sides. If you haven't mopped the meat yet, this is a good time to start.

COOKING:

BBQ needs to cook slowly, so after the initial searing move it off the heat and put the cover on. From time to time add a piece or two of charcoal and/or a few wood chips. Don't forget to mop! You don't really want a lot of white smoke, the best smoke is nearly invisible. Ribs and chicken will take at least an hour or two if you are cooking slow enough. If you want your ribs absolutely falling off the bone that will take a bit longer. Some people give up early and wrap the ribs in foil and put them in a slow oven, there is no shame in doing so and it works!

FINISHING SAUCE:

This is what many people incorrectly refer to as BBQ Sauce. In fact, it's what you put on your BBQ at the table. Here it is, and it's bona fide!

IVAN'S EASY BONA FIDE FINISHING SAUCE

2 tablespoons olive oil in saucepan – heat until it is just about smoking.

Add: 1/2 onion chopped – brown them.

1 bay leaf – don't burn it!

Then add:

1 tablespoon red pepper flakes (optional for some)

1 level teaspoon allspice

1 level teaspoon cinnamon

1 heaping teaspoon ginger powder

1 8oz can tomato sauce

3/4 cup of apple cider vinegar

1/2 cup molasses

6oz beer or water

Simmer 20 minutes to reduce. Strain and allow to cool.

Put BBQ sauce out to use at the table. Your results may vary, but I bet your chicken and ribs will be fantastic!



EUREKA CHICKEN ON A STICK

2 to 3oz of Ivan of the Ozarks BBQ Rub 12 bamboo skewers soaked in water
3 whole chicken breast 1/2 cup vegetable oil
1/2 pint buttermilk

DAY 1: Carefully cut chicken breast in length-wise strips about two fingers wide. Sprinkle on plenty of Ivan of the Ozarks BBQ Rub to make the chicken red on all sides. Put chicken strips in container or plastic bag, add just enough buttermilk to cover, seal and place in fridge for a day or two.

DAY 2: Start fire in grill and allow it to get very hot while you use the time to thread the chicken strips on the skewers. Sprinkle with a little more Ivan of the Ozark BBQ Rub and brush the chicken with oil. Carefully place on the grill and cook until a few blackened spots appear. Don't worry, the chicken will not burn or dry out!

I suggest you make twice as much as you might first think as it is very tasty and popular! Be generous with the rub -- it is NOT hot or salty.

Do like we do in Eureka and just eat the moist and tender chicken right off the stick!



IVAN'S SANGRITA CHICKEN

Ivan of the Ozarks BBQ Rub	2oz	each	Olive oil
8 to 10 Chicken thighs or leg quarters	tequila, orange juice, tomato juice	1	onion
1 teaspoon of salt	2 limes	1	green or red pepper

SANGRITA MARINADE: Equal parts of tequila, orange juice, and tomato juice. Start with 2 ounces each and a quarter lime – if you need more just up size it. Important add the salt! The salt makes it into a brine that brings the flavors into the chicken.

You may use whole pieces of chicken, or do as I have for this dish and make boneless pieces of thigh to string on skewers. I do suggest you use dark meat for this dish – you can use white meat but will need to cook it very gently. Submerge the chicken in the marinade and give it some time to work for 1 hour or more. Keep in fridge if you are planning a long marinade.

PREP & COOKING: Take the chicken out of the marinade. If making kabobs, put the peppers and onions on the same skewers with the chicken. If cooking pieces of chicken, cook peppers and onions in large pieces on the grill alongside the chicken. Brush a little oil on the chicken and veggies to prevent sticking.

Sprinkle the chicken and veggies with Ivan of the Ozarks BBQ Rub heavy on one side before they hit the grill. Cook first with the rub side up! Cook this chicken over a medium fire, this marinade will protect the chicken but be careful not to torture over too hot of a fire. The general rule is you want a slower fire for meat you want cooked through like chicken and pork, and a hot fire for meat that doesn't need to cook through like steak medium-rare or lamb cooked to medium. Squeeze lime juice over the chicken and veggies before you serve.



OZARK TANDOORI CHICKEN

2 to 3oz Ivan of the Ozarks BBQ Rub
4 to 5 lbs whole cut chicken
Dash of salt

1 lemon
3 large garlic toes peeled
1/2 pint buttermilk

The buttermilk marinade keeps the chicken moist and tender through the tortures of a very hot fire to provide nice red and black speckled BBQ chicken that is moist and tender on the inside.

Choose a selection of chicken parts – legs, wings, thighs, breasts – remove the skin (wings not so much) and slash each piece two or three times with a knife.

Crush garlic and salt to make a paste. For each pound of chicken use 1 large toe of garlic with a good dash of salt. Rub this over the chicken and squeeze lemon. Sprinkle a liberal amount of Ivan of the Ozarks BBQ Rub on the chicken to give a good color.

Put chicken in a bowl or zip lock bag and add just enough buttermilk to drench the chicken. Put in the fridge for at least 3 hours but no more than 24 hours.

After marinading take the pieces out of the bag or bowl and place onto a tray or plate. Sprinkle with more Ivan of the Ozarks BBQ Rub and brush with oil before placing on the grill to keep from sticking and to make the fire flare-up.

The grill should be very hot. If the chicken starts to burn, turn it over. Don't reduce the heat until some burned spots appear on both sides of the chicken. Cook it hot and fast!



BBQ PEACHES

TOPPED WITH IVAN OF THE OZARKS BBQ RUB

1 peach per person 1/2 cup cooking oil 2 tablespoons Ivan of the Ozarks BBQ Rub

I work the farmers market in Eureka Springs and often bring a Webber Smokey Joe and BBQ to the market. The vendors donate some produce and I wash it, dip it in oil, and cover it in Ivan of the Ozarks BBQ Rub and cook them over a charcoal fire. In the cool of the spring I BBQ turnips and beets, and as the season progresses asparagus and spring onions, then purple finger potatoes – by summer it's eggplant, squash and tomatoes. But nothing caused more of a stir than the peaches on the grill!

Some people claim they have never heard of putting fruit on the grill – what about grilled pineapple? Fine but this is North America and peaches are the thing to grill, they go great with chicken or chops.

There is no trick to this – leave the peaches whole – wash and dip them in oil and sprinkle generously with Ivan of the Ozarks BBQ Rub! Put them over a medium fire and turn them several times until they are soft and start to spit out some juices. Over cooking to squishy is worse than under cooking. Don't worry, it's a peach – it's going to be great!



THIS IS AN ELEGANT SUMMER DINNER THAT IS SIMPLICITY ITSELF.

Cold beer or sangria on ice is recommended for the beverage.
The watch word is cold – fact is this whole menu can be eaten cold.



RUBBED CHARRED CHICKEN, BARBECUED PEACHES & FARMERS MARKET VEGGIES

AN OZARK SUMMER MENU

Ivan of the Ozarks BBQ Rub
Small chickens around 3 lbs
Olive oil

Fresh peaches
Summer squash, onions and
any other veggies you like!

Guidelines for how much food? Buy one small chicken for every two people – small chickens around 3 pounds are best for this as they cook quickly. Two peaches for each person. Most any type of summer squash, yellow zucchini, or as pictured a patty-pan. You will have to use your judgment as to exactly how much squash and other veggies to use. An important consideration is the size of your grill – don't over crowd with food.

THE FIRE: You want to have the fire under about $\frac{1}{2}$ to $\frac{2}{3}$ of your grill space so that you will have a hot spot for direct cooking and charring of the chicken and a space off the direct heat for continued cooking.

Butterfly the chicken by cutting down one side of the backbone or be fancy and cut it out completely (save for soup stock). Wash and dry the chicken, then rub it red with Ivan of the Ozarks BBQ Rub. Roll the veggies and fruit in plain oil and sprinkle all sides with Ivan of the Ozarks BBQ Rub. You could just use half the chicken if that is easier for you.

First char the chicken, breast side down directly over a medium fire. Ideally you should be able to cook on the first side for about 10 minutes. Just when it starts to burn, turn the chicken over with tongs and be careful not to tear the skin! Grill another 10 minutes on this side. The bone side down is not as sensitive as the skin side with the breast so a lot of the cooking can happen on this side. You may need to turn the chicken back over on the skin side. If you do, turn it so the grill marks are in the opposite direction – that is the way the pros do it! When the chicken is charred on both sides, move it to the side off the direct fire but keep it close.

Next put the veggies and the fruit on the direct fire. Keep turning them so each side gets grilled. The chicken will continue to cook as you cook the veggies and fruit. Check the thigh temperature with a thermometer to be around 180°F.

GRILLED ASPARAGUS

TOPPED WITH IVAN OF THE OZARKS BBQ RUB

1 lb of asparagus

1/8 cup of olive oil

1 teaspoon of rub

1 lime

Not all of the asparagus is eatable. So break off the fibrous bottom end of each stalk by holding in the middle with one hand and using the thumb and index finger to grab the bottom part and bend so that it breaks off as close to the end as it is willing to do so. This process will always find the correct breaking point. Toss the short piece away or use for soup stock.

Roll the remaining lengths of asparagus in olive oil and sprinkle with the Ivan of the Ozarks Rub. You want a very hot fire – preferably charcoal for better flavor. Roast the spears on all sides for a total time of only 3 to 5 minutes and let them develop only a few small black spots. They should still be somewhat crisp – if you like your asparagus soggy then don't use this recipe!

Plate the asparagus and squeeze a lime over all – this is great as you can eat them hot, cold or at room temperature. I like to serve this as a starter before I put the chicken or chops on the grill.



ST. LOUIS RIBS ARE KING!

Follow instructions on page 22 for 'How I BBQ Chicken and Ribs' to make proper BBQ for any of these cuts. Spare Ribs are the most commonly used pork rib for BBQ – these large sides are meaty and great for family BBQ. Spare ribs are a smorgasbord of good rib meat with some of it nearly boneless and the rib bones themselves are of varying length.

Baby Back Ribs are a popular cut you often see served in restaurants. This cut has two distinct types of meat on one bone. It is a bit like a little pork chop with a lean piece of meat in the middle that is like pork loin and the rest is covered with rib type meat. If you cook the rib meat to fall off the bone the little pork chop meat may be dry. I avoid this cut for this reason and the fact that it is over priced.

St. Louis Cut Ribs are the king of pork ribs. This cut is generally very uniform in size – each rib is around 6 to 9" long and extra meaty. Competition BBQ chefs use this cut almost exclusively, as appearance of the BBQ is as important as the taste and texture in such contests.

Country Pork Ribs are not really ribs at all – rather they are slices of pork shoulder and are really troublesome to cook as proper BBQ. I enjoy them in winter as OVEN BBQ (recipe on page 15) with sweet potatoes and greens.

The anatomy of a proper piece of BBQ. The outside crust is crispy and sweet – this is known as the 'bark'. The bark is developed from the rub and mop as the meat is initially seared over the fire – the sugar caramelizes and seals the meat. The smoke ring is the next layer – a thin layer that is gray in color and develops in the first 20 minutes of smoking – this is critical as the smoke penetrates the meat and acts with the spices to create the flavor we associate as BBQ. The pink center is next – some novices may think that the meat is not done – but actually the salt and smoke preserve the color of the meat. The meat is not done until it is falling off the bone tender and juicy. It is important that for long cooking of ribs the 'oven' temperature should not cross 210°F.



LET'S TAKE A

BREATHER

There are plenty of places to rest on your Eureka Springs walk about – shops to shop and art to ponder as well as cafes and pubs for food and drink. But where will you lay your head? The quintessential Eureka lodging is the “Bed and Breakfast” – each room decorated in the quirky fancifully Eureka way – with coffee, tea and a breakfast included when you awaken. But what form do you want your bed and breakfast to take? How about a Tree House or an 1880's Victorian boarding house, a daffodil yellow cottage or the luxury of a lodge suite with jacuzzi? Your choice, but may I recommend you to my friend Pat the innkeeper at All Seasons, believe it or not she is proprietor of all of these amenity laden properties. Best to make your reservation in advance and mention ‘Ivan of the Ozarks’ for a \$25 discount on your reservation (479 253 2001).





PHO TENDERLOIN STEAKS

FAUX-MIGNON

Ivan of the Ozarks BBQ Rub or
Eureka Moment HSC Rub

Ground sirloin 1/3 lb for each person
Bacon strip for each steak

Filet Mignon is quite pricey and sometimes it's just hard to get a good tender juicy steak. To me this is a very close second to the real thing and I prefer it over most cuts like NY Strip that I can get at the store. It is always tender, juicy and the price is right! You will need at least 1/3 pound of ground sirloin for each 'steak', a strip of bacon and Ivan of the Ozarks BBQ Rub – this simply must be cooked out on the grill!

Make your 'steaks' taller if you want them rare, thick for medium and if you want them cooked through then squish them flatter so they will cook through more easily. Wrap the bacon around the 'steak' and affix with a toothpick or it will hang off like in the picture! Shake the rub on top pretty heavy.

Build a medium fire large enough so that all the 'steaks' can be positioned over the coals. Flare ups may happen due to the bacon. My father used to put them out with a squirt gun. If you have a long BBQ fork you can move the coals or push the meat to a new location away from the flames. It is better not to let the flames lick the meat.

These will take 3 to 5 minutes per side if you have followed my instructions on shaping the meat to get the desired amount of doneness. The ground sirloin is forgiving, I suggest you consider serving this with Ivan's Twice Baked Potatoes and a big salad.

If you are afraid of 'pink' meat then ground sirloin may not be for you as it tends to keep its color – use regular ground beef if you want the inside to look well done.



PORK CHOP TANDOORI

Ivan of the Ozarks BBQ Rub	1 cup of buttermilk
Pork chops – almost any type with bones will work – 1/2 lb per person	2 limes
	Fresh garlic peeled

You can use thin or thick pork chops for this recipe. Crush garlic and salt to make a paste – for each pound of meat use one large clove of garlic with a good dash of salt. Rub this over the chops and squeeze lime. Sprinkle a liberal amount of Ivan of the Ozarks BBQ Rub on to give good color. Put the pork in a bowl or zip lock bag and add just enough buttermilk to drench the meat. Put it in the fridge for 3 to 24 hours. Use thin chops as they will work in the buttermilk quicker. Take the chops out of the bag or bowl and place onto a tray or plate. Brush with oil and sprinkle with more Ivan of the Ozarks BBQ Rub before taking them to the grill – keeps them from sticking and makes the fire flare up. Yee-haw!

COOKING: The grill should be hot. If the chops start to burn, turn them over – don't reduce heat until some burnt spots appear on both sides. Cook it hot and fast! It is important to let the pork rest to complete cooking. Put on platter with tent of foil for a 10 minute rest before serving. Squeeze fresh lime over the chops.

Try this with the Ozark Tandoori for a completely elegant menu. Oh and this is great with chicken pieces too!





HOW TO BBQ FISH!

First off, I would like to say that you don't really BBQ fish . . . but grilled over a hot fire with Ivan of the Ozarks BBQ Rub makes for some nice fish!

Some fish are as easy to grill as a steak. These are very firm fish like tuna, swordfish, and mahi mahi. These fish take to marinades like buttermilk, citrus, vinaigrette, and the like. You can rub the fish before or after the marinade or both! When you cook these fish, turn them only once. For tuna you may like it seared and raw or rare in the center (black and blue), swordfish pink in the middle, and the dolphin fish medium well and just cooked through.

It is well known that soft fish will fall apart when you try and turn them over. Don't do that – don't turn them. Soft fish like striped bass, red fish, and salmon – these are all best cooked over a medium hot fire with the skin side down. When the skin of these fish is grilled crispy it is a delicious complement to the flesh. Put the rub on the flesh side and tent them with a piece of foil and let them cook through until done. The rub on the top side makes the fish look nice and taste great. For well cooked fish, when you see liquid or fat coming up to the top the fish should be taken off the fire and allowed to rest.

IVAN'S GREEN CITRUS PESTO MARINADE FOR FISH

Ivan of the Ozarks BBQ Rub

Juice of one or two lemons

1/4 to 1/3 cup of olive oil

1 toe of garlic peeled

1 bunch of cilantro – use leaves and tender stalks

Put everything in a food processor and pulse to a smooth thin sauce – add more oil or a little water if it is not blending. Rub your fish with Ivan of the Ozarks BBQ Rub and put one teaspoon of the green marinade on each side of the fish and spread it around. Allow for at least 20 minutes for the marinade to infuse flavors before grilling as instructed above.

‘TIL

NEXT TIME

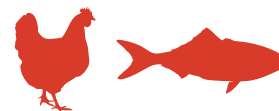
On a personal note, Eureka Springs, Arkansas has been my adopted hometown since the mid 70's when my mom moved here. But my first knowledge of this eclectic town came to me through 'Ripley's Believe It or Not' – a book that I read as a youth in the late 60's. The book attributes more entries to Eureka Springs than any other single place in the world. Logic-defying entries like Pivot Rock, the church where you enter through the bell tower, and the hotel that is eight stories tall yet has a ground exit on every level. I began to wonder if water runs up hill in the Ozarks. Eureka is a special place and Ripley's book for me was foreshadowing. I am happy to now live in Eureka Springs and I am a member of the local farmers market. When you come to Eureka come visit me – 'Ivan of the Ozarks' – most every Thursday morning. We have a very friendly market and it's open year round – come enjoy a breakfast of coffee and baked goods – once you get a taste of the Ozarks and the local characters that live here, you just might find yourself moving here too!

A red, stylized signature or scribble, possibly reading 'Ivan', located at the bottom right of the page.





☆☆☆
— PERFECT FOR —
GRILLING, SMOKING
OR WHATEVER YOU CALL
— **BBQING!** —



★ **EVERYBODY LIKES MY BBQ** ★
👉 **NO EXCEPTIONS** 👈

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