

Did You Know...

The cooking technique we now call barbeque was likely created by the Taíno Indigenous peoples of the Caribbean region. Wooden frames called “barabicu” were used by the

Taíno, in part, for cooking meat suspended high up and out of a fire’s reach. The barabicu ensured the meat would still be infused with a smokey flavour during the slow cooking process.



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TBPL
Spice Club
Spice of the Month:
BBQ Seasoning

Classic BBQ Porkchops

*Recipe found at wonkywonderful.com

Ingredients

- 4 boneless porkchops
- pinch of salt
- pinch of pepper
- 2 tablespoons BBQ seasoning
- 2 tablespoons neutral oil, plus extra

Directions:

- Preheat your oven to 425°F. Line a baking sheet with parchment paper.
- Mix together BBQ seasoning and oil (any neutral oil, such as canola, sunflower, or corn) to form a slightly runny paste. Add extra oil if the paste is too firm. Stir in a pinch of salt and pepper. For more flavour, make your own BBQ seasoning (recipe at right) and add to paste.
- Lightly brush porkchops with half of BBQ paste and place on the baking sheet.
- Bake for 20 minutes. Flip porkchops halfway through and brush with remaining BBQ paste before returning to oven.
- Using a meat thermometer, check the thickest part of each porkchop to ensure meat is cooked to at least 145°F or 62.8 °C.
- Enjoy with a side of fresh summer vegetables!

BBQ Cauliflower Wings

*Recipe found at cheffrecipes.com

Ingredients

- 1 medium cauliflower
- ½ cup all-purpose flour
- ½ cup water
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons BBQ seasoning
- 1 cup BBQ sauce
- Ranch (for dipping)

Directions:

- Preheat your oven to 400°F. Line a baking sheet with parchment paper.
- Cut cauliflower into bite-sized florets.
- In a bowl, whisk together flour, water, salt, pepper, and BBQ seasoning to make a thick batter.
- Dip each cauliflower floret in the batter and place on baking sheet.
- Bake cauliflower for 20-25 minutes, flipping the florets halfway through. The cauliflower should be golden and crispy on the edges.
- Remove cauliflower from the oven and gently toss in a bowl with your favourite bottled BBQ sauce. Return cauliflower to baking sheet and bake for an additional 5 minutes.
- Once crispy, remove your wings from the oven. Serve with ranch and enjoy!

Make-Your-Own BBQ Seasoning

*Recipe found at grillfrenzy.com

Ingredients

- ½ cup brown sugar
- 2 teaspoons garlic powder
- 2 teaspoons paprika
- 2 teaspoons salt
- 2 teaspoons pepper
- 2 teaspoons onion powder

Directions:

- Combine all six ingredients in a bowl, stirring well.
- Use right away or store in a labelled air-tight container or spice jar. This recipe makes approximately 1 cup of BBQ seasoning.

