

Which BBQ Are You? East or West?



North Carolina is a Two-BBQ state! Eastern Style verses Western (Lexington) Style. And the two may not mix!

Two distinct types of barbecue that have developed over the last few hundred years: Lexington style and Eastern style. Both are pork-based barbecues but differ in the cuts of pork used and the sauces they are served with. In addition to the two native varieties, other styles of barbecue can be found throughout the state.

NC-BBQ is very slow cooked pork carcasses, generally cooked for a minimum of 16-18 hours at a very low temperature for pork, often 250 degrees or slightly less. It's important for the pork to be cooked completely through.

After cooking, the meat is pulled from the bones, and then pulled apart into bite-size chunks, and then usually chopped further with a large cleaving knife until a texture is reached that suits the chef. Almost never is "real" NC-BBQ ever served sliced, except at certain restaurants that cater a lot to non-NC-natives and the clientele demands such.

By slow cooking at low temperature, the meat is allowed to "age" without drying out. Almost never is any kind of sauce applied during cooking, save a tad of vinegar-based

with a few spices only "sauce" which isn't meant as a flavoring agent, only as a hydration aid to prevent excess binding of the outside part of the meat.

Eastern-style barbecue is a whole-hog style of barbecue. Eastern-style sauce is vinegar and pepper-based, with no tomato whatsoever. Eastern sauce is mostly used as a seasoning after the cooking (although it can also be used as a mop sauce while the hog is cooking). The coleslaw served with eastern-style uses mayonnaise (or whipped salad dressing) almost universally. Coleslaw is often placed on the bun if eaten sandwich-style. Eastern Style is often "chopped" after the meat has been pulled from the bone to achieve finer texture while improving its ability to absorb and hold the thin, vinegar sauce.

Lexington-style barbecue (also called Piedmont- or Western-style) uses a red sauce, or "dip", made from vinegar, tomatoes, and usually red pepper flakes, along with other spices that vary from recipe to recipe. It is most common in the Piedmont and western areas of the state. This style uses only the pork shoulder section of the pig. As with other styles of barbecue, the recipes vary widely, and can include many different ingredients, and range from slightly sweet to hot and spicy. The sauce also serves as the seasoning base for "red slaw" (also called "barbecue slaw"), which is coleslaw made by using Lexington-style barbecue sauce in place of mayonnaise. Hushpuppies are usually consumed with pork shoulder and slaw. This style is typically served "pulled" or very lightly chopped which leaves larger strands of muscle fiber.

Pork ribs are a common alternative to the two most common types of North Carolina barbecue and a variety of festivals and competitions are held annually. Baby back ribs, sometimes called top loin ribs, are short, succulent, well-marbled ribs cut from the center section of the loin. Spareribs come from lower down the rib cage (from the sides and upper belly of the pig). They are not quite as tender as baby backs, but are thicker, longer, and more flavorful.

Pit style

A pit barbecue is a method and constructed item for barbecue cooking meat and root vegetables buried below the surface of the earth. The meats usually barbecued in a pit are beef, pork, and goat, with pork being the predominant choice in North Carolina. The method of cooking the meat is slow, using various hardwoods to flavor the meat. This breaks down the connective tissue in the meats, producing a tender product. The types of meat cooked in this fashion include both beef and pork.

Grilling and Barbecuing

Grilling is a cooking method that uses dry heat, supplied by burning wood, charcoal or gas flame, and the heat is applied to the surface of the food being cooked. Typically food is cooked quickly using this method.

Barbecuing is a slower process that uses lower heat and often the food is cooked by the heat of the smoke itself, rather than directly by the heat of the burning wood.

Sources: [en.wikipedia .org/wiki/Barbecue_in_North_Carolina](https://en.wikipedia.org/wiki/Barbecue_in_North_Carolina) and ncbbq .com/

National Barbecued Spareribs Day



Ribs were never meant to be boiled, especially not spareribs. They were intended to be served grilled, short or long, over charcoal or gas, in the heat of summer. With barbecue sauce made in a variety of ways.

National Barbecued Spareribs Day recognizes this fundamental truth, that it isn't summer until there has been a barbecue with friends, family and spareribs.

daysoftheyear.com/days/spareribs-day

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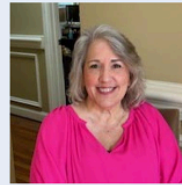
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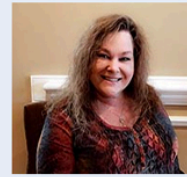
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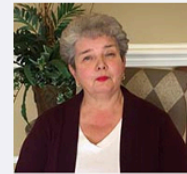
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