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1. INTRODUCTION

The Hark Tri-Fire® Offset Smoker [“Hark Tri-Fire™”] is a grill, an offset smoker and a rotisserie fuelled by charcoal or wood. The most popular function is as an offset smoker or ‘BBQ pit’. This is traditional, slow cooked BBQ where food is cooked gently over long periods of time. Offset smoking requires a whole new set of cooking techniques that once mastered, will guarantee meal after meal of delicious food. It will be difficult to eat chops and sausages after enjoying slow barbequed brisket, pulled pork or sticky ribs!

The aim of this Hark Cooking Guide is to help you become a genuine ‘pit master’ and covers everything from seasoning to fuel types. Loads more information on the Hark Tri-Fire™ Offset Smoker can be found at Hark website – www.hark.com.au.

2. GET TO KNOW YOUR HARK TRI-FIRE™
3. SEASONING

The Hark Tri-Fire™ must be seasoned prior to use. Seasoning effectively burns off impurities and manufacturing oils and protects the smoker by coating the cooking surfaces with a thin patina of smoke residue.

The following steps are a guide to seasoning the Hark Tri-Fire™:

Note - there is no need to season the firebox. Oil simply burns off in the firebox and produces white smoke. Only the cooking chamber (barrel) needs to be seasoned.

1. With a damp cloth, wipe down the surfaces of the barrel cooking chamber and the cooking grates. Use warm soapy water and use another damp cloth to wipe off any remaining detergent.

2. When all surfaces are dry, coat the inside cooking areas with canola, grape or cotton seed oil.

3. Start a fire in the Firebox [refer section “FUEL TYPES” on page 7].

4. Allow the Hark Tri-Fire™ to reach approximately 205°C (400°F) and hold it there for 30 minutes.

5. Adjust the firebox butterfly damper (left hand side of firebox) until the temperature in the cooking chamber stabilises at 150°C (300°F).

6. Open the barrel lid and spray water on the entire interior surface. Close the door and let the barrel steam for 10 minutes. Open the firebox damper and re-heat to 150°C (300°F) and repeat the steaming process.

7. Add a large piece or two of split wood to the firebox, close the smoke stack damper to halfway and make sure the firebox butterfly damper is almost closed. Establish a temperature of 110°C (225°F) and maintain this temperature for four hours. This allows the barrel to “smoke cure”, creating a smoke glaze on the interior surfaces. This glaze will become your friend, protecting your Hark Tri-Fire™ from rust and providing the cooking surfaces with a handy, “non-stick” coating. Over time, this layer will build up and add character to your food.

8. Repeat this process at least once a year to improve the BBQ flavour and ensure your BBQ is protected.
4. SMOKING INTRODUCTION

Smoking food is an art form. There is much to learn about the different processes and equipment available today. Cold smoking and hot smoking are two different ways to smoke food and there really isn’t one singular cooking or smoking device that does both.

4.1 Cold Smoking
Cold smoking takes place at temperatures around 20° Celcius or lower and involves smoking partially cured foods with very little heat. This is a popular smoking method for foods such as nuts, fish, jerky and foods that are dried or cured prior to smoking. It is important to remember that cold smoking is not a cooking process and that cold smoked foods are not actually ‘cooked’. Instead they are cured and preserved. This can allow foods to be edible for hours, days, weeks or months after smoking. It is always advisable to employ safe food practices when cold smoking and ensure that you follow recipe instructions very carefully.

The Hark Tri-Fire™ is not suited to cold smoking.

4.2 Hot Smoking
Hot smoking involves cooking at low temperatures over long periods of time (anywhere from 7-24 hours). Hot smoking takes place when cooking food with temperatures greater than what is considered to be normal ambient temperatures.

Typically, hot smoking is carried out in temperatures between 70˚C-180˚C. It is important to note that hot smoking alone does not act to preserve food. Anything hot smoked should generally be stored in a refrigerator.

Electric and gas smokers tend to burn the source of smoke ie woodchips or pellets, from the outset. They fill the chamber with high density smoke and heat the food within this smoke-heavy cooking chamber. This is what we mean by hot smoking. The process works well and produces more of a ‘smoked’ taste than a barbequed one. Think smoked chicken vs barbequed chicken, there’s a subtle difference.

The Hark Tri-Fire™ is ideally suited to hot smoking.

Low and Slow
US style barbequing with meats such as pork shoulder (pulled pork), ribs and briskets are examples of hot smoking. These classic smoked BBQ meats are generally smoked at temperatures between 110-120˚C and will soften greatly and increase in flavour if you hold them ‘at temperature’ for several hours inside the cooking chamber.

Temperature control is essential to smoking successfully. Practice keeping your smoker at a stable temperature in the smoking “zone” for hours at a time. Don’t be tempted to open the smoker door, as this lets out heat and air in and may take some 15 minutes or more to regain the original temperature.

4.3 Smoke Quantity
Too much smoke or the wrong type of smoke will make food bitter. The bitter taste is attributed to creosote produced from ‘white smoke’, or, from the soot deposited from ‘black smoke’. Good hot smoking means clean smoke travels over food continuously from the firebox to the cooking chamber, picking up faint smoke on the way through.
4.4 Smoke Ring
A smoke ring is the result of nitrates in the smoke “curing” the outer layer of meat, turning it pink (the same way cured ham is pink but roast pork is grey). Whilst it’s an attractive look, a smoke ring is not an integral part of offset smoking and isn’t a criteria used by judges in US BBQ competitions.

What’s more, you can “cheat” and obtain this look by adding nitrate-curing salt to the surface of the meat via a rub or brine. But more often than not, it will occur naturally in the normal smoking process.

It is important to understand that when hot smoking, meat won’t take on any more smoke once the internal temperature hits 65°C. However if a glaze or marinade is added to the meat towards the end of the cooking process, the meat will still absorb the smoke flavour.
5. MEAT PREPARATION

There are a number of methods that can be employed to tenderise, moisten and flavour your meat. These include brining, curing, marinating and rubs.

5.1 Brine Curing
Brining foods in a mixture of salt and water is a form of curing and is one of the simplest techniques to prepare foods for smoking.

The brining of meats is an age-old process used for preserving foods. Heavy concentrations of salt helped preserve meats for long ocean voyages and military campaigns before the arrival of refrigeration.

Brining today uses smaller quantities of salt, mixed with other spices and herbs, and is used to flavour and tenderise meat. The most basic brining mixture incorporates a minimum of 1 tablespoon of salt to every 1 litre of water. We recommend salt flakes as they are easier to dissolve, and the use of non-iodised salt where possible. A good rule of thumb for achieving an effective brine cure is that it should contain enough salt in the mixture to allow a raw egg to float. This equates to 20% of the salt in the liquid.

In terms of the quantity of brine required, you will need enough brine to completely submerge the meat. Some foods may need to be weighed down to stay submerged. Meat is best brined for approximately 4 hours per kilogram. Depending on the size of meat you wish to brine, it can take up to 24 hours or more. If you are brining whole poultry you need to add a 6 to 12 hour period between brining and cooking, as it is best to sit the poultry in the refrigerator for several hours after you remove it from the brine so that the skin can dry before cooking.

Also, when brining poultry or pork in a low salt brine it is recommended that you change the brining liquid every 24 hours. Beef and lamb however can be submerged in the same brine for up to 3 days. Once you have finished brining lightly rinse the cut of meat to remove any excess salt before cooking. Never reuse the brine.

Chris’ Basic Brine Recipe
1 litre of water
1 tbsp of salt

Directions:
Flavour the mixture with anything you like ie. crushed garlic, lemon, peppercorns, herbs, a teaspoon of good curry paste, brown sugar, soy sauce or ginger.
Soak the meat in the brine and place in the refrigerator overnight. Ensure that the meat is fully submerged in the brine.

NOTE: that there is an increasing push to include iodised salt in our cooking. Whilst this is a good initiative, iodised salt is not recommend for use in brining.

5.2 Salt and Sugar Curing
Salt and sugar curing is an age-old technique that involves removing all the available moisture from the food in order to prevent it from spoiling. Once foods are cured this way, they are generally hung up in the open air or left packed in salt or sugar.

When the food is required for consumption, it is usually reconstituted with a liquid such as water.
Salt and sugar curing can be enhanced with the addition of pepper, herbs or honey for extra flavour.

5.3 Marinades
Marinades are liquids or pastes comprising a mixture of spice or herbs, used to flavour and tenderise meat over generous periods of time.

Marinades are used to increase the flavour of foods. However a common problem with them is that they often contain far too much sugar for close-contact cooking such as on barbeques or in fry pans. Marinades however, are perfect for smoking as the temperatures used in this cooking environment aren’t high enough to burn the sugars.

Chris' Basic Marinade Recipe
1 cup white wine
1 cup grape seed oil
Juice from one lemon
3 crushed cloves of garlic
3 or 4 stems of rosemary
1 tsp of crushed pepper

Directions
Combine all ingredients in a ceramic or glass dish.
Add the meat and thoroughly cover it with the marinade before refrigerating overnight.

5.4 Dry Rubs
Dry rubs are generally comprised of a mixture of dry herb and spices combined with salt and sugar. These rubs help dry the food by extracting moisture from the meat. When used properly, dry rubs can function like a combination of brining and salt or sugar curing. Generally rubs are applied on the outside of the meat the day before and allowed to refrigerate overnight.

If smoking for long periods, it is advisable to apply the dry rub in small batches throughout the cooking process. Or as an alternative, add the dry rub towards the end of the smoking process in order to ensure the spice flavours are at their peak.

Note: wet rubs are essentially dry rubs combined with a wetting agent, such as olive oil, beer, wine or fruit juice.

Chris' Basic Rub Recipe
1 tbslp cumin powder
1 tbslp smoked paprika
1 tsp black pepper powder

Directions:
Rub the meat with a clove of garlic, cover with the rub mixture. Leave in a plastic bag or in a glass or ceramic bowl in the fridge overnight.
6. SMOKING FUEL

The two types of fuels that can be used with the Hark Tri-Fire™ are charcoal and hardwood.

6.1 Lump Charcoal and Charcoal Briquettes

Purists would argue only hardwood should be used in offset smoking, however the BBQ gods won’t strike you down. Lump charcoal and charcoal briquettes are easily available and convenient to use.

Using charcoal is a little different from using hardwood. If you want to smoke your food whilst cooking you will need to add wood chunks, woodchips or wood pellets to obtain that smoky flavour. With charcoal and briquettes it is easy to maintain a low to moderate fire, which is great for smoking and roasting. Temperatures are generally controlled by the fuel load and to a lesser degree, the incoming air.

A charcoal chimney can be a useful tool as you can pre-light a batch of fuel to add to the fire when you need it. Charcoal chimneys are also a great way of starting your fire. They are simple to use. Just fill the tube with fuel and place over a lit firelighter. In 15 to 20 minutes the whole tube will be lit and ready to use. If you leave a few pieces lit at the bottom and refill, the next batch will self-light. Refer to the following methods and tips in arranging your briquettes and charcoal:

**Void Method**

Place a pile of beads or charcoal into the firebox and arrange them so there is a void on one end. Light a charcoal chimney full of briquettes / charcoal and tip it into the void. Close the firebox and get the smoker up to temperature. If the fire looks like it's running out of fuel before you are finished cooking, rake the coals to one end and fill the other end with fresh fuel, then rake the lit fuel back over the unlit fuel. This is a great method for achieving a low maintenance moderate fire.

**Minion Method**

For low temperature cooking consider using the technique invented by Jim Minion. Place a pile of beads or charcoal into the firebox, light six or seven pieces and place them on top of the pile. The fire will slowly burn down the pile over a considerable time. This will provide a stable, low temperature, easy to maintain fire over many hours.

**Fire Basket Method**

A mesh basket can be used in the firebox to increase the fuel load. Baskets are also helpful to use when you have smaller pieces of charcoal.

**Fuse / Snake Method**

Lay a double row of briquettes in a spiral inside the firebox, making sure all the briquettes are slightly stacked on each other to help the fire travel. Place a third row on top and position a few pieces of flavour wood along the length of the snake. Light eight or so briquettes in a chimney or a can and carefully stack them at the start of your snake.

The fire will sequentially move down the snake by lighting the briquettes in turn, maintaining a stable temperature for many hours. With only 6 or so briquettes lit at a time, the temperature in the firebox will be roughly 75°C to 95°C (170°F to 205°F) and the cooking chamber will be cooler again. The more briquettes in your “fuse”, the higher the heat output.
Maze Method
Similar to the snake method but with the shortcut of a basket or frame to hold and separate the fuel, thereby keeping the fire contained. This technique is great for hardwood charcoal which is difficult to tame into the snake method. Keep the runs of fuel from touching each other to stop the fire leaping ahead. The heat is controlled by the amount of fuel, so you can start with a low fire and have it build in heat towards the end (or the other way around).

You don’t have to be too fancy, a few bricks or pavers in the firebox will do the trick!

Ultra-Low Temperature Fire Method
This is a special technique generally used for cool or cold smoking. With the right setup you can slow cook in the firebox and cold smoke in the main cooking chamber simultaneously.

Tips:
With both the Snake and Maze you can light both ends at once to double the heat thereby halving the length of time the fire will burn.
6.2 Hardwood

A hardwood fire is by far the best fuel for your Hark Tri-Fire™. However it is the hardest to master. You can light your fire from kindling but it is easier to start with a charcoal base from the last fire, or, from fresh charcoal.

To start, open the firebox lid and firebox door and ensure that both the butterfly and smoke stack dampers are fully opened. This is to draw plenty of air past the fire. Place a couple of large handfuls of hardwood charcoal in the firebox (you could use briquettes but they take longer to light and tend to leave a lot of dust).

Light the charcoal using a cotton ball dipped in petroleum jelly, methylated spirits or lighter fluid. Do not use fire lighters as they produce an acrid chemical smoke. Note that a good gas torch or electric blower fire starter is a good investment as it will light charcoal or timber quickly and is cheaper to run than firelighters. Once the charcoal is glowing red you can start adding wood.

Carefully place split wood on the fire so that air can get around each log. Start with smaller logs then add bigger ones as the coal base develops and the fire heats up. The hottest and cleanest setting for your Hark Tri-Fire™ is to work with the firebox damper and smoke stack damper fully open. Close the firebox lid door and let your fire burn freely until you have a good coal base. This will take 20-30 minutes depending on the wood and weather conditions. The cooking barrel should reach 200°C (400°F) during this warm-up period.

Once there is a strong coal base and the cooking barrel is hot, close the firebox damper down to choke the fire and extinguish the flames. After 2-3 minutes (no longer otherwise the fire may die completely), open the firebox damper a crack to allow some airflow in so that the fire stays alive but smoulders just a little. You are aiming for a small, hot and clean-burning fire. It should be hot enough to quickly ignite fresh timber cleanly and quickly. When you have a clear or wispy light blue smoke you can add your meat onto the cooking grate.

From here you will be able to make minor adjustments to the firebox damper to maintain the desired heat and smoke levels. The idea is to have the Hark Tri-Fire™ settle into the cooking range of 110°C (225°F), with thin blue smoke passing through the cooking barrel. The firebox damper position will vary from time to time according to outside temperatures, wind and the type and amount of wood used.

Be sure to always use good dry wood for a clean smoke. If it is white smoke, the wood is probably too wet, or unseasoned. White smoke is loaded with creosote and will impart a bitter taste in your food.
Australian Hardwood
Most firewood will have a roughly 20% moisture content. The denser the wood, the hotter it burns and the better coal base achieved. The issue with the denser woods however is that they can be hard to light. The best method is to build a good coal base as quickly as possible, so the denser wood can ignite more easily.

Table 1: Australian Hardwood Properties.

<table>
<thead>
<tr>
<th>HARDWOOD</th>
<th>HEAT SCORE (1-10)</th>
<th>COAL SCORE (1-10)</th>
<th>SPARKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mountain Ash</td>
<td>5</td>
<td>4</td>
<td>Lots</td>
</tr>
<tr>
<td>Peppermint</td>
<td>6</td>
<td>5</td>
<td>Med</td>
</tr>
<tr>
<td>Stringy Bark</td>
<td>7</td>
<td>6</td>
<td>Light</td>
</tr>
<tr>
<td>Blue/Red Gum</td>
<td>8</td>
<td>7</td>
<td>Few</td>
</tr>
<tr>
<td>Yellow Gum</td>
<td>9</td>
<td>8</td>
<td>Few</td>
</tr>
<tr>
<td>Red/Yellow Box</td>
<td>9</td>
<td>9</td>
<td>Few</td>
</tr>
<tr>
<td>Ironbark</td>
<td>9</td>
<td>9</td>
<td>Rare</td>
</tr>
<tr>
<td>Black/Grey Box</td>
<td>9</td>
<td>9</td>
<td>Rare</td>
</tr>
<tr>
<td>Buloke</td>
<td>10</td>
<td>9</td>
<td>Rare</td>
</tr>
<tr>
<td>Mallee Root</td>
<td>10</td>
<td>10</td>
<td>Rare</td>
</tr>
</tbody>
</table>

Tips:
- Keep wood dry. Order the wood pile so the larger blocks are at one end and the kindling at the other. This makes the selection process easier.
- Pre-warm the wood. The Hark Tri-Fire™ will keep a more stable temperature if the firewood is warmed before placing in the firebox. Most people use the flat plate on top of the firebox (behind the lid hinges) to dry or preheat firewood.
Flavoured Wood
Flavoured wood provides a subtle flavour to your food from the smoke that is generated. Typically the wood will come from a fruit tree or from Mesquite, tea-tree, banksia (I like to use banksia cones) and sheoak. It's always best to avoid walnut, eucalypts and woods full of sap. Generally fruit and nut trees produce a sweeter, milder smoke, which complements white and pink meats. Hardwoods like wattle, box, gum and mesquite produce more robust smoke and are more suited to redder meats. Imported timbers like hickory, mesquite and beech (favoured by European smallgoods makers) are also available.

You can choose to use flavoured woods for building the fire, or as they can be expensive, simply add a handful of flavoured woodchips to your standard hardwood.

Table 2: Flavoured Wood Types.

<table>
<thead>
<tr>
<th>WOOD FLAVOUR</th>
<th>DESCRIPTION</th>
<th>FOODS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Wattle</td>
<td>Strong. pungent, smoky bacon flavour</td>
<td>Great for most meat smoking</td>
</tr>
<tr>
<td>Grey Box</td>
<td></td>
<td>Not as ideal for seafood and vegetables</td>
</tr>
<tr>
<td>Red Gum</td>
<td>Similar to Hickory</td>
<td></td>
</tr>
<tr>
<td>Jarrah</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ironbark</td>
<td>Medium smoke, similar to Hickory but not as strong</td>
<td>Good for most smoking, including seafood</td>
</tr>
<tr>
<td>Melaleuca</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beech (Imported)</td>
<td>Strong earthy flavour</td>
<td>Good for most meats, particularly beef. Also great with vegetables</td>
</tr>
<tr>
<td>Beech (Imported)</td>
<td>Very mid. A light, sweet flavour</td>
<td>Pork, ham, poultry, cheese, game birds</td>
</tr>
<tr>
<td>Sheoak</td>
<td>Mild smoke, slightly sweet, preferred for fish</td>
<td>Good with red meat, pork, fish</td>
</tr>
<tr>
<td>Apple</td>
<td>Slightly sweet but denser, fruity smoke flavour</td>
<td>Beef, poultry, game birds, pork (particularly ham)</td>
</tr>
<tr>
<td>Cherry, Peach and other stonefruit</td>
<td>Slightly sweet, fruity smoke flavour</td>
<td>Good with all meats</td>
</tr>
<tr>
<td>Banksia (the Banksia cone is particularly good)</td>
<td>Very delicate light taste with a hint of sweetness</td>
<td>Good with fish, pork, poultry and light-meat game birds</td>
</tr>
<tr>
<td>Grapevine</td>
<td>Aromatic, similar to fruit woods</td>
<td>Good with all meats</td>
</tr>
<tr>
<td>Macadamia</td>
<td>Nutty and sweet smoke flavour Light and subtle smoke</td>
<td>Good with all meats</td>
</tr>
<tr>
<td>Myrtle</td>
<td>Strong smoke, but not bitter</td>
<td>Good with everything</td>
</tr>
<tr>
<td>Tasmanian Oak</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tips:
The biggest “rookie” mistake is to over smoke your food. Less is more when it comes to wood chips and pellets. Most smoke and therefore flavour is absorbed in the first 2 hours of smoking. After that you may not need to replenish.

Fresh Herbs
Dry herbs and nut shells can be added to your wood in order to introduce some more flavour to your smoke.
NEVER USE SAWDUST IN ANY TYPE OF SMOKER OR OFFSET BBQ AS IT IS HIGHLY COMBUSTIBLE.
7. FIRE POSITIONS

The position of the fire dramatically changes the heat, smoke and airflow inside the Hark Tri-Fire™ and this in turn can alter the way food is cooked. Setting the fire closer to the firebox butterfly damper will ensure the fire burns cleaner and hotter on that side. When positioned closer to the cooking chamber the fire will tend to smolder. Note that stacking the fuel in the firebox will allow for a longer burn and a firebox basket can help contain the fire.

In most cases the fire is located in the firebox, which in turn heats the cooking chamber. Additional heat can however be obtained by placing a separate fire inside the main cooking chamber as well.

Where you build a fire in the Hark Tri-Fire™ determines how your food is cooked.

7.1 Grilling
The Hark Tri-Fire™ barrel and the firebox can both be used as a charcoal or wood BBQ grill with great results.

To grill inside the firebox simply place the grill on top of the fire. To grill inside the barrel simply build a fire on the fire grill at the bottom of the barrel cooking chamber. A hot fire at one end will help create two distinct heat zones, the hotter one for grilling/roasting and the cooler side for keeping food warm. When grilling a hot coal fire is recommended over a burning log fire, as it will char and deposit soot on the meat.

7.2 Offset Smoking
Building a strong, hot, coal based fire in the firebox and opening the firebox damper will ensure that the right kind of smoke and heat enters the cooking chamber to facilitate the smoking process. This is known as “thin blue smoke”, a faint smoke that is applied to food over a long period of time. Billowing white smoke will taint the food with bitter creosote and is a sign of green or wet fuel. A small hot fire burns cleanly and ignites new fuel easily to give you good heat and perfect smoke.

7.3 Rotisserie / Roasting
Piling up the coals on either end of the cooking chamber will provide an 'indirect' heat that is perfect for slow cooking, roasting and baking. This technique is also great for rotisserie cooking, combining a small amount of direct radiated heat from the coals with the flow of hot air and/or smoke from the firebox. Be sure to clean out the cooking chamber to remove any fat and grease from the previous cook before lighting a fire in the cooking chamber.

The Hark Tri-Fire™ comes with rotisserie brackets providing the option to purchase a Hark BBQ Rotisserie Kit [HK0512]. Once the rotisserie has been assembled establish a fire inside the firebox and a fire inside the main cooking chamber. For the best fire in the cooking chamber light a fire at both ends, distributing only a few coals under the meat. This will give a hot cooking environment with minimal flare ups, providing a lovely char grilled flavour. If the coal base under the food is too big the fire will flare-up as the fat drips into it, resulting in burnt food.
8. TEMPERATURE CONTROL

Temperatures in offset BBQ smokers like the Hark Tri-Fire™, are controlled through a combination of fuel load, fuel type and firebox air intake. The smoke stack damper is simply a rain cap and should not be used for temperature control. Always have the smoke stack damper fully open when using the Hark Tri-Fire™, particularly when establishing you fire (unless you wish to deliberately increase smoke in the cooking chamber).

For the perfect smoked food (ribs, beef, pulled pork, bacon, ham and skinless chicken) the temperature in the cooking chamber should be kept around 110°C (225°F). With more tender cuts such as fish and chicken with the skin on, you may need temperatures between 135°-150°C (275°-300°F). The higher temperatures will ensure the skin becomes brown and crispy while the meat is bathed in a smoky heat.

8.1 Firebox Butterfly Damper
The firebox butterfly damper is your primary tool in controlling cooking temperatures. Start with the damper wide open until the cooking chamber is close to reaching the desired cooking temperature. Then half close the damper until the temperature stabilises on the hotter side of the target temperature. Once you are up and running you need plenty of air to keep the fire burning clean, hence the damper should be at least one third to half way open.

As you open the butterfly damper, the increased air will make the fire burn hotter and faster. When the damper is closed, the fire becomes starved of oxygen and will cool down to perfect barbecuing temperatures. The hotter the fire the cleaner it will burn (less smoke). On the other hand, starving the fire of air will make the fire smoulder and increase the amount of smoke produced. If your Hark Tri-Fire™ ever becomes too hot, simply close the butterfly damper to the fire. You can also open the firebox or cooking chamber lid a little to let the excess heat escape.

Yes, it’s a juggling act!

8.2 Fire Size
Importantly, you can maintain a target temperature with a large fuel load choked down (smoky), or, with a small fuel load for breathing freely (less smoky). As a general rule it is good to have a charcoal fire choked down, whereas it is best to have a small wood fire burning hot and clean (blue smoke). Having a small wood fire also helps keep the smoke chamber from getting too hot.

8.3 Practice Makes Perfect
The key to becoming a successful pit master is to develop your own style and variations on a set of basic techniques. It is a good idea to practice achieving the following temperatures in the Hark Tri-Fire™ by controlling your fire through adjusting the firebox damper.

Table 3: Temperature Control Practice
95°C (200°F)
110°C (225°F)
120°C (250°F)
135°C (275°F)
150°C (300°F)
165°C (325°F).

If you’re really keen, try and reach 200°C (395°F) and even 250°C (480°F) but remember these temperatures are really hot so be extra vigilant with pets and children around.
Initially it may help to write some of your settings and observations in the cooking log (refer the Hark Tri-Fire™ Cooking Log). Some people even put chalk marks on their firebox to help remember their favourite settings. A good dual probe thermometer is a great tool to have. It provides an accurate reading of both the internal temperature of the food as well as the temperature of the cooking chamber, without having to open the lid.

8.4 Don’t Look!
An important rule to remember is - IF YOU’RE LOOKING, YOU’RE NOT COOKING! Opening the cooking chamber lid or firebox door will upset the delicate balance of temperature, smoke and moisture. It can take 10-20 minutes to return to the desired temperature. Opening the doors only adds to the cooking time. If you must have a look open the door slowly so you don't lose all the heat at once and close the door as soon as possible.
We cook food for a number of reasons – to preserve, make food safe to eat and to make food more appetising.

**9.1 Grades of Meat**
As you are probably aware, there are prime and secondary cuts of meat available for cooking.

**Prime Cuts**
Prime cuts come from those parts of the animal that work less and are therefore more tender, eg rump steak and eye fillet.

**Secondary Cuts**
Secondary cuts are from the working parts of an animal - steering, lifting, moving. They are tougher but possess more flavor e.g. ribs, brisket, chuck etc. This is because they possess more collagen, a protein that makes meat tough. Collagen is the connective tissue that wraps around muscle fibres. It forms the major component in tendons, ligaments, cartilage and blood vessels. Tough and fibrous, collagen will, under the right conditions, break down into gelatin. Gelatin provides a lovely silky baste to the meat.

Temperature is the key here. Collagen breaks down only with the application of heat over a long period of time. Hence the term 'low and slow'. Collagen begins to break down in most meats at around 60°C (140°F). In fish it is much lower, around 41°C (106°F). However secondary cuts are generally cooked to a higher internal temperature than prime cuts to ensure the tough collagen has completely broken down.

**9.2 Internal Temperatures**
The internal temperature of meat tells us how cooked it is and a temperature probe is the most accurate way to determine the “doneness” of any cut of meat. Internal temperature is the decider in determining how long you grill or smoke food in the Hark Tri-Fire™.

Obviously it is best not to continually measure the internal temperature as it will involve opening the lid to the cooking chamber. The ideal scenario is to invest in a remote, digital thermometer whereby the probe remains in the meat for the duration of the cooking process. Temperatures can be checked on a reading that sits outside the Hark Tri-Fire™. Good thermometers will also tell you the temperature in the cooking chamber or you can opt for one that sits on the smoker.

**Table 4: Internal Temperatures of Beef, Chicken, Lamb & Pork.**

<table>
<thead>
<tr>
<th>BEEF, VEAL &amp; STEAKS</th>
<th>DESCRIPTION</th>
<th>INTERNAL TEMPERATURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extra-Rare / Blue</td>
<td>Red from edge to edge</td>
<td>46-49°C 115-120°F</td>
</tr>
<tr>
<td>Rare</td>
<td>Soft and red in the middle</td>
<td>52-55°C 125-131°F</td>
</tr>
<tr>
<td>Medium rare</td>
<td>Firm, warm red in the middle</td>
<td>55-60°C 131-140°F</td>
</tr>
<tr>
<td>Medium</td>
<td>Firmer, Pink from edge to edge</td>
<td>60-65°C 140-150°F</td>
</tr>
<tr>
<td>Medium well</td>
<td>Signs of pink in the middle</td>
<td>65-69°C 150-155°F</td>
</tr>
<tr>
<td>Well done</td>
<td>Firm, grey/brown from edge to edge</td>
<td>71°C + 160°F +</td>
</tr>
</tbody>
</table>
### 9.3 Resting Meat

The interior of a cut of meat increases in temperature by 3°-5°C (37°- 41°F) after it is removed from the heat source. It is therefore advisable to remove meat from Hark Tri-Fire™ a few degrees before you read the target internal temperature (or target “doneness”).

If you cut into meat before it is properly rested, the tension in the muscle fibres can squeeze the moisture out of the meat. This presents as a pool of red liquid that is often mistaken as blood. Blood is bled out of meat at the abattoir. The pool of liquide is simply the juices and pigment myoglobin from the muscles in the meat. For meats cooked above 66°C (151°F), it is essential to employ a resting period to allow the fibres to relax and draw back the juices within their structure. Wrap the meat in foil then wrap the foil in a towel for at least 15 minutes (this is enough time to cook the veggies).

Some chefs rest for the equivalent time as the cooking process itself. During this process the juices will redistribute and the “cook” will be more even. When cut, the colour of meat will appear more even and the redness of medium-rare beef will disappear. You will be able to serve the meat to your more fussy guests with nothing but compliments for how juicy your roast is!

### 9.4 Food Safety

- Always maintain a high standard of cleanliness when handling food. Cleanliness goes a long way in preventing bacterial infection.
- Cook different types of food in separate batches. For example separate cooked fish from chicken.
- Never use salt that contains additives such as iodised salt. They can taint the food and change the chemical process dramatically.
- Always clean out ash after using the Hark Tri-Fire™ and season periodically to avoid food contamination from rust.
10. RECOMMENDED EQUIPMENT

The following equipment is recommended when using any type of offset smoker.

10.1 Meat Thermometer
Consider using a digital wireless meat thermometer so that you can monitor the internal temperature of your meat from the comfort of your couch if need be.

10.2 BBQ Oven Thermometer
Consider investing in two good BBQ oven thermometers to monitor the temperature at both ends of the cooking barrel.

10.3 Charcoal Chimney
This is a useful tool as you can pre-light a batch of fuel to add to the fire when you need it. Charcoal chimneys are also a great way of starting your fire. They are simple to use. Just fill the tube with fuel and place over a lit firelighter. In 15 to 20 minutes the whole tube will be lit and ready to use. If you leave a few pieces lit at the bottom and refill the next batch will self-light.

10.4 Mesh Basket
A mesh basket can be used in the firebox to increase the fuel load (refer FUEL TYPES section). Baskets are also helpful to use to contain smaller pieces of charcoal.

10.5 Protection
Good leather gloves that cover the forearm are recommended when using the Hark Tri-Fire™ or any other offset smoker. Utensils with fire retardant handles are also recommended to minimise exposure to heat and flames during the cooking process.
11. ADVANCED OPTIONS

For the professional smoker who wishes to gain more control over the cooking process, consider the following options.

11.1 Water Pan and Fire Bricks

A water pan or reservoir of water at the bottom of the smoking chamber can help keep the food moist. You can simply fill the bottom of the cooking barrel with 5-10 cm (2-4 inches) of water or you could place water pans on the floor of the cooker. This water will keep the meat moist during cooking and help maintain stable cooking temperatures by acting as a huge heat sink.

Be careful not to overfill or there is a risk that water will overflow into the firebox. Also ensure you do not move the Hark Tri-Fire™ after putting water at the base as it could splash into the firebox and kill the fire.

Another good heat sink idea is to line the floor of the cooking chamber with fire bricks. Anything you can do to maintain an even temperature is a good thing.

11.2 Tuning Plates

Customised tuning plates can be inserted into the cooking chamber to manipulate how heat and smoke flow past the food. Plates of varying widths (often made locally) are placed in the base of the cooking chamber, under the grill but above the inlet from the fire. The gaps between these plates can be adjusted to change the amount of heat and smoke that is released at each point. The goal here is to create an even temperature across the entire cooking grill.
12. TROUBLESHOOTING

Here are some suggestions for how to overcome common issues that arise when using an offset smoker.

12.1 Overheating
If your smoker begins to overheat do not smother the fire by closing the firebox damper. It’s often what you think you need to do but please DON’T DO IT! When the fire is suffocating from a lack of oxygen it creates a lot of creosote laden smoke. This will coat your food with a nasty bitter taste.

Instead, open the firebox lid wide for a few minutes to allow the heat to escape. The fire will charge up but you are not letting that heat enter the cooking chamber. While the firebox is open, remove a few of the hot coals and re-establish a smaller, hotter fire. Burning a smaller, hotter fire will make your smoker easier to control. You may have to tend to it more often but this is part of the process.

After the smoker temperature has dropped you can close the firebox and begin to adjust the firebox damper to maintain a stable target temperature.

Also check your water pan. Adding cold water will quickly drop the temperature in the cooking chamber. If you are still having trouble next time consider starting the fire with charcoal or briquettes and building up slowly with the addition of small pieces of wood.

12.2 Internal Temperature “Stall”
Your meat has been in the Hark Tri-Fire™ for hours but the internal temperature is no longer rising. This phenomenon has been named ‘the stall’. This can be attributed to meat sweating ie moisture evaporates and then cools the meat.

The stall tends to happen when smoking over long periods of time at low temperatures and is directly related to the tough collagens in secondary cuts breaking down into luscious gelatin.

12.3 How To Handle Temperature "Stall"
There are really two main approaches you can take:

1. Be patient. Wait it out until the temperature eventually increases, or,

2. Speed the process up by carrying out a technique some in BBQ circles refer to as the ‘Texas Crutch’. This involves removing the meat, placing it on thick foil and splashing liquid such as beer, apple juice or water all over the meat. The meat then is covered securely in foil and returned it the smoker. The conventional wisdom here is that the extra moisture applied will create steam and, since steam conducts heat faster than air, it will speed up the cooking process. The foil prevents evaporation so the temperature inside the foil will slowing reach a low simmer. The meat will effectively sweat this way but not cool off as the moisture is being further heated and trapped within the foil.
13. SUMMARY

Key points to remember when using the Hark Tri-Fire™.

Preheat
Always wait until the fire has established and the cooking chamber is up to the desired oven temperature before commencing cooking. Commencing prior to the desired temperature can result in the food being tainted with bitter creosote that results from a smoky, undeveloped fire.

Fire Maintenance
As the coal base diminishes, the temperature begins to drop. Breathe life into the fire by adding fresh charcoal, split timber or briquettes. The aim of an offset smoker BBQ is to tend the fire so it maintains a stable temperatures throughout the cooking process.

Thin Blue Smoke
Too much acrid, creosote laden white smoke will ruin the entire cook. Always use flavoured wood chunks, wood chips or pellets sparingly and only after the cooking chamber reaches above 95°C (200°F). After that be sure to add small amounts at a time, waiting 30 to 45 minutes before adding any more.

Smoke will penetrate meat up until internal temperatures hit 60°C (140°F). Beyond that smoke and therefore smoke flavour won’t penetrate the meat. Most smoke penetration occurs within the first two hours of cooking. If you choose to add glaze to your meat prior to finishing cooking, you may wish to add a small amount of smoke to give the glaze a smoky flavour.

The biggest ‘rookie’ mistake is to over smoke the food. With this style of barbequing, less is more!

Air Flow
Control your Hark Tri-Fire™ by leaving the smoke stack damper completely open and simply adjusting the firebox butterfly damper. The air coming through the firebox across the coal base has the largest and quickest effect on heat in the cooking chamber. Make fine adjustments to the airflow in and out of the smoker to achieve the desired temperatures and smoke generation. You don’t want the smoke stack damper closed to the point where it forces smoke out of the barrel door, nor do you want white smoke coming out of the chimney. Clean thin blue smoke (also known as ‘sweet smoke’) is your ultimate goal.

Monitor Temperatures
The heat nearer the firebox can be 25°C (77°F) higher than the far end of the barrel. You can invest in two good BBQ oven thermometers to monitor the temperature at both ends of the cooking barrel. A wireless digital meat thermometer is also important for tracking the internal temperature of the meat you are cooking.

Ambient weather conditions can also affect the cooking temperatures. Rain, wind and snow can significantly lower the barrel temperature. Here firewood load will need to be increased and the firebox damper may need more air.

Wind blowing through the firebox damper will increase the volume and speed of air through the Hark Tri-Fire™. The fire will rage and significantly increase the temperature in the cooking barrel. Judging wind and weather conditions is an important part of offset smoking.
Tip:
Rotate the thermometer gauge on the Hark Tri-Fire™ lid so that your target temperature is at the top of the dial. This will allow you to track whether the needle is vertical and on temperature.

Rotate Food
Understanding temperature variations in the cooking chamber (barrel) is essential. It does pay to shift the meat at least once during the cooking process, from one end of the barrel to the other.

Relax
The most important tip when it comes to offset smoking is to relax. Stay near the smoker, check your temperatures, enjoy a drink and watch it all unfold. Remember that it will take practice and some experimentation before you master your Hark Tri-Fire™.
14. CARE INSTRUCTIONS

Never hose-out the unit with water.

Remove ash after each use and avoid rust. Most rusting is caused after cooking with a fire that's too hot. Inadequate maintenance and protection from the weather also causes unnecessary rusting. What some people describe as burnt-out damage is really a rust-out. The primary cause of rust damage is not removing the ashes regularly. The ash sits on the lower charcoal grates and in the bottom of the Hark Tri-Fire™, where it gets wet and holds moisture and goes on to cause rust. Ash contains corrosive elements that will rust through any thickness of steel. It is advised that you clean out any ash or coal remains after every cook. Make sure to allow the unit and ash to cool thoroughly first and never dispose of hot ashes in a rubbish bin.

Once cooled, place the Hark Tri-Fire™ cover over your unit and store in a dry, covered area.

Season the cooking chamber periodically (refer "SEASONING" section).
<table>
<thead>
<tr>
<th>Meat Type</th>
<th>Purchased From</th>
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<tbody>
<tr>
<td>Weight</td>
<td>Price/Kg</td>
</tr>
<tr>
<td>○ Fresh / ○ Frozen</td>
<td>Defrost Start Time</td>
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<tr>
<td></td>
<td>Defrost End Time</td>
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### PREPARATION INFORMATION

<table>
<thead>
<tr>
<th>Marinade / Brine Details</th>
<th>Start time</th>
<th>End time</th>
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<tbody>
<tr>
<td>Baste / Glaze Details</td>
<td>Rub, Mop/Sauce Details</td>
<td></td>
</tr>
<tr>
<td>Other Comments</td>
<td></td>
<td></td>
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</table>

### COOKING PROCEDURE

<table>
<thead>
<tr>
<th>Target Internal Temp</th>
<th>Start Smoker Temp</th>
<th>Start Meat Internal Temp</th>
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</thead>
<tbody>
<tr>
<td>Fuel Type</td>
<td>Qty Used</td>
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<tr>
<td>Wood Used</td>
<td>Soaked or Dry</td>
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<tr>
<td>Other Comments</td>
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### WEATHER

<table>
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<th>Temperature</th>
<th>Conditions</th>
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RECIPE NAME: DATE:
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<tr>
<th>TIME</th>
<th>SMOKER TEMP</th>
<th>MEAT TEMP</th>
<th>ACTION</th>
<th>COMMENT</th>
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RECIPIES

TRI-FIRE OFFSET SMOKER™
Product Code: HK0521

Prepared by:
Chris Girvan-Brown
www.urbangriller.com.au
1. CLASSIC TEXAS BBQ BRISKET

<table>
<thead>
<tr>
<th>Need</th>
<th>Digital meat probe</th>
<th>Foil</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Time</td>
<td>Begin preparation the day before</td>
<td></td>
</tr>
<tr>
<td>Fuel</td>
<td>Charcoal / Briquettes – use the Fuse or Minion Method in the firebox Wood – use a small hot fire in the firebox</td>
<td></td>
</tr>
<tr>
<td>Wood Flavouring</td>
<td>Consider adding a handful of a strong flavoured wood chips to the fuel load in the first 1-2 hours of cooking</td>
<td></td>
</tr>
<tr>
<td>Method</td>
<td>Off-set smoking</td>
<td></td>
</tr>
<tr>
<td>Cook Time</td>
<td>Will vary between 9-18 hours depending on what cut is used 45 mins for resting</td>
<td></td>
</tr>
<tr>
<td>Temperature Zone</td>
<td>LOW: 105-135°C</td>
<td></td>
</tr>
<tr>
<td>Internal Temperature</td>
<td>93°C - 98°C (200-210°F) Remove at 95°C as the temperature will increase during resting period</td>
<td></td>
</tr>
</tbody>
</table>

Unless it has been slow cooked, brisket is a tough cut of meat. Brisket is loaded with connective tissue called collagen that makes the meat tough and chewy. It is only when the collagen has been transformed into gelatin that the meat will become tender. The gelatin provides an all-important “mouth feel” of juiciness. Collagen begins to convert to gelatin at 60°C (140°F) internal temperature, but the conversion is most rapid at temperatures over 82°C (180°F) internally. It is common when cooking brisket to “stall” between 65°-70°C (149°-158° F). This is thought to be because at this temperature the meat “sweats” and the evaporation of surface moisture cools the meat.

An oven proof digital meat probe is recommended for cooking as an internal temperature of 98°C (210° F) must be reached to fully cook the brisket. At 100°C (212°F) the water begins to boil and moisture is driven off. Typically brisket is removed when internal temperature hits roughly 95°C (203°F) as the temperature will rise further when the meat rests.

What little juices there are in a brisket are normally lost to the cooking process. Hence brisket is often served with barbecue sauce. Cooking the meat in foil with moist heat (braising) is preferred. This way it conserves the juices and utilizes the heat better than just cooking in a smoker.

INGREDIENTS
Beef brisket, 3 kg min.
Dry rub (use your own or refer rub recipes further along)
Cumin
1 can of beer (Stout or Porter)

PREPARATION
Perforate the brisket using a large fork, piercing the brisket all over.

DRY RUB
Use a dry rub of your liking. Apply the rub liberally to all sides of the meat. Cover with cling wrap and place in the refrigerator from 4 hours to overnight (to allow all flavours to fully permeate the meat).

Keep the brisket as cold as you can before cooking. The longer it spends “on smoke” before the
internal temperature hits 65°-70°C (150°-160°F) the better.

**COOKING**
Pre heat the Hark Tri-Fire™ to 120°C. Once 120°C is reached quickly sear the brisket on the Hark Tri-Fire™ in the firebox, fat side down for 2-3 minutes. Smoke the brisket fat side up in the centre of the cooking chamber. Smoke for approximately 3½ - 4 hours at 120°-135°C (250°-275°F). To allow a good smoke flavour to develop deep into the meat and to provide the characteristic “smoke ring” try not to open the Hark Tri-Fire® lid. At the end of this time your brisket will be at roughly 65°- 70°C (150°-160°F).

Remove the brisket and place on a large piece of foil. Spread the thinly sliced onion under the brisket and pour ½ a can of beer over the brisket. Sprinkle with a little cumin before sealing the foil. Make sure you seal the foil well. Wrap the brisket in one more layer of heavy duty foil. Replace the wrapped brisket into the Hark Tri-Fire™ at 120°-135°C (250°-275°F) and cook for 5 to 6 hours (depending on size) until it is fork tender and roughly 95°C (203°F) internal temperature. If you like a firmer “bark”, once the brisket comes close to temperature you can un-wrap foil; pour off the liquid and place back on the cooking grill. This will dry the bark a little.

**REST**
Remove from oven, BBQ or smoker, loosen the foil at one end to release the steam and let the brisket rest for 45 minutes.

After resting the brisket, carefully drain the juices from the foil into a bowl and freeze for 20 to 30 minutes to allow the fat to separate from the reserved juices. Remove the fat from the juices and discard, then pour up to 1 cup of the remaining juices into a saucepan with your favourite barbecue sauce and add some of the rub. Stir and heat through to combine into a spicy hot sauce. Serve the sauce on the side (as not everybody likes a lot of sauce) and consider having a mustard or horseradish as a condiment.

**SERVE**
Separate the top and bottom of the brisket, trimming off any undesired excess fat. Slice across grain into long, thin slices.

**TIPS**
When selecting a brisket, pick it up and fold it in half. It should be supple enough to touch end to end after trying a couple of times.
First decide what pork ribs you are using. “American” style ribs are usually poor value for money in Australia as too much of the meat has been taken from the outside of the ribs to make bacon. I suggest using forequarter short rib instead (where the rib joins the shoulder). This is a cheaper cut but has more meat. Just make sure you buy them whole.

Use your favourite BBQ rub and BBQ sauce. Or you can use Chris Brown's Cheats BBQ Rub and Simple BBQ Sauce recipes included in this Cooking Guide.

**INGREDIENTS**

- Pork ribs
- 1 litre apple juice
- 1 cup lime / lemon juice

**PREPARATION**

Place slab of rib rack bone side down.
Slide a knife under the membrane & against the end bone to separate it from the bone, Using a dry paper towel hold the edge of the thin membrane & pull it off slowly. It should separate from the back side of the rib in one piece.
Generously apply the BBQ Rub onto the front & back sides of the rib rack. Gently pat to ensure that the rub sticks well.
Place in the fridge for a minimum of 3 hours although 24 hours is preferred.

**COOKING**

*Step 1*
Mix 150ml of the lime / lemon juice with the apple juice and set aside.
Preheat the Hark Tri-Fire™ to 140°C & place the the ribs on a rack in the smoker meat side up. Or, place if you have a rib rack, place that on one of the smoker racks.
Slowly smoke the ribs for the 3-4 hours.

*Step 2*
Remove the ribs from the heat.
Place each set of ribs in heavy-duty foil (use two layers of foil to minimise the risk of tearing). The foil should be big enough to cover the whole rack of ribs.
Add 150 to 250ml of the juice marinade to each rib racks in its foil pack. Seal each pack tightly.
Return the foil packs to the heat for 2 more hours.
Step 3
Remove the foil-wrapped ribs from the heat. Take off the foil and set aside the juice. Add some hooney, BBQ sauce and some rib run to the juice to make a glaze. Brush some of the glaze onto the ribs.
Place the ribs uncovered and meat side up onto the Hark Tri-Fire™ for 45 minutes.

Step 4
Remove ribs and increase the firebox heat.

SERVING
Brush the ribs thickly with BBQ sauce before placing the rib racks into firebox rack of the Hark Tri-Fire™ for a final 10 to 20 minutes, or, until the sauce has caramelized.
3. PULLED PORK

<table>
<thead>
<tr>
<th>Need</th>
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</tr>
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<tbody>
<tr>
<td></td>
<td>Hark Marinade Injector</td>
</tr>
<tr>
<td></td>
<td>Foil</td>
</tr>
<tr>
<td>Prep Time</td>
<td>Start the night before if you want to brine the pork</td>
</tr>
<tr>
<td>Fuel</td>
<td>Charcoal / briquettes – use the Void Method Wood – use a small hot fire</td>
</tr>
<tr>
<td>Wood Flavouring</td>
<td>Consider adding a handful of banksia cones or some fruitwood to the fuel load in the first 1-2 hours of cooking</td>
</tr>
<tr>
<td>Method</td>
<td>Off-set smoking</td>
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<tr>
<td>Time</td>
<td>7-10½ hours and 1 hour resting</td>
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<tr>
<td>Temperature Zone</td>
<td>LOW: 105-135°C</td>
</tr>
<tr>
<td>Internal Temperature</td>
<td>90°C (195°F)</td>
</tr>
</tbody>
</table>

INGREDIENTS
1 Pork Shoulder or whole pork Scotch
1 cup Pay Dirt Rub

INJECTOR SAUCE
2 cups apple juice
1¼ cup of raw sugar
4 tblsp of cider vinegar
3 tblsp table salt
2 tblsp of your hot chili sauce

POACHING MIX
125g butter
½ cup raw sugar
½ can beer (not bitter)
2 tblsp of hot chili sauce

SAUCE - SWEET PORK
1 cup of BBQ sauce
¼ cup Golden Syrup
2 tblsp of hot chili sauce
75 mls apple juice

PREPARATION
Place the pork in a container and inject the Injector Sauce into the pork using a Hark Marinade Injector.
Rub a good layer of Pay Dirt Rub all over the pork.
Place the pork, uncovered in the fridge overnight.

COOKING
Preheat your Hark Tri-Fire™ to 120°C (250°F).
Place the pork into the Hark Tri-Fire™ straight from the fridge. The meat only takes on smoke up until it reaches 65°C (150°F) so a cold start prolongs the smoke exposure.
After 5 hours, look to see if a nice “bark” or crust has formed.
Remove the pork, slather it with the butter and double wrap in foil with the Poaching Mix. Return to the Hark Tri-Fire™.
After one hour, check the temperature with an instant read thermometer. It may take a couple more hours to reach the target internal temperature, is just over 90°C (195°F). Also important is the texture, your probe should slide in easily!

Open a corner of the foil to let the steam out, this will prevent the pork from overcooking. Remove the pork from the Hark Tri-Fire™ and let it rest in the foil for at least 1 hour.

SERVING
Use two forks to tear the meat into shreds and mix with the pork jus from the foil packet. Serve with the Sweet Pork Sauce and some freshly prepared coleslaw.
4. PULLED LAMB OR MUTTON

<table>
<thead>
<tr>
<th>Need</th>
<th>Digital meat probe</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Foil</td>
</tr>
<tr>
<td>Prep Time</td>
<td>Start the night before if you want to brine the lamb</td>
</tr>
<tr>
<td>Fuel</td>
<td>Charcoal / briquettes – use the Void Method Wood – use a small hot fire</td>
</tr>
<tr>
<td>Wood Flavouring</td>
<td>Consider adding a handful of banksia cones to the fuel load in the first 1-2 hours of cooking or some fresh rosemary</td>
</tr>
<tr>
<td>Method</td>
<td>Off-set smoking</td>
</tr>
<tr>
<td>Time</td>
<td>7-10½ hours 30 mins resting</td>
</tr>
<tr>
<td>Temperature Zone</td>
<td>LOW: 105-135°C</td>
</tr>
<tr>
<td>Internal Temperature</td>
<td>93°C-98°C (200°-210°F)</td>
</tr>
</tbody>
</table>

Some people, such as my wife, complain that lamb and mutton are gamey and fatty. However I think they are packed with subtle, sweet, grassy flavours. Leg of lamb, lamb chops and lamb fillet all work well when cooked medium-rare. The shoulder and forequarter however have more flavour due to the increased connective tissue. This connective tissue can be tough, hence gentle, slow cooking over a long period of time is required to convert the collagen into soft sticky flavourful gelatin.

If you can get mutton you will be rewarded with deep complex flavours. Lamb will give a lighter but equally luscious result. In Australia and New Zealand our lamb is historically a by-product of the wool industry. It has a stronger flavour than you will find in other places where a milder, more subtle and grassy meat is a result of selective breeding.

**INGREDIENTS**

Lamb shoulder (use leg if you can’t source a shoulder)
1 bunch fresh rosemary
1 bunch fresh mint

**BASTE**
1 cup apple cider vinegar 1 cup water
1 can of dark beer (stout or porter)
¼ cup Worcestershire sauce
1 tbsp chopped rosemary
1 tbsp dark brown sugar
½ tbsp salt
½ tbsp crushed fresh garlic
1 tsp hot smoked paprika

**COOKING**

Mix all the baste ingredients together in a saucepan and stir continuously over low heat. Simmer for 5 minutes, remove ¾ of the baste and allow to cool.

Heat the remaining baste to a boil and add another tablespoon of dark brown sugar to use as a ‘dip’ with finished meat. Set aside for the resting period.

Add the lamb to the Hark Tri-Fire™ in the centre of the cooking chamber and smoke at 107°C (225°F) for 10 hours (yes 10!). Baste the shoulder once an hour, every hour for the next 10 hours.
After 10 hours, or, when the meat registers an internal temperature of roughly 90°C (195°F), remove the lamb from the smoker. Place on a double layer of foil, add a bunch of fresh rosemary and mint as well as the left over ¼ cup of baste before sealing [preheat the baste on the flat top of the Tri-Fire firebox].

Rest the pork for 30 minutes. In that time, the fresh herbs will infuse into the lamb.

SERVING
Loosely shred the meat with a fork or food handlers gloves and serve with the juices from the foil mixed through the meat.

Larger chunks amongst the shredded meat give a textural difference and add to the experience.

Heat the remaining baste to a boil, add another tablespoon of the dark brown sugar and use as a 'dip' with finished meat.
5. BEER-CAN CHICKEN – TEXAN STYLE

<table>
<thead>
<tr>
<th>Need</th>
<th>Hark Beer-Can Chicken Roaster</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Digital meat probe</td>
</tr>
<tr>
<td></td>
<td>Foil</td>
</tr>
<tr>
<td>Prep Time</td>
<td>Start the night before if you wish to brine the chicken</td>
</tr>
<tr>
<td>Fuel</td>
<td>Charcoal / briquettes – a big pile for a nice hot, or</td>
</tr>
<tr>
<td></td>
<td>Wood – build a nice hot fire</td>
</tr>
<tr>
<td>Wood Flavouring</td>
<td>Use a lighter flavour like fruitwoods</td>
</tr>
<tr>
<td>Method</td>
<td>Off-set smoking</td>
</tr>
<tr>
<td>Time</td>
<td>1½ - 2 hours</td>
</tr>
<tr>
<td>Temperature Zone</td>
<td>HIGH: 160-180°C</td>
</tr>
<tr>
<td>Internal Temperature</td>
<td>Breast 77°C, Thigh 83°C</td>
</tr>
</tbody>
</table>

I’m not convinced by the logic of beer-can chicken. The theory is that the chicken cavity slides over a beer can. The beer heats up and produces steam that flavours the inside of the chicken, keeping the chicken moist. But for me, if the beer is hot enough to steam, then the chicken is already well cooked! Rather, I think plugging the cavity with the can, stops the juices escaping from the bird. One thing is for certain, this method of vertical roasting cooks the bird evenly and that makes for great chicken. Kind of like the ‘poor man’s rotisserie’!

INGREDIENTS
Free range whole chicken
Butter or olive oil
Dry rub / Harissa

COOKING
Pre-heat the Hark Tri-Fire™ to 180°C.
Bring the chook out of the fridge before cooking to bring it to room temperature. Rub the chicken all over with a thin coat of butter or olive oil and coat with your favourite BBQ rub or spice mix. Pay Dirt Rub is ideal, but I also like harissa for that Mediterranean feel.
Open a can of beer and pour out half. Add a few tablespoons of left over rub or a smidge of harissa into the beer.
Slide the chicken over the can on the beer-can roaster and place in the Hark Tri-Fire™ barrel at 170°C. Roast until the internal thigh temperature reaches 83°C.
Cover the chicken with a clean tea towel and rest it for at least ten minutes before carving and serving.

SERVING
Serve with a salad, in wraps with Tzatziki or with your favourite roast vegetables.
6. ROTISSERIE PORCHETTA

Need
- Baking tray
- Brine bucket
- Fork or spike tenderiser
- Cooking string
- Baking paper

Prep Time
2 Days

Fuel
- Charcoal / briquettes – use a large hot pile
- Wood – use a large hot fire

Wood Flavouring
Consider adding a handful of apple wood chips to the fuel load in the first 1-2 hours of cooking

Method
Rotisserie – majority of heat source from the firebox with a tray with hot coals located in the cooking chamber

Time
Approx. 2 hours (including resting and crackling)

Temperature
220°C for 45mins then 150°C

Internal Temperature
75°C

INGREDIENTS
Pork loin or belly

RUB
- 1 tblsp salt
- 1 tblsp 5 spice powder
- 1 tblsp sugar
- ½ tblsp garlic powder
- ½ tblsp pepper
- ¼ tblsp fennel seed
- ¼ tblsp ginger powder

BRINE
- Water
- Table salt

COOKING
Day 1
Prick the skin of the pork all over with a canvas needle, carving fork or “docker” style tenderiser. Prepare a brine of 1 tablespoon of salt to 1 litre of water. Add a tablespoon of the rub and submerge the loin in the brine overnight in the fridge. Mix all of the rub ingredients together in a separate bowl and set aside. Remove the pork from the brine and dry thoroughly. Rub the meat side of the pork, the sides and the ends generously with the spice rub. Line a baking tray with baking paper and place the belly on the tray skin-side down and refrigerate uncovered over night or up to 24 hours so it can absorb the flavours.

Day 2
Preheat the Hark Tri-Fire™ to 220°C (430°F). Remove the pork from the refrigerator. Place the skin side down on a board and cover with the leftover rub. Place the pork on top. Roll the belly over it like a blanket. Tie with cooking string at 3cm intervals.
Slide the tied pork onto the Hark Rotisserie rod and secure with the rotisserie forks. If you need to, adjust the counter weight to ensure it is balanced on the rod. Cook at 220°C (430°F) for approximately 45 minutes. Reduce the heat to 150°C (300°F) and cook until the internal temperature of the pork is 60°C (140°F).

If you’d like crackling, rub the skin with a little baking soda or salt and expose the porchetta to high radiant heat by putting some coals in a BBQ tray and placing it in the cooking chamber behind the porchetta. This way it will get radiant heat without the fat dripping onto the coals.

SERVING
Allow the porchetta to rest about 15-20 minutes before carving.
6. REVERSE SEAR STEAK

<table>
<thead>
<tr>
<th>Need</th>
<th>Digital meat probe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Time</td>
<td>None</td>
</tr>
</tbody>
</table>
| Fuel          | Charcoal / briquettes – use a large hot pile  
|               | Wood – use a large hot fire |
| Wood Flavouring| Consider adding a handful of wood chips to the fuel load for a smoky flavour |
| Method        | Off-set smoking and firebox grilling located in the cooking chamber |
| Time          | Approximately 1 hour |
| Temperature   | 70°C then sear in the firebox at 250°C |
| Internal Temperature | Rare: 45°C (113°F)  
|               | Medium: 55°C (130°F)  
|               | Well done: 65°C (150°F) |

BACKGROUND INFORMATION
The sear marks we all associate with grilled foods are a result of caramelisation on the surface of the meat. Also known as the Maillard reaction after French scientist Louis-Camille Maillard who studied the browning of foods in the early 1900s. The Maillard reaction starts at low temperatures, but develops rapidly at temperatures in excess of 150°C (300°F).

INGREDIENTS
Grain fed Angus Porterhouse  
Ghee or olive oil

COOKING
Preheat Hark Tri-Fire™ to 70°C (158°F).  
Firstly, ensure you choose a real piece of steak. I’m using a grass fed Angus Porterhouse that is 2 inches thick.  
From here you need to allow the steak to slowly reach the internal temperature you are seeking before you sear it. This process reduces stress on the meat fibres and ensures all the proteins have de-natured and released their moisture. This way the meat becomes soft and luscious.  
Place the steak in a dish with some ghee (clarified butter) or olive oil and this will act as a bath and prevent any part of the steak ‘cooking’ or drying out more than any other. It will give a gentle heat up phase. You could use olive oil instead of the ghee.  
Put the dish with the steak in the side of the Tri-fire smoker, away from the direct heat, so it just warms through slowly.  
Use a Hark temperature probe to check the meat temperatures.  
Rare: 45°C (113°F)  
Medium: 55°C (130°F)  
Well done: 65°C (150°F)  
Once the steak is at temperature, remove it. Then get a good fire going in the firebox.  
Once the cooking chamber reaches 250°C (roughly ten minutes later), remove the steak from its ‘bath’.

SERVING
Pat the steak dry with a kitchen towel and season to your liking. Place back on the grill to sear before plating.
7. CEDAR PLANK SALMON

<table>
<thead>
<tr>
<th>Need</th>
<th>Cedar planks (Western Red Cedar)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Time</td>
<td>[Soak the cedar planks in water the night before] 1-1½ hour on the day</td>
</tr>
<tr>
<td>Fuel</td>
<td>Charcoal / briquettes – use a large hot pile  Wood – use a large hot fire</td>
</tr>
<tr>
<td>Wood Flavouring</td>
<td>Consider adding a handful of wood chips or herbs to the fuel load at the start of the cooking</td>
</tr>
<tr>
<td>Method</td>
<td>Off-set smoking or grilling</td>
</tr>
<tr>
<td>Time</td>
<td>Smoke baking: 45-60 minutes</td>
</tr>
<tr>
<td>Temperature Zone</td>
<td>MED: 135-160°C</td>
</tr>
<tr>
<td>Internal Temperature</td>
<td>60°C</td>
</tr>
</tbody>
</table>

INGREDIENTS
Salmon fillet portions, skin removed
Lemon slices

GLAZE
½ cup olive oil
1½ tblsp apple cider vinegar
½ cup soy sauce
¼ cup chopped spring onions
1 tblsp grated fresh ginger
1 tsp minced garlic

PREPARATION
Soak the cedar planks in water overnight.

COOKING
Preheat the Hark Tri-Fire™ to 150°C (300°F).
Mix the glaze ingredients together in a bowl. Place the salmon fillets in the glaze to marinate for one hour.
Preheat the planks on the Hark Tri-Fire™ grate until they start to smoke and crackle. Remove the boards from the fire. The boards will be quite hot, be careful!
Place the drained salmon fillets onto the planks. Place a slice of lemon on top of each one and smoke for 45-60 minute, or, grill for about 20 minutes.

SERVING
The salmon is ready to serve when you can flake it with a fork, or when the internal temperature reaches 60°C.
Serve on the cedar planks.
9. BACON-WRAPPED SMOKED TROUT

<table>
<thead>
<tr>
<th>Need</th>
<th>Hark BBQ Grill Sheet or Baking paper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Time</td>
<td>30 minutes approx</td>
</tr>
<tr>
<td>Fuel</td>
<td>Charcoal / briquettes – use a large hot pile</td>
</tr>
<tr>
<td></td>
<td>Wood – use a well established hot fire</td>
</tr>
<tr>
<td>Wood Flavouring</td>
<td>Consider adding a handful of fruit wood chips or a couple of banksia cones to the fuel load in as you start cooking.</td>
</tr>
<tr>
<td>Method</td>
<td>Off-set smoking/baking</td>
</tr>
<tr>
<td>Cook Time</td>
<td>Smoking: 15-20 minutes</td>
</tr>
<tr>
<td></td>
<td>Crisping: 5-10 minutes</td>
</tr>
<tr>
<td>Temperature Zone</td>
<td>HIGH: 160-190°C</td>
</tr>
<tr>
<td>Internal Temperature</td>
<td>60°C</td>
</tr>
</tbody>
</table>

This classic trout dish gives a crisp smoky bacon shell and a soft succulent pink flesh.

**INGREDIENTS**
12 thin slices of bacon or speck
2 whole rainbow trout about 500g (1lb)
2 tblsp olive oil
Salt and freshly ground black pepper, to taste
6 sprigs of fresh tarragon

**COOKING**
Preheat the Hark Tri-Fire™ to 190°C (375°F).
Place a Hark BBQ Grill Sheet or a piece of baking paper over the cooking grate in the main cooking chamber. Lay the bacon slices onto the mat and bake until half-cooked for approximately 10 minutes. The baking paper or Hark BBQ Grill Sheet will be fine at this temperature for the ten minutes it takes to part cook the bacon.
Remove the sheet of bacon from the Hark Tri-Fire™ and allow to cool.
Brush the inside and outside of each trout with 1 teaspoon of the olive oil, season with salt and pepper and then stuff with 3 sprigs of tarragon each. Set aside.
Arrange the 6 bacon slices on a cutting board, slightly overlapping each other. Position a trout at right angles at one end then pick up the bacon to wrap the trout.
Place the trout in the far end of the Hark Tri-Fire™ cooking chamber (away from the firebox) with the seam side down (use a BBQ Grill Sheet so the salmon won’t get stuck on the cooking grate). Smoke until the trout is cooked through which should take approximately 15 minutes.
And finally, move the trout to the firebox and remove the Hark BBQ Grill Sheet in order to crisp the bacon.

**SERVING**
Plate immediately and serve with a fresh garden salad.
10. JALAPENO POPPERS

INGREDIENTS
40 large jalapeno peppers
250g cream cheese, brought to room temperature
1 cup grated cheddar, parmesan or Mozzarella
1-1½ tsp BBQ Rub
2 tblsp sour cream
20 slices smoked bacon, halved

COOKING
Preheat the Hark Tri-Fire™ to 120°C.
Wash the jalapenos, cut the stem ends off with a paring knife, and scrape the seeds and ribs out of each one carefully.
Mix the cream cheese, grated cheese, sour cream and BBQ rub together.
Fill each Jalapeno with the cheese mix. Wrap the outside of each with a half piece of bacon and secure with a toothpick.
Smoke cook jalapenos for 1-1½ hours on far end of the Hark Tri-Fire™. Then slide them over to the firebox end for another 20-30 minutes in order to crisp the bacon.

11. ARMADILLO EGGS

INGREDIENTS
Six free range eggs, boiled and shelled
250g cream cheese, brought to room temperature
1 cup grated cheddar, parmesan or Mozzarella
1-1½ tsp BBQ Rub
2 tblsp sour cream
18 slices smoked bacon, halved

COOKING
Preheat the Hark Tri-Fire™ to 120°C.
Boil the eggs and shell when cool. Cut in each egg in half and remove the yolk. Mix the yolk, cream cheese, grated cheese, sour cream and BBQ rub together. Fill each egg half with the cheese mix. Wrap the outside of each egg half with three pieces of bacon and secure with a toothpick. Smoke cook eggs for 1-1½ hours inside the chamber at the chimney end of the Hark Tri-Fire®. Then slide them over to the firebox end for another 20-30 minutes in order to crisp the bacon before serving. If you have any of the cream cheese mixture left, serve it with the eggs.

12. SPICED BBQ CORN

This is a real crowd pleaser and dead simple! Start with this simple recipe then modify it to suit the taste of your guests. If they like things hot, add some chili! Fresh chopped herbs also work well with this recipe.

INGREDIENTS
Whole ears of corn Pay Dirt Rub
Butter
Chopped fresh herbs & chili (optional)
COOKING
Pre-heat the Hark Tri-Fire™ to 150°C (300°F).
Peel the outer leaves away from the corn and remove the inner fibres (set aside the corn leaves). Place the corn in a clean bucket of cold water for at least an hour. Remove the corn and drain. Spread butter all over the corn and sprinkle with the BBQ rub. Fold the leaves back over the corn. Adhere with some cooking string if you like. Place the corn in the Hark Tri-Fire™ for 1 hour before serving.

13. STUFFED POTATO WITH SWEET CORN & CAPSICUM

INGREDIENTS
4 medium sized potatoes
1 cup grated cheese (Mozzarella and tasty mixed is ideal)
½ cup capsicum, finely chopped 1 tin sweet corn kernels
1 tsp chili flakes
2 tsp dried oregano
Salt to taste
Olive oil

COOKING
Preheat the Hark Tri-Fire™ to 150°C.
Wash the potatoes and boil them gently till ¾ cooked. Remove from the pot and cool. Cut the potatoes in half and carefully scoop out the centre without breaking the skin to make small “boats”. Save the scooped out potato in a bowl. Finely chop the capsicum, sweet corn kernels, oregano and chili flakes and mix into the scooped-out potato. Season with some salt and gently stir to mix the seasoning well.
To the oil, add some salt and with a pastry brush, paint the salt-oil mixture to the skin of the potato boats.
Spoon the potato mixture into each boat and top with a sprinkle of grated cheese and ground black pepper.
Place the stuffed potatoes in the Hark Tri-Fire™ at 150°C and bake for 20-25 minutes until the cheese turns golden.

14. BRINE, MARINADES, RUBS AND SAUCES

CHRIS’ BASIC BRINE
1 litre of water
1 tbsp of salt

This mixture can be flavoured with anything you like - such as crushed garlic, lemon, peppercorns, herbs, a teaspoon of good curry paste, brown sugar, soy sauce or ginger.
Soak the meat in the brine and place in the refrigerator overnight. Ensure that the meat is fully submerged in the brine.
Note that there is an increasing push to include iodised salt in our cooking. Whilst this is a good initiative, iodised salt is not recommend for use in brining.

CHRIS’ BASIC MARINADE
1 cup white wine
1 cup grape seed oil  Juice from one lemon
3 crushed cloves of garlic  3 or 4 stems of rosemary  1 tsp of crushed pepper

Combine all ingredients in a ceramic or glass dish. 
Add the meat and thoroughly cover it with the marinade before refrigerating overnight.

CHRIS’ BASIC RUB
1 tblsp cumin powder 
1 tblsp smoked paprika 
1 tsp black pepper powder

Rub the meat with a clove of garlic, cover with the rub mixture.
Refrigerate overnight in a plastic bag or in a glass or ceramic bowl.

Dalmatian Rub
Equal quantities of rock salt and peppercorns.

Heat the salt and pepper in a dry wok till it starts to smoke, remove from the heat and allow to cool before grinding into a powder.

Pay Dirt Rub
2 packs Old El Paso fajita mix 
80g unrefined sugar (Demerara) 
50g coffee sugar crystals

Mix all ingredients together and keep in an airtight jar. 
You could add a little fresh ground black pepper if you like.

Santa Maria Steak Rub
1 tblsp kosher salt 
1 tblsp coarse ground black pepper 
1 tblsp garlic powder 
1 tblsp onion powder 
1 tblsp dried oregano 
2 tsp cayenne pepper 
½ tsp dried sage 
1 tsp fresh minced rosemary

Mix all ingredients together and keep in an airtight jar.

Big Red Rub
1 tblsp salt 
1 tblsp pepper 
1 tblsp garlic powder 
1 tblsp onion powder 
1 tblsp cayenne powder
1 tbsp chilli powder
¼ cup paprika
½ cup brown sugar

Mix all ingredients together and keep in an airtight jar.

CLASSIC BBQ SAUCE
2 tbsp (30 ml) tomato paste*
1 tbsp (15 ml) white vinegar
1 tbsp (15 ml) soy sauce
1 tsp (5 ml) Worcestershire sauce
1 dash hot Tabasco sauce
1 cup (125 ml) water

Great for smoked meats.
Combine all the ingredients in a saucepan.
Whisk thoroughly or combine with a hand-held blender to ensure there are no lumps.
Simmer over low heat while stirring frequently for 1 hour (this pasteurizes the sauce).
Cool for at least 1 hour before transferring to an airtight container.
Store for up to 1 month in the refrigerator.

*consider using your own smoked tomatoes instead of the tomato paste.

SIMPLE BBQ SAUCE
1 small (1/3 cup) red onion minced
2 tbsp olive oil
4 garlic cloves, minced
1 small can tomato paste
2 cans water, from empty tomato paste can
¼ cup molasses
1 cup honey
¼ cup red wine vinegar
1 tbsp fish sauce
1 tbsp Dijon mustard
1 tsp salt

In a small heavy-bottomed saucepan gently heat the olive oil on your stove top.
Add the shallots and garlic and sauté for 2-3 minutes or until the shallots start to turn translucent
and begin to brown.
Add the tomato paste and water and mix through.
Allow to come to a boil, then lower the heat to a simmer and cook for a further 5 minutes.
Add the molasses, honey, vinegar, fish sauce, Dijon mustard, and salt and thoroughly mix together.
Bring to the sauce boil, then lower the temperature and simmer once again for a further 15 minutes.  
Cool before transferring to an airtight container.  
Store in the refrigerator for up to 1 month.

**SMOKED CHILLI OIL AND SMOKED GARLIC OIL**

Olive oil (or grapeseed oil)  
Garlic  
Jalapeno Chili  
*(Quantity of olive oil and garlic depends on the quantity of chilies you have and size of your pot. You will need enough oil to cover the chilies.)*

These are fantastic condiments for pasta and salad dressings. And the chili oil is mandatory in our house whenever we cook pizza!  
Peel garlic cloves and / or cut jalapeno chilies in half.  
Place the garlic / chilies in a cast iron pot, pour over olive / grapeseed oil and place in the cooking chamber when you are cooking low and slow.  
The gentle heat will cook the garlic and chili whilst the smoke will infuse the oil. Allow to cool and store in a sterile, airtight jar.

**HARLEM SAUCE**

1 cup tomato sauce  
½ cup hot sauce (Louisiana Hot Sauce)  
¾ cup Worcestershire sauce  
2 cups vinegar  
4 cloves garlic, chopped  
1 cup brown sugar  
1 tsp salt  
½ tsp ground white pepper  
½ cup lemon juice, freshly squeezed

Gently heat all the above on the stove top until all the sugar is dissolved. Allow to cool and bottle in a sterile, airtight jar.