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Happy summer! In our recent American Road Trip summer camp, the kids made several regional variations on BBQ sauce. They're so easy to make—you should have just about everything in your pantry—and these two favorites take very little time. Grill up some chicken or a burger or even some ribs if you have time this week and slather on some goodness! – Chef Linda

### **Memphis-Style BBQ Sauce**

This sauce falls somewhere between the light and heavy tomato categories and is tangy, slightly sweet and thin enough to penetrate the meat instead of sitting on top of it.

1 Tbsp butter	2 garlic cloves, minced
½ c onion, chopped	1 (8 oz) can tomato sauce
1/3 c cider vinegar	2 Tbsp dark brown sugar
2 Tbsp molasses	1 Tbsp Worcestershire sauce
1 Tbsp prepared yellow mustard	½ tsp salt
½ tsp black pepper	1/8 tsp cayenne pepper, or to taste

Sauté onion and garlic in butter in a small skillet or saucepan. Transfer cooked vegetables to a blender along with the remaining ingredients. Blend until smooth. Return to a saucepan and bring to a simmer. Cook for 30 minutes, until thickened and fragrant.

### **Texas Style BBQ Sauce**

Spicy thick sauce with South of the Border influences

1 Tbsp butter	1 clove garlic, minced
½ c minced onion	1 small jalapeño pepper, seeded and minced
1 c ketchup	1 Tbsp molasses
1 Tbsp malt vinegar	2 Tbsp Worcestershire sauce
2 Tbsp lemon juice	1 tsp salt
½ tsp black pepper	½ tsp crushed red pepper
½ tsp ground cumin	

Sauté onion, jalapeño and garlic in butter in a small saucepan until softened. Add the remaining ingredients and simmer the sauce for 30 minutes or until thickened.

**Shopping List:** jalapeño pepper and malt vinegar (for the Texas BBQ sauce),

**Equipment Needed:** Cutting board and knife, Vitamix or another blender, small skillet, high heat spoon, silicone spatula, or spatula, measuring cups and spoons.

**Pantry Staples:** onion, garlic, tomato sauce, ketchup, molasses, brown sugar, crushed red pepper, cumin, lemon, butter, cider vinegar, cayenne pepper, yellow mustard, Worcestershire sauce, salt & pepper