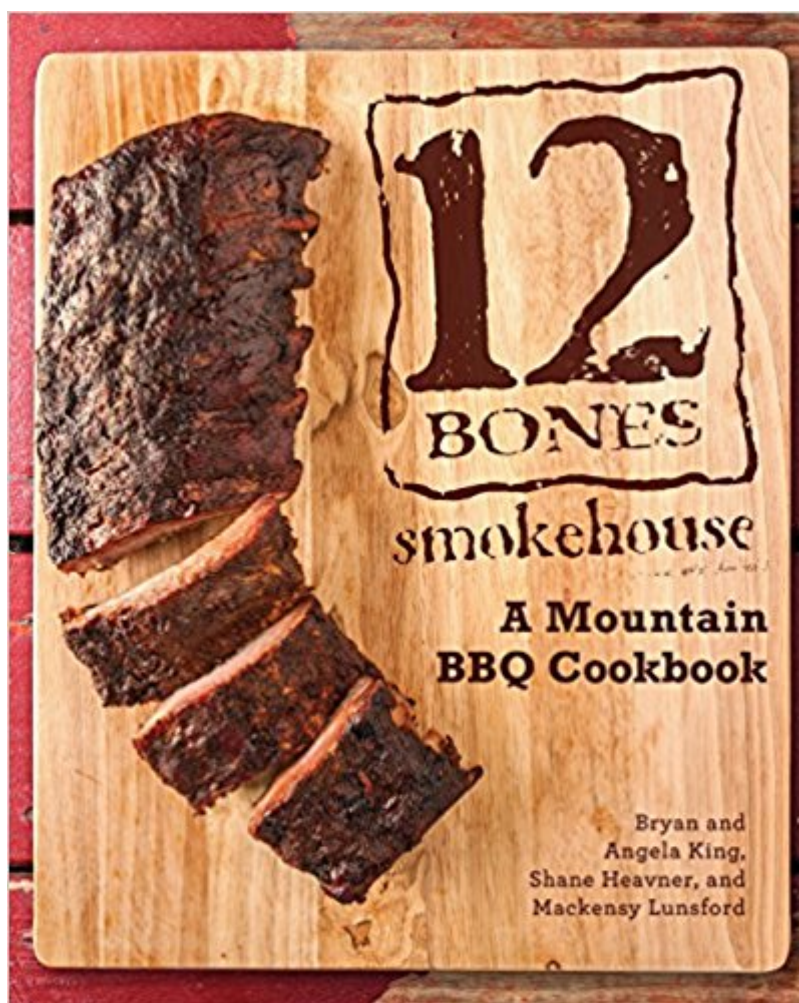


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12 Bones Smokehouse: A Mountain BBQ Cookbook



Synopsis

For lovers of the 12 Bones restaurant as well as fans of progressive 'cue, 12 Bones Smokehouse includes signature recipes and techniques for ribs, pulled pork, and all the fixin's. When 12 Bones Smokehouse opened in Asheville, North Carolina, many doubted that it would succeed. From a squat building in a flood plain, the owners were serving up creative barbecue that wasn't 100-percent true to any single region. Yet a decade later, 12 Bones is a local institution that rivals the Biltmore Estate in popularity. (In fact, it's 12 Bones alone that has been on President Obama's itinerary all three times he's passed through Asheville.) The 12 Bones Smokehouse book is true to the spirit of the place. Everything is made from scratch--and cornbread is not optional. Inside you'll find all the classics: from the famous ribs to smoky pork, turkey, and chicken. And just like the restaurant, the book is uniquely vegetarian-friendly by barbecue standards. From tangy Pickled Okra Salad to savory Jalapeno Cheese Grits, everyone will find something to love. Addictive desserts and flavor-packed rubs and sauces--including the famous Blueberry-Chipotle Barbecue Sauce--are all here, too. So if you can't make it to 12 Bones this week, now you have the next best thing.

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Customer Reviews

[View larger](#) Smokin' Hot Pork Butt Yield: 8 $\frac{1}{2}$ servings. 1 (5 $\frac{1}{2}$ pound) boneless pork butt. $\frac{3}{4}$ cup 12 Bones Butt Rub. 12 Bones Butt Rub. This is what we use on our big Boston butts, which eventually become pulled pork, before smoking. You can do the same or you can use it on a regular, oven-roasted pork loin, if you want.

This has a rather earthy flavor, which separates it from many store-bought rubs you'll find. It may seem full-flavored at first glance since pork has a neutral flavor, but the fat can easily drown out spices if you go too light. Yield: 4 1/2 cups

1 cup iodized salt
1/4 cup cayenne
2 cups paprika
1/2 cup granulated garlic
1 1/2 tablespoons dry English mustard
2 1/2 tablespoons dry whole oregano
2 1/2 tablespoons seasoning salt
2 1/2 tablespoons fine ground black pepper
1 tablespoon cumin
1 tablespoon ground nutmeg
1 tablespoon cinnamon
1 tablespoon ground allspice

Combine all the ingredients and mix thoroughly. Store what isn't used in an airtight container.

Preparing the Smokin' Hot Pork Butt

When it comes to barbecue, there's an ongoing debate about what truly authentic barbecue really is. In North Carolina, that debate borders on an all-out squabble. In the eastern part of the state, you'll find many who swear that whole hog is the only way to go. Farther out west, particularly in our neck of the woods, we tend to go for big old hunks of meat from the shoulder. It seems like the only thing most factions can agree on is that true barbecue is laced with the flavor of a long, slow roast over hardwood. That's why some may take issue with this recipe, which calls for smoking the meat only halfway, and then finishing it in the oven. For those with a desire to stand outside all day and baste to their heart's content, skip the oven and keep smoking until your pork butt, and all of its connective tissue and fat, have slumped and melted to form the heavenly mess that is perfect barbecue. Look for an internal temperature between 190 and 205°F, and you're done. This recipe is for those who can't, or don't want to, stay outside all day. Using boneless pork butt and finishing it in the oven means you're saving time, not only on the day of, but also the days beforehand. That's because no brining is necessary for this pork butt to turn out plenty moist. And, since the cut is boneless, there will be more nooks and crannies to get the rub inside, which will give it plenty of flavor. Bring this dish to a potluck or summer picnic and you'll be the king of the neighborhood. If you want to pretend you worked at it for 12 hours, we won't tell anyone.

Mix the Butt Rub in just enough water to make a thick paste, which should be about 1/4 cup water. Thoroughly coat the pork butt, making sure to get the seasoning in all the crevices. Soak the wood chips and prepare a grill or smoker for indirect heat between 225 and 240°F, but no higher than 240°F. Smoke the pork butt over indirect heat for 3 to 4 hours, or until a good dark crust forms. The internal temperature should reach about 170°F. Meanwhile, preheat the oven to 300°F. Transfer the pork butt to a roasting pan. Chef Shane says he likes to line the bottom of the pan with some onions and garlic, on top of which he sets the pork butt, which keeps it

from sitting in its own fat. Cover the pan with foil, tenting the foil to make sure it doesn't touch the butt. Finish in the oven until the internal temperature reaches 190 to 205°F, which should take about 4 hours. Let the butt rest for about 30 minutes, then slice, pull, or chop it. Serve with the 'Q' sauce of your choice or plain.

Bryan King and Angela King are the co-owners of 12 Bones Smokehouse, where Shane Heavner is the head chef. Over the past decade, 12 Bones has quickly grown into an Asheville institution known best for its rule-breaking take on barbecue classics, such as their Blueberry Chipotle Baby Back Ribs. The restaurant has been featured in a variety of national media, from magazines like Southern Living and Garden & Gun to television networks like ABC, NBC, and the Travel Channel. SHANE HEAVNER is the head chef of 12 Bones Smokehouse. Of the eatery, Bon Appetit wrote, "Everything here is amazing, from the ribs to the corn pudding, but the BLT is ridiculous: house-cured brown-sugar bacon, fried green tomatoes, and pesto mayonnaise on thick slices of wheat bread." Southern Living said, "Blueberry-chipotle ribs - blasphemy or bliss? It's hard to imagine the traditional Southern favorite tweaked to such fruity/spicy terms, yet the taste is terrific." Mackensy Lunsford is a food writer, journalist, and a former chef and restaurant owner. She has covered southern restaurants for a variety of independently-owned media and more recently for Gannett newspapers. She has won numerous journalism awards from The North Carolina Press Association and is a first place national award winner for food writing from the Association of Alternative Newsweeklies. Lunsford also writes and develops recipes for The Coca-Cola Company.

While visiting Asheville recently we stopped by 12 Bones and enjoyed a long, slow lunch... OMG, great food, not a bad item on the menu. When I found that they had a cookbook I had to buy it. The book starts out with a great primer on prepping your pantry and making their basic BBQ sauces and rubs. The instruction given on slow and low meat smoking reset my old smoking technique and I'm not looking back. My BBQ weapon of choice is a Green Egg and the low and slow approach compliments its smoking capabilities. Read their choice of woods for specific meats, spot on. And it's not just the meat smoking recipes that are a hit, spend some time in section VI: Rib-Sticking Sides. The Black-Eyed Peas with Jalapenos and Smoked Potato Salad are to die for. In section V, The Fried Green Tomato and Collard Green recipes are hits. Well written and understandable for even the weekend BBQ Chef.

This wonderful cookbook inspired fond memories of my mother and grandparents huge kitchen garden. Fresh vegetables with hot cornbread cooked in a cast iron pan make me long for a cornbread cake with hot butter. The recipes included are straight from the heart of a southern cook. Cooked with love from scratch. Their barbecue sauces are so good you will do a little whooping dance every time you make it. You won't find any fast food meals at 12 Bones. That is why people who grew up here head in the direction of the stock yard and the River Arts District when we want something like collard greens, pinto beans, fried green tomatoes or ribs or barbecue. If you are close by, do drop in for a mouth watering meal. If you want to discover a chef's secret door to heaven, then grab a copy of 12 Bones COOKBOOK. After following some of these delicious recipes your friends will be impressed. Your family and your tummy will thank you for it (as will Bryan, Angela, and Chef Shane. :)

Best cookbook I have ever bought. I had the pleasure of eating there when I was in Asheville on business and had to get some of their recipes to try back home. The BBQ sauce alone is worth the purchase. We have made 10 recipes so far and every single one is a hit. This is a great gift for people who like to smoke meats and cook for picnics, family reunions, pot lucks, etc. I couldn't be happier with this.

I found a great many recipes I bookmarked to try (more than I usually do). Now I need to wait for the rainy season to end so I can go for long smokes.

Given as a gift--but recipient was thrilled! Have eaten at the 'restaurant' several times and raved to friends and family that it was a 'must' on a destination: Asheville trip. Glad that they are finally sharing recipe info. The ribs (especially Blueberry Chipotle) are excellent, but even the unique seasonings of the sides--collards and smoked potato salad picqued our curiosity. A great read for the amateur smoker and average foodie.

Not only a great cookbook but a history of the author's journey and an occasional aside as to what may be expected for a more challenging recipe.

Every recipe that we have tried has been wonderful. The smoked turkey has been a revelation, we didn't like turkey before we tried this recipe, now I am always on the lookout for turkey specials and will smoke one at the drop of a hat. We have tried both brines for the turkey and actually prefer the

chicken brine, but that is a matter of taste. Would highly recommend this to anyone.

I eat at 12 Bones for the first time this fall, and when I found out they had a cookbook I bought it immediately. It's great we made the Damm Good Corn Pudding for thanksgiving and everyone enjoyed it. My boy scouts had a turkey for their family's, and we used the chicken rub. It was great.

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