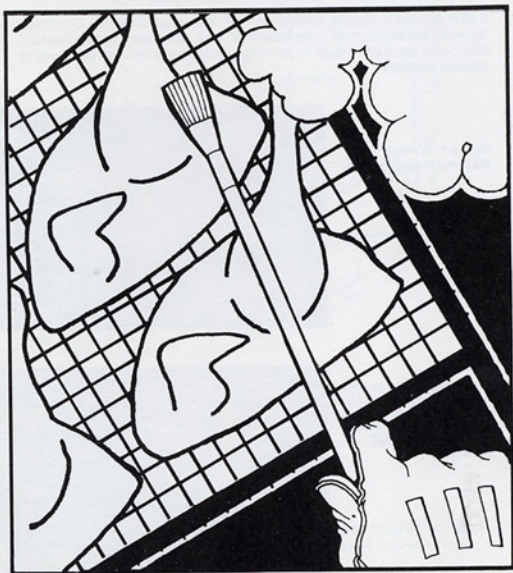


Barbecued Chicken and Other Meats

Robert C. Baker



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Charcoal-Barbecued Broilers

Broilers barbecued over charcoal make good picnic food for a family or for several hundred persons. Broilers are always delicious and nutritious. Follow the directions in this bulletin for a successful barbecue.

The Fireplace

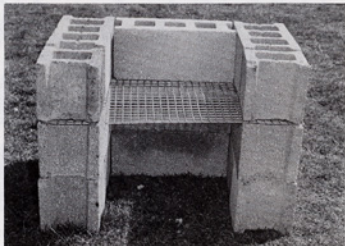
A barbecue for a small group of persons can be prepared over an indoor or outdoor fireplace. You can use an outdoor fireplace in a public park or you can build your own of stone, cinder blocks, or bricks (figures 1-3).

A pit is needed to prepare a barbecue for a large group of people. Cinder blocks (figure 2) are excellent for a permanent pit. Heat damages concrete blocks. Collapsible metal pits (figure 4) are entirely satisfactory and can be moved to different locations.

Figure 1. A stone fireplace is easy to build.



Figure 2. A cinder-block fireplace can be built quickly.



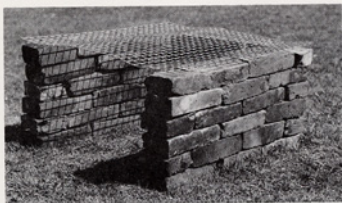


Figure 3. This quickly laid brick fireplace could be made permanent if the bricks were joined by mortar.

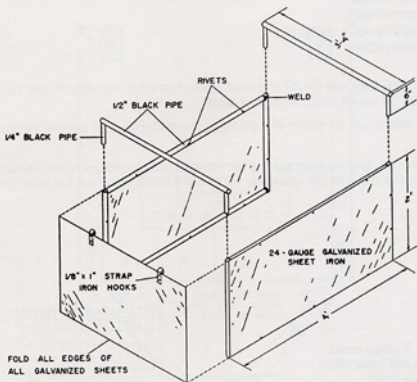


Figure 4. Collapsible metal pits are easy to put together and occupy little space when stored. The diagram shown is one section of the pit and holds two racks or about 50 halved broilers. Such pits are helpful when barbecuing is done often and on a large scale.

The Fire

To cook broilers, you need a hot, nonflaming fire. Charcoal briquets are excellent fuel because they burn for more than an hour. Charcoal is also satisfactory for barbecuing chicken.

For large barbecues, contact your county extension agent for information on starting the fire. Use about one-half pound of charcoal briquets per broiler half. For

a small barbecue, use dry kindling or a special starting fluid to ignite the charcoal briquets. Use approximately one pound of briquets per broiler half for small barbecues because of excessive heat loss. Spread the briquets evenly in the fireplace or pit.

Barbecue Sauce

Barbecued broilers without sauce are like bread without butter. The barbecue sauce is a basting material. Brush it on the broiler halves every few minutes during cooking.

Barbecue Sauce
(enough for 10 halves)

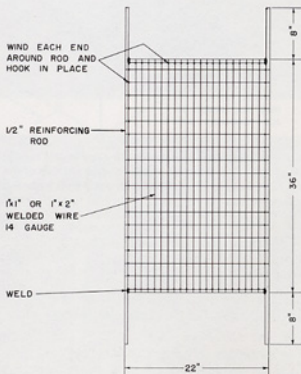
- 1 cup cooking oil
- 1 pint cider vinegar
- 3 tablespoons salt*
- 1 tablespoon poultry seasoning
- ½ teaspoon pepper
- 1 egg

Beat the egg, then add the oil and beat again. Add other ingredients and stir. The recipe can be varied to suit individual tastes.

Leftover sauce can be stored in a glass jar in a refrigerator for several weeks.

*Adjust the quantity or eliminate salt to meet individual health needs and taste. Barbecued chicken basted frequently during cooking will be saltier than chicken that has been lightly basted.

Figure 5. Turning racks save time and labor when barbecuing large numbers of birds. Construction details are given here.



To Barbecue Broilers

Halved broilers are available at any meat market. The ideal size for a broiler half is about one pound. Each half serves one adult or two children.

Place the broiler halves over the fire after the flame is gone. Turn the halves every five to ten minutes, depending on the heat from the fire. Use turners (figure 5) or a long handled fork. The chicken should be basted with a fiber brush at each turning. The basting should be light at first and heavy near the end of the cooking period.

Cooking time is about one hour, depending on the amount of heat and on the size of the broiler. Test the chicken to see whether it is done by pulling the wing away from the body. If the meat in this area splits easily and there is no red color in the joint, the chicken is done.

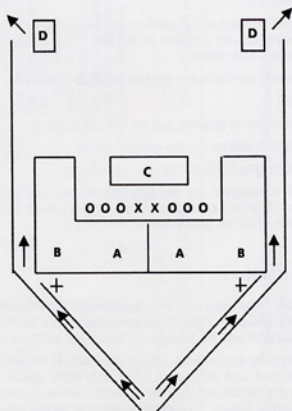


Figure 6. A suggested arrangement for serving a large group.

Use rope and posts to mark the serving area. Each server at tables A places one portion of the meal on the plate and passes it along until the plate is filled. Filled plates are then placed on tables B. The people to be served form two lines and follow the arrows, picking up their filled plates at table B and the beverage at table D. Dessert can be served from table D or at tables B. This arrangement will allow as many as 1000 people to be served in a short time.

- A. Serving tables
- B. Tables for filled plates
- C. Supply table
- D. Serving table for beverage
- O. People serving food other than chicken
- X. People serving chicken
- +. Ticket takers

Barbecued Turkey

Because turkey is similar to chicken, it can be barbecued with this same sauce recipe. Turkey carcasses are much larger than broilers, so parts, not halves, should be used. Turkey drumsticks and wings are economical and can be barbecued. The thighs of turkeys are large and thick, so remove the bone and cut the thigh into two parts where the bone is removed. If the portion is still too large, the size can be further reduced. The breast meat of turkey should be cut in strips not more than three-quarters of an inch thick.

Barbecued Turkey—Entire Carcass

For this method of cookery, a covered grill is needed and the cooking is done with the cover on, but all vents (cover and base) open.

Directions are as follows:

1. Form two mounds of charcoal briquets on the lower grill immediately over the vents. The quantity of briquets depends on the size of the turkey and the weather. In cold weather more fuel is needed.
2. Place a shallow drip pan between the two mounds of briquets.
3. Light the briquets.
4. When the briquets are all glowing, put the top grill in place.
5. Place the turkey carcass on the top grill and cover.
6. Cooking time is roughly 10 to 15 minutes per pound.

Most drippings will be caught in the drip pan and can be used for gravy. Some drippings will fall into the fire causing smoke which gives the meat a delightful flavor. The end product will be golden brown and very tasty.

Barbecued Pork

The ideal cut of pork to be used with the sauce recipe in this bulletin is the steak that comes from the shoulder. Pork chops can be used but the fat is usually distributed at the surface and the barbecued lean meat tends to be dry.

Pork steaks are normally economical. Ideally, they should be cut about three-quarters of an inch thick and weigh from one-half to three-quarters of a pound each. Pork steaks are barbecued similarly to broiler halves, except cooking time is about half that of broiler halves. To determine whether a pork steak is done, insert a knife or fork and make sure the meat is not pink or red in the center.

The quantity of briquets and sauce needed can be roughly figured: a three-quarter pound steak that is three-quarters of an inch thick will be the equivalent of a one-pound broiler half. When barbecuing 10 pork steaks, use the quantity of briquets and sauce given for 10 broiler halves.

Barbecued Beefsteak and Fish

Some people like this sauce with beefsteak and fish barbecued over charcoal briquets. Others report that the sauce does little for these meats. It is, apparently, a personal preference and you may want to try it.

Table 1. Suggested Foods and Quantities to Serve with Barbecued Broilers

Suggested Food	Number of Persons							Remarks
	5	10	25	50	100	200	300	
Tossed green salad	1 qt.	2 qts.	5 qts.	10 qts.	20 qts.	40 qts.	60 qts.	1 head of lettuce and 1 lb. of tomatoes for each 10 people
Cole slaw	1 pt.	1 qt.	2½ qts.	5 qts.	10 qts.	20 qts.	30 qts.	Other types of cabbage salad may affect amounts
Cranberry sauce	½ pt.	1 pt.	1¼ qts.	2½ qts.	5 qts.	10 qts.	15 qts.	Serving on lettuce adds color
Applesauce	1 pt.	1 qt.	2½ qts.	5 qts.	10 qts.	20 qts.	30 qts.	Goes well with pork. Serving on lettuce adds color
Scalloped potatoes	¾ qt.	1½ qts.	3¼ qts.	7½ qts.	15 qts.	30 qts.	45 qts.	Potato chips may be substituted 1 lb. for each 10 to 15 people
Sliced tomatoes	1 lb.	2 lbs.	5 lbs.	10 lbs.	20 lbs.	40 lbs.	60 lbs.	Excellent in season
Sweet corn (ears)	8	15	38	75	150	300	450	Excellent in season
Mixed sweet pickles	½ pt.	1 pt.	1 qt.	2 qts.	1 gal.	2 gals.	3 gals.	Other pickles may be substituted
Rolls	5	10	25	50	100	200	300	More may be needed for some groups
Butter	½ lb.	¼ lb.	½ lb.	1 lb.	2 lbs.	4 lbs.	6 lbs.	Extra needed for sweet corn
Coffee	¼ lb.	½ lb.	1 lb.	2 lbs.	4 lbs.	8 lbs.	12 lbs.	Instant coffee can be used at rate of 4½ ounces per 50 cups
Coffee cream	½ qt.	¼ qt.	½ qt.	1 qt.	2 qts.	4 qts.	6 qts.	
Sugar	½ lb.	¼ lb.	½ lb.	1 lb.	2 lbs.	4 lbs.	6 lbs.	
Milk	at least ½ pt. per person if milk only is served.							
Ice Cream	one cup per person.							
Chicken	one half per adult—one quarter for small children.							

Based on broilers weighing about 2½ lbs., ready to cook

Table 2. Ingredients Needed for Barbecue Sauce

Ingredients	Number of Persons							Remarks
	5	10	25	50	100	200	300	
Cooking oil	¼ pt.	½ pt.	1 pt.	1 qt.	1½ qts.	3 qts.	5 qts.	Any cooking oil
Cider vinegar	½ pt.	1 pt.	1 qt.	2 qts.	3 qts.	6 qts.	10 qts.	
Salt	5 tsps.	3 tbsls.	½ cup	1 cup	1¾ cups	3½ cups	4½ cups	
Pepper	¼ tsp.	½ tsp.	1¼ tsps.	2¼ tsps.	4 tsps.	7 tsps.	4 tbsls.	
Poultry seasoning	1½ tsps.	3 tsps.	7 tsps.	4 tbsls.	½ cup	¾ cup	1¼ cups	
Eggs	1	1	3	5	10	20	30	Eggs should be well beaten

Table 3. Supplies and Equipment for a Barbecue

Supplies and Equipment	Number of Persons							Remarks
	5	10	25	50	100	200	300	
Pails of sauce	1	1	1	1	2	2	2	Does not include large container for sauce
Brushes or swabs for basting	1	1	1	1	2	2	2	Wallpaper brushes ideal
Forks to turn chicken	1	1	1	1	2	4	6	Needed only to take off chicken if racks used
Wire, ½-inch square mesh, 3 feet wide			6 ft.	9 ft.	16 ft.	29 ft.	42 ft.	Stake ends in ground to hold securely
Pit: length of blocks 8" × 8" × 16"	Use small fire- place	Use small fire- place	3 ft.	5 ft.	10 ft.	20 ft.	30 ft.	Inside width should be 34 inches
Number of blocks			18	30	60	120	180	Extra blocks are needed if used for ends
Pipe, ½-inch, 3½ feet long			3	4	7	14	20	Extra needed to stake wire at ends
Charcoal briquets	5 lbs.	10 lbs.	18 lbs.	30 lbs.	50 lbs.	100 lbs.	200 lbs.	Charcoal may be substituted

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