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# *Rockin' Ronnie's* **Barbecue Times**

*Improving the quality of your Barbecue Lifestyle.*



Photos courtesy Bryan O'Connor

Volume 2, Issue #1, March, 2005

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## ***Gearing up for Barbecue Season!***

Welcome to the third edition of ***Rockin' Ronnie's Barbecue Times***. It's hard to believe spring is almost upon us. For those of us who live the Barbecue Lifestyle, that means it's time to dust off the tongs, fire up the grill and get back to the backyard cooking we love. In this edition I'm featuring my spring and summer schedule, which is packed with classes, demonstrations, workshops and competitions. I hope to see you at one of them soon. Until then, grill on!

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## ***Rib Tickler***

*"The road of excess leads to the palace of wisdom, for we can never know what is enough until we have experienced too much."*

- William Blake

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## **Ronnie's Barbecue BLOG**

It's been a busy winter on the barbecue front. As you'll see from my upcoming schedule, barbecue is truly taking over my life! The big news is that I've decided to expand my cooking classes by offering a new half-day class called **Essentials of Grilling and Barbecue**. It's an opportunity for me to cover the whole range of grilling and barbecuing techniques and recipes in an extended format that will give participants a major head start on summer. The first one will be in Vancouver at one of my favorite barbecue boutiques, **Johnstone's Barbecues and Parts** in North Vancouver on May 29<sup>th</sup>. I'll deliver a similar session on Father's Day with Winery Chef **Michael Allemeier** at the fabulous **Mission Hill Family Estate**. As an extra bonus, the food tastings will be paired with delicious B.C. wines – at Johnstone's with **Quail's Gate**, and at Mission Hill, of course, with **Mission Hill!**

Chef Michael of Mission Hill is a huge barbecue fan and earlier this winter he sent me a report on a recent trip to California:

*Greetings o' great BBQ guru,*

*I just got back from a week of eating in San Francisco and Napa. We had many highlights - The French Laundry and Gary Danko among many.*

*But one of my highlights was this little place in Calistoga called Busters. I thought of you as I devoured his ribs. He uses two large kettles. Uses only soaked oak pieces. It's a tented restaurant. But the ribs, chicken, brisket, sausages are amazing. So is his sauce - he only does mild and hot. Some poor sap asked for medium spiced sauce. Buster looked at him with pity and poured a ladle of mild and hot over his food!*

*Check out the pictures attached. Hope all is well.*

*Regards,  
Michael*



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## Rockin' Ronnie Watch

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### April 22 – 24, 2005: Third Annual Canadian Barbecue and Chili Festival, featuring the B.C. Barbecue Championship – VANCOUVER, B.C.

This year's B.C. Barbecue Championship promises to be the best ever, with a major venue, Vancouver's BC Place, and a big time corporate sponsor, Weber. The contest is making the move from Surrey, where it has been held for the past three years, to become a major part of the giant **Eat! Vancouver** food and cooking show. This is the one Western Canadian barbecue contest that my team has competed in but never won. The goal for Rockin' Ronnie's Butt Shredders this year is to put another notch on our tongs and take the Grand Champion honours. For more information about the contest (and how to register if you want to compete), visit [www.eat-vancouver.com](http://www.eat-vancouver.com).



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### Friday, May 6 or Friday, May 27, 2005 – Grilling Classes at Cookshop, #3 - 555 W. 12th Ave., VANCOUVER, B.C.



This crash course on grilling & barbecue will feature Asian and Southwestern-style grilled steaks, cedar-planked wild salmon, dilled yoghurt kebabs and more. As a special treat the menu will include micro-brewed beer samples from R&B Brewing ([www.r-and-b.com](http://www.r-and-b.com)). The classes run from 6.00 p.m. to 9.00 p.m. To reserve call **604-873-5683** or register online at [www.cookshop.ca](http://www.cookshop.ca)

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### Wednesday, May 25, 2005 – Grilling Class at Barbara-Jo's Books to Cooks, 1128 Mainland Street, VANCOUVER, B.C.



I'll be making a return visit to Barbara-Jo's bookstore and kitchen in beautiful Yaletown to grill up a menu with a Southwestern/Latin theme, including Flank Steak Fajitas Adobo and Planked Halibut with Cuban Mojito Sauce. The class runs from 6.30 p.m. to about 8.30 p.m. For more information and to reserve, call Barbara-Jo's ([www.bookstocooks.com](http://www.bookstocooks.com)) at **604-688-6755**.

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### Thursday, May 26, 2005 – Grilling Class at Tools & Techniques, 250 – 16<sup>th</sup> Street, WEST VANCOUVER, B.C.



This class will feature Corn Muffins with Roasted Pecans; Pork and Apple Kebobs; Cheater Ribs; Rice, Asparagus and Cucumber

Salad, and for dessert Bourbon and Honey Planked Peaches. And, since Tools & Techniques ([www.thestoreforcooks.com](http://www.thestoreforcooks.com)) proprietor Cindy Evetts is a Texas girl at heart, you'll also get a little taste of southern-style barbecue. For more information and to reserve, call **(604) 925-1835**. The class starts at 6.30.

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**Sunday, May 29, 2005: "Essentials of Grilling and Barbecue," an intensive half-day class at Johnstone's BBQs and Parts, 165 Pemberton Ave. NORTH VANCOUVER, B.C.**



Join me at the Lower Mainland's backyard cooking Mecca, **Johnstone's Barbecues & Parts**, for this special course that will cover the essentials of grilling and southern-style barbecue. The five-hour class will include an overview of tools and equipment, rubs, sauces and marinades, techniques for quick and easy grilling and slow-smoking, plus tall tales and legends from the world of competitive barbecue. You'll learn from and enjoy cooking demonstrations and samplings of great recipes from **Barbecue Secrets**, including:

- Grilled Quesadillas
- Smoked Tomato Guacamole
- Grilled Asparagus with Chipotle and Roasted Garlic Aioli
- Rack of Lamb with Balsamic Reduction
- Classic North Carolina Pulled Pork Sandwiches with Tidewater Coleslaw and Baked Beans
- A Trio of Great Grilled Steaks (Asian, Southwestern, Italian)
- Real Barbecued Pork Ribs
- Cedar-planked salmon with bourbon-maple glaze
- Whiskey and Honey Planked Peaches
- Triple Chocolate Brownies



As a special treat in celebration of local B.C. flavours, classic grilled and barbecued dishes will be paired with tastings of the fine fermented products of **Quail's Gate Estate Winery**, courtesy of **Okanagan Estate Wine Cellar at the Bay** and **Medallion Wine Marketing Inc.** The class will run from 10.00 a.m. to 3.00 p.m. and the \$139 cost includes an autographed copy of **Barbecue Secrets**. Register at Johnstone's Barbecue Parts in person at 165 Pemberton Ave. North Vancouver, or by phone at **604-985-0234**. Space is limited, so register right away!

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**Saturday, June 4, 2005: Sixth Annual “Secrets of Championship Barbecue” all-day workshop at Big Rock – CALGARY, ALBERTA**



**Sold out!**

This full-day, hands-on workshop at the Big Rock Brewery is all about traditional, southern-style barbecue, the kind we cook in competition, and features my fellow Butt Shredders who share their copious knowledge. The event sold out before Christmas. If you're already registered, see you there! Otherwise I'll be back to do more grilling and barbecue classes in Calgary in the fall. For more information on Gail Norton's great lineup of cooking classes and workshops, visit [www.cookbookcooks.com](http://www.cookbookcooks.com) or call 403-265-6066.

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**Sunday, June 5, 2005 – Rockin' Ronnie's Barbecue Class at Big Rock – CALGARY, ALBERTA**

**Sold out!**

It's nice to be wanted. If you're registered in this class at Big Rock, I'll see you there! If not, I hope to see you in the fall! For more information on Gail Norton's great lineup of cooking classes and workshops, visit [www.cookbookcooks.com](http://www.cookbookcooks.com) or call 403-265-6066.

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**Sunday, June 5, 2005 – Eat Till You Drop III fundraiser for Barbecue on the Bow at Rouge Restaurant – CALGARY, ALBERTA**



This year's Eat Till You Drop party promises to sell out even faster than it did last year. The event, which will raise money to help stage the Barbecue on the Bow Alberta barbecue championship, is one of the hottest tickets in town. For the low price of \$55 (\$50 for Slow Food members), you get a fabulous barbecue feast of Texas-style beef brisket, classic pulled pork sandwiches and all the fixin's plus live music from world-famous bluesman and barbecue aficionado Amos Garrett. It's at Rouge restaurant, 1240 8<sup>th</sup> Ave. S.E., and tickets are available through The Cookbook Company Cooks at 403-265-6066 and Janice Beaton Fine Cheese at 403-229-0900. See you there!

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**Father's Day (Sunday), June 19, 2005 –  
TREAT DAD TO A SMOKIN' FATHER'S DAY!**  
“The Essentials of Grilling and Barbecue: A  
celebration of gourmet backyard cooking” at  
the beautiful **Mission Hill Family Estate**, with  
**Michael Allemeier! – KELOWNA, B.C.**



I am honoured to be the first guest presenter to conduct a cooking class at the fabulous Mission Hill Family Estate ([www.missionhillwinery.com](http://www.missionhillwinery.com)), a world-class winery destination in the heart of B.C.'s Okanagan Valley. Join me and Winery Chef Michael Allemeier for this half-day session that will cover the essentials of grilling and southern-style barbecue, with cooking demonstrations and samplings from **Barbecue Secrets...** paired with the internationally celebrated wines of Mission Hill! The class will run from 10.00 a.m. to 3.00 p.m. Only 26 seats are available for this first-time exclusive event, and there are only about 10 spots left! For more information or to register, call **250-768-6443** or **1-800-957-9911**.

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**Thursday, June 23, 2005 – Grilling Class at  
Tools & Techniques, 250 – 16<sup>th</sup> Street, WEST  
VANCOUVER, B.C.**



This class will feature Cowboy Cornbread; Tikka-style Chicken Kebabs; Lamb Burger with Molten Goat Cheese Core; Potato Salad Adobo; Bourbon and Honey Planked Peaches - plus a little taste of southern-style barbecue. For more information and to reserve, call **(604) 925-1835** ([www.thestoreforcooks.com](http://www.thestoreforcooks.com)). The class starts at 6.30.

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**Friday and Saturday, July 1<sup>st</sup> and 2<sup>nd</sup>, 2005: The  
Second Annual “Secrets of Championship  
Barbecue” Whistler weekend workshop at Dusty's  
Bar & BBQ, WHISTLER CREEKSIDE, B.C.**



Whether you're a backyard cook who wants to take your grilling to the next level or a serious barbecue lover who wants to compete in the Canadian National Barbecue Championships, sign up now for this two-day extravaganza of learning and good eating. Here's what some of last year's participants had to say:



***“If you love BBQ, you NEED to take this workshop – it's a must.”***

***“This is the best workshop I have ever taken.”***

**DAY ONE (Friday, 11.00 a.m. to 3.00 p.m): Supercharge Your Grilling Skills.**

This half-day grilling class features unbeatable tips, techniques and recipes for grilling everything from vegetables, to meat, fish and even dessert! Classroom style setup. Includes tastings of Mission Hill wines to go along with lots of food

samples. Just bring your appetite! And, for those who are also enrolled in day two, there will be a special evening class/reception where you can socialize with other participants and watch me get Dusty's big barbecue pit going and prep the pork butts and briskets for the next day's lunch! **\$129 per person.**

**DAY TWO (Saturday, 9.00 a.m. – 4.30 p.m.): Secrets of Championship Barbecue Workshop.** This full-day, hands-on workshop is a veritable barbecue boot camp. You'll learn the essentials of traditional Southern-style, slow-cooked barbecue (the REAL THING) including championship tools and techniques, rubs, marinades and sauces and prize-winning recipes. At the end of the day, you'll present your chicken and ribs to a panel of local celebrity judges in a fun mini-barbecue championship. Participation includes a continental breakfast, samples of Mission Hill wines, 1/2 chicken and one rack of ribs per participant, plus a championship barbecue feast for lunch featuring pulled pork sandwiches and Texas-style brisket. Workshop style setup. Bring your own smoker or covered charcoal grill (loaners are available but you have to let me know in advance – first come, first served), an apron, a cutting board, BBQ tongs, oven mitts and your favourite meat-friendly knives. You'll leave this workshop ready to live the Barbecue Lifestyle....or even compete with the BBQ big boys at the Canadian National Barbecue Championships at Dusty's on the August long weekend! **\$189 per person.**

**TWO-DAY PACKAGE - \$269** includes the grilling class and barbecue workshop – a \$49 savings!

**All participants will receive a signed copy of my bestselling book, *Barbecue Secrets*.**

Register at **Johnstone's BBQs & Parts** in person at 165 Pemberton Ave. North Vancouver, or by phone at **604-985-0234**. **Class size is limited, so register now!**

**A GREAT DEAL ON ACCOMMODATION!** Workshop and grilling class participants can stay at the **Legends Hotel** in Whistler Creekside for the unbelievable rate of \$119 per night. Call 1.800.799.3258 to make your reservation.

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**July 30 & 31, 2005: The Canadian National Barbecue Championships at Dusty's Bar & BBQ, WHISTLER CREEKSIDE, B.C.**

Rockin' Ronnie's Butt Shredders will be back at Dusty's Bar & BBQ to defend last year's Grand Champion title.



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**Sept. 2005 (date to TBD): Whose Sauce is Da Boss International Jerk-style/Southern Barbecue Cookoff at the Sunset Beach Resort & Spa, MONTEGO BAY, JAMAICA**

Hurricane Ivan caused a one-year delay, but at the end of this summer, the Butt Shredders will be representing Canada at the big contest in beautiful Jamaica, the place where real barbecue was born. The trip is courtesy of Canadian National Barbecue Championships sponsor Appleton Rum.



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**Recipe of the Month: SPICE-CRUSTED PORK BLADE STEAKS**

I developed this recipe for the good folks at *Food & Wine* magazine for their upcoming summer barbecue issue, which should be on newsstands in May. I love pork blade steaks because they're inexpensive, extremely tasty and very hard to ruin. The cumin seeds add an earthy tang and interesting texture to these rich, flavorful, chewy steaks.

4 pork blade steaks (8 – 10 ounces each)

Kosher salt

2 Tbsp. Dijon mustard (regular prepared mustard will also do)

1 Tbsp. cumin seeds

For the rub:

2 Tbsp. ancho chile powder (any chile powder will do)

1 Tbsp. granulated garlic

1 Tbsp. granulated onion

1 tsp. freshly ground black pepper

1 tsp. ground chipotles (substitute cayenne if you can't find ground chipotles)

1 tsp. dried oregano

1 tsp. dried parsley

Extra virgin olive oil

In a dry frying pan over medium heat, toast the cumin seeds until they are fragrant and just start to turn light brown. Remove from the pan and set aside.

Generously season the blade steaks with salt. Using the back of a spoon or a basting brush, coat the steaks with a thin layer of mustard. Sprinkle the cumin seeds on both sides of the steaks and pat them in so they stick to the mustard. Sprinkle a generous coating of rub on the steaks and drizzle with a little olive oil. (You will have rub left over, which is great for grilling just about anything.)

Prepare your grill for medium-high direct heat. Use your favorite hardwood chips as a flavoring agent. Place the steaks on the grill and cook for 4-6 minutes per

side or until the exterior is nicely charred. Remove from the grill, tent with foil and let rest for five minutes. Drizzle with a little olive oil and serve with your favorite summer sides (I like grilled asparagus and cherry tomatoes).

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Well, that's another edition of **Rockin' Ronnie's Barbecue Times**. Till next time, happy cooking!

*Rockin' Ronnie*



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*Rockin' Ronnie's Barbecue Times* is published four or five times a year. To get on or off the mailing list, just drop me a line to [listmanager@ronshewchuk.com](mailto:listmanager@ronshewchuk.com).

For more about me and my world of barbecue (including more recipes and a photo gallery), visit [www.ronshewchuk.com](http://www.ronshewchuk.com).

You can also e-mail me at [rockinronnie@ronshewchuk.com](mailto:rockinronnie@ronshewchuk.com).

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