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

*Improving the quality of your Barbecue Lifestyle.*

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Issue #5, Spring, 2006

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### ***Another Barbecue Season Begins!***

Ah, the smell of hickory smoke wafting amongst the cherry blossoms. 'Tis the season when a middle-aged man's fancy turns to barbecue.

Welcome to the fifth edition of ***Barbecue Times***. As you peruse this issue, don't forget to take a close look at my spring and summer schedule, which is once again 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***

***"I come from a family where gravy is considered a beverage."***

- Erma Bombeck

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## ***Memories of the Jack: Ending Last Year on a High Note***

With a 7th place finish in ribs and 20th place overall in a field of 66 teams from all over the world, Rockin' Ronnie's Butt Shredders logged our best performance yet at the Jack Daniel's Invitational World Championship Barbecue on Oct. 21-22. We solidified our position as Canada's top barbecue team, posting the best score among the five Canadian teams in the event and coming second in the 18-strong international contingent.

Although we would have liked to do better in a couple of categories, it felt good to have improved our performance over last year. We placed in the middle of the pack in chicken, taking 35th place, and were a disappointing 48th place in brisket. (We overcooked it.) The Boys from Tornado Alley from Sperry, Okla., claimed the title of Grand Champion at the event, which drew an estimated 25,000 spectators.

I was joined in the competition by longtime Butt Shredder Ian Baird, a Calgary lawyer, and honorary Shredders Chef Michael Allemeier of Kelowna's Mission Hill Family Estate Winery and Chef Bob Haselbach of the Roundhouse Restaurant in Whistler.

My special thanks go out to everyone who helped get us to Tennessee through the special fundraising event our team staged at Vancouver's Hamilton Street Grill. Thanks to Grill chef and owner Neil Wyles for hosting the event and sponsors B.C. Pork, Johnstone's Barbecues & Parts, Albion Fisheries, Chris Brown and Appleton Rum, Mission Hill Family Estate, R&B Brewing, Westcoast Lifestyles Cooking Planks, Cobb Canada and HardCoals and everyone who came out for the party!



***Bob, Ian, Michael and me at The Jack. Every team got a customized banner.***

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## Check Out the Barbecue Secrets Podcast!

My new **Barbecue Secrets Podcast** launched in January. So far I've recorded four editions, and it's been a lot of fun. I'm delighted with the response – the podcast already has over 2,500 subscribers and it's growing every day. The easiest way to access the show is through iTunes, Apple's free music service. Just visit the Apple Music Store and search for Barbecue Secrets in the podcast section, and you'll find me, or click on [this link](#) and it should automatically launch iTunes and send you there. If you don't have the iTunes software, you can get it for free



at [www.apple.com/itunes](http://www.apple.com/itunes). If you can't be bothered with that, just come to the blog page <http://barbecuecrets.libsyn.com/> and listen there. But don't just listen. I'd love it if you'd participate in the conversation. [E-mail me](#) any questions, comments or stories -- you can even send me a recorded question as an .mp3 audio file! -- and I'll showcase them on the next podcast.

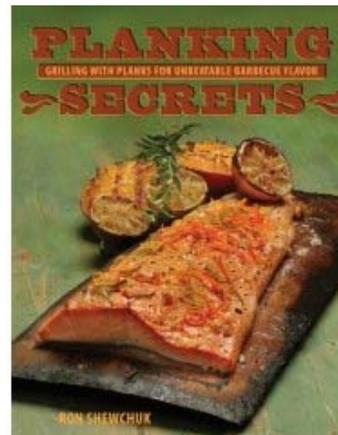


Is your sales team tired of pummeling each other with paint balls? Are your managers sick of the goofy psychobabble and hand-holding that goes with old-school corporate retreats? Maybe it's time to build your team and feed it at the same time. After 10 years of leading sold-out workshops for the food-going public, I've launched **Barbecue Academy**, an all-day, hands-on championship barbecue workshop that promises to deliver a corporate team-building session laced with tall tales and hickory smoke and finished with sweet, tangy sauce. With the help of fellow Butt Shredders Amo Jackson, Margie Gibb, Ian Baird and Dave Thurgar, The Barbecue Academy staged its first event in Calgary on Nov. 25 for close to 50 employees of an oil and gas company. Participants split into teams of four or five and went through barbecue boot camp, learning to prep and cook chicken and ribs and getting indoctrinated into the ways of the barbecue lifestyle. At the end of the day, teams were judged by their peers according to the rules of championship barbecue and trophies were handed to the winners. Participants all received diplomas signifying their indoctrination into the tools, techniques, lifestyle and philosophy of Southern-Style Barbecue. Based on the success of the inaugural event, we're taking bookings for 2006. Call me at 604-929-6451 to find out more.

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## ***PLANKING SECRETS to Hit Bookstands Soon!***

My new cookbook, ***Planking Secrets: How to grill with wooden planks for unbeatable barbecue flavor***, has rolled off the presses and is on its way to bookstores and other fine retailers. I love cooking with planks, and it turns out a lot of other people do with literally millions of backyard cooks across North America hooked on the easy, delicious technique. ***Planking Secrets*** has over 100 recipes and is presented in the same spirit as my first book, ***Barbecue Secrets***, with extra features including planking menus for every occasion, the history and science behind planking, more great drink recipes and recommended music to plank by. It should be on bookstands across Canada by the end of April, and it's available in the U.S. exclusively at Williams Sonoma stores. Close to home, you can pick it up right now at **Johnstone's BBQs and Parts in North Vancouver**, where I'll be dropping in for a book signing on **Saturday, April 8<sup>th</sup> from 11.00 a.m. to 1.00 p.m.** See my schedule later in this newsletter for more details!



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## ***Cookin' on the Cobb***

Attention barbecue gearheads! About a year ago, I got a call from Johan Olsen of Delta, B.C., who had just acquired the Canadian distribution rights to The Cobb, an innovative new portable charcoal cooker. He wanted me to try it out and let him know what I thought of the nifty little device and generously gave me a demonstration unit. I've been in love with the Cobb ever since, and lately I've even been helping Johan promote the product at trade shows.

There are lots of portable cookers on the market. I love my Weber Smokey Joe and still use it often, but the Cobb is a welcome addition to my ever-growing barbecue equipment arsenal. It's easy to use, extremely safe and efficient (it only uses about 8 briquettes and you can cook a whole chicken with that amount of fuel), and it even fits in the dishwasher. I took it to the beach many times last summer, cooking everything from sausages and steaks to toasted garlic bread and quesadillas. It has all kinds of attachments, including a wok, in which you can heat up just about anything.

If you need a portable cooker for your boat, RV or picnic kit that will give you great barbecue flavor, have a look at the Cobb. My pals at Johnstone's BBQs & Parts in North Vancouver are carrying them this summer, and you can also order one online at [www.cobbcanada.ca](http://www.cobbcanada.ca). If you're in the U.S. or elsewhere, visit <http://www.cobbglobal.com/>, where there are links to Cobb sites everywhere the unit is sold.



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## Rockin' Ronnie Watch: My Spring/Summer Schedule

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**Saturday, April 8, 2006, 11.00 a.m. to 1.00 p.m. – Book Signing at Johnstone's BBQs & Parts, 165 Pemberton Ave. NORTH VANCOUVER, B.C.**



Join me at the Lower Mainland's backyard cooking Mecca, **Johnstone's Barbecues & Parts**, for the official North Vancouver launch of *Planking Secrets*. I'll be doling out samples of planked dishes from the book and signing copies.

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**Sunday, April 30, 2006, – “Planking Secrets” at Well Seasoned – a gourmet food store, #302c – 20771 Langley By Pass, LANGLEY, B.C. (across from Buns Master Bakery)**



Planking is the hottest trend in backyard cooking. In this special cooking class at Well Seasoned, I'll demonstrate recipes from my new book, *Planking Secrets*. I'll also share plank-cooking tips, tricks and techniques that you can bring home to your grill. From planked appetizers to main courses to dessert, you'll learn all there is to know about this modern adaptation of an ancient cooking technique. As always, the dishes will be paired with delicious wines. Each guest will receive an autographed copy of *Planking Secrets*. To register phone **604-530-1518**.

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**Thursday, May 4, 2006 – “Planking Secrets” at Barbara-Jo's Books to Cooks, 1128 Mainland Street, VANCOUVER, B.C.**



I'll be making a return visit to Barbara-Jo's fabulous bookstore and kitchen at its new location near Granville Island to plank up a menu based on *Planking Secrets*. 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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**Sunday, May 7, 2006, 11.00 a.m. to 3.00 p.m.: “Essentials of Grilling and Barbecue,” an intensive half-day class at Johnstone's BBQs and Parts, 165 Pemberton Ave. NORTH VANCOUVER, B.C.**



Back by popular demand, I'm delighted to return for the second year to Johnstone's BBQs & Parts to deliver this special course covering the essentials of grilling and southern-style barbecue. The four-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 my first book, *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
- Steak, Italian Style
- Real Barbecued Pork Ribs
- Cedar-planked Salmon with Whiskey-maple Glaze
- Whiskey and Honey Planked Pears

Each guest will receive an autographed copy of **Barbecue Secrets**, and as a special treat courtesy of **Okanagan Estate Wine Cellar at the Bay**, a selection of BC and Imported wines from **Medallion Wine Marketing Inc.** will be paired with the food selections.

**Essentials of Grilling and Barbecue** promises to be a celebration of gourmet backyard cooking. If you want to seriously upgrade your grilling and barbecue skills, sign up now! Register at **Johnstone's Barbecue Parts** in person at 165 Pemberton Ave. North Vancouver, or by phone at **604-985-0234**. Last year's class sold out quickly, so register right away!

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**Monday, May 8, 2006 – “Planking Secrets” at  
A Cook’s Tools & Techniques, 250 – 16<sup>th</sup> Street,  
WEST VANCOUVER, B.C.**



Tools & Techniques ([www.thestoreforcooks.com](http://www.thestoreforcooks.com)) is one of my favorite places to visit thanks to the hospitality of proprietor Cindy Evetts. I'll be cooking up a fabulous menu of goodies from *Planking Secrets*. For more information and to reserve, call **(604) 925-1835**. The class starts at 6.30 p.m.

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**Wednesday, May 10, 2006, 11.00 a.m. to 3.00 p.m.: Calgary launch of *Planking Secrets* at  
Barbecues Galore, 3505 Edmonton Trail N.E.,  
CALGARY, ALBERTA.**



Ross Mikkleson is the king of grilling and barbecue equipment in Calgary and has kindly agreed to host the Calgary launch of *Planking Secrets* at the spacious [Barbecues Galore](#) showroom on Edmonton Trail. Join me for a sampling of planked dishes from the book, then buy one and I'll autograph it!

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**Thursday, May 11, 2006, 2.00 p.m. to 4.00 p.m.:  
*Planking Secrets* book signing at Williams  
Sonoma, CALGARY, ALBERTA.**

**WILLIAMS-SONOMA**

Come by the beautiful Williams Sonoma store at the [Chinook Centre Mall](#) for a sampling of planked dishes from the new book and an autograph session.

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**Thursday, May 11, 2006, 6.30 p.m. to 9.00 p.m.:  
“Everyone Deserves a Good Planking” at a  
private residence, CALGARY, ALBERTA.**



Get introduced to the mighty power of plank cooking. I'll be demonstrating recipes from my new book *Planking Secrets*, and you'll get an autographed copy of the book to take home. Call **The Cookbook Company Cooks** at **403-265-6066** for more details and to register.

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**Friday, May 12, 2006, 6.30 p.m. to 9.00. p.m.:**  
**“A Rockin’ Seafood Celebration” at The Cookbook Co. Cooks, CALGARY, ALBERTA.**



In this unique class I’ll be sharing my favorite seafood recipes from both of my cookbooks, *Barbecue Secrets* and *Planking Secrets*. This session will include an autographed copy of *Planking Secrets*. Call **The Cookbook Company Cooks** at **403-265-6066** for more details and to register.

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**Saturday, May 13, 2006 – Seventh Annual “Secrets of Championship Barbecue” all-day workshop at Big Rock Brewery – CALGARY, ALBERTA**

**Sold out!**

Sold out again! 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, when I’ll be back to Calgary for more cooking classes with The Cookbook Company Cooks. 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, May 14, 2006, 2.00 p.m. – 4.00 p.m. – Planking Secrets book signing at Costco – CALGARY, ALBERTA**



Costco bought a schwack of copies of *Planking Secrets*, packaged with a couple of planks – a plank-cooking starter kit! Come by and get one, and I’ll sign it for you!

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**Tuesday, May 16, 2006 –Planking Secrets Vancouver book launch at The Hamilton Street Grill, 1009 Hamilton Street, WEST VANCOUVER, B.C. 6.00 p.m. – 8.00 p.m.**



I love the Hamilton Street Grill and I’m delighted that Chef Neil Wyles has graciously agreed to host this event. Drop by for a glass of wine and samples of planked dishes from *Planking Secrets*.

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**May 27 – 28, 2006: Fourth Annual Canadian Barbecue and Chili Festival, featuring the B.C. Barbecue Championship – VANCOUVER, B.C.**



Come visit me and the Butt Shredders at the **Eat! Vancouver** food and cooking show, home of the B.C. BBQ Championship. 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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**Saturday, June 17th, 2006, 2.00 p.m. to 5.00 p.m –  
“Planking Secrets” at Mission Hill Family Estate  
Winery, Kelowna, B.C.**

Mission Hill is a gorgeous venue for a planking demonstration. Join me there for a sampling of recipes from Planking Secrets – paired, of course, with delicious Mission Hill Wines. Visit the [Mission Hill Web site](#) for more details or call **250-768-6443 or 1-800-957-9911** to register.



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**Father’s Day (Sunday), June 18, 2006 –  
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 Chef Michael  
Allemeier! – KELOWNA, B.C.**



**Sold out!**

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**Saturday and Sunday, July 1<sup>st</sup> and 2<sup>nd</sup>, 2006: The Third  
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:



*“Everything about the entire weekend was truly amazing. Ron gave me the confidence in barbecuing that I needed.”*

*“In two short fun-filled days, the workshop will literally catapult you into a brand new world of outdoor cooking.”*

*“Bring a huge appetite!”*



**DAY ONE (Saturday, July 1, 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! **\$149 per person plus GST.**

**DAY TWO (Sunday, July 2, 8.00 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. 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 big boys at the Canadian National Barbecue Championships at Dusty's on the August long weekend! **\$249 per person plus GST.**

**TWO-DAY PACKAGE - \$349 plus GST** includes the grilling class and barbecue workshop – a \$49 savings!

All participants will receive a signed copy of my bestselling book, *Barbecue Secrets* (or *Planking Secrets* if you already have a copy of the first book).

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!** Barbecue workshop and grilling class participants can stay at the luxurious **Legends Hotel** in Whistler Creekside for the excellent rate of \$119 per night for one bedroom and \$149 per night for two bedrooms (with a minimum two-night stay). Call 1.800.799.3258 to reserve, and be sure to identify yourself as a barbecue workshop participant and quote **Group #545913** to get the special rate.



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**Thursday, July 13, 2006 – Planking Secrets at Cookshop, #3 - 555 W. 12th Ave., VANCOUVER, B.C. 6.00 p.m. to 9.00 p.m.**

**COOKSHOP  
& COOKSCHOOL**

I've had some of my most fun-filled cooking demonstrations at Cookshop, and I return there to showcase recipes from *Planking Secrets*. 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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**July 22, 2006: A Whisky and Barbecue Event at The Hamilton Street Grill, VANCOUVER, B.C. 5.00 p.m. to 8.30 p.m.**

Whisky expert Andrew Starritt and I had a smoky, peaty, malty time last August at a sold-out barbecue and whisky tasting event at the Hamilton Street Grill and we're doing it again. Contact **Eric Pateman** of [Edible British Columbia](http://Edible British Columbia) at **604-812-9660** for details and to reserve.



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**August 5<sup>th</sup> & 6<sup>th</sup>, 2006: 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 try and recapture the Grand Champion title, which we won in 2004.



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**Recipe of the Month: CURRY-CUMIN BASA WITH BANANA-YOGURT SALSA**

Basa is the tofu of the sea—it easily takes on flavors while retaining its succulent texture. Any white-fleshed fish will also work here. This dish, from my new book, *Planking Secrets*, goes nicely with plain basmati rice and grilled asparagus.

1 cedar plank, soaked overnight or at least 1 hour  
two 12-oz | 350-g basa fillets  
kosher salt  
1 Tbsp | 15 mL curry powder  
1 tsp | 5 mL light brown sugar  
pinch cayenne pepper  
1 Tbsp | 15 mL toasted cumin seeds  
1 lime, cut in half  
1 medium-ripe banana  
1/2 cup | 125 mL plain yogurt  
1 Tbsp | 15 mL chopped cilantro  
cilantro sprigs for garnish  
your favorite chutney

Cut the basa fillets in two to make four equal-sized pieces. Season them with salt and put them in a nonreactive dish or bowl. Mix the curry, sugar, cayenne and cumin together and lightly coat the fillets on both sides with the rub. Squeeze half the lime over the rubbed fish pieces.

Refrigerate for at least 15 minutes but not longer than an hour.

Chop the banana into 1/2-inch | 1-cm chunks and combine in a bowl with the yogurt and chopped cilantro. Cover and refrigerate until ready to use. This should be made shortly before you serve it.

Preheat the grill on medium-high for 5 or 10 minutes or until the chamber temperature rises above 500°F | 260°C. Rinse the plank and place it on the cooking grate. Cover the grill and heat the plank for 4 or 5 minutes, or until it starts to throw off a bit of smoke and crackles lightly.

Reduce the heat to medium-low.

Put the fish pieces on the plank and cook for 10 to 15 minutes or until the fish has an internal temperature of 135°F | 57°C. Remove from the grill, garnish with a sprig of cilantro and serve immediately with the banana-yogurt mixture and some chutney.

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That's it for this edition of **Barbecue Times**. Till next time, happy cooking!

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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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