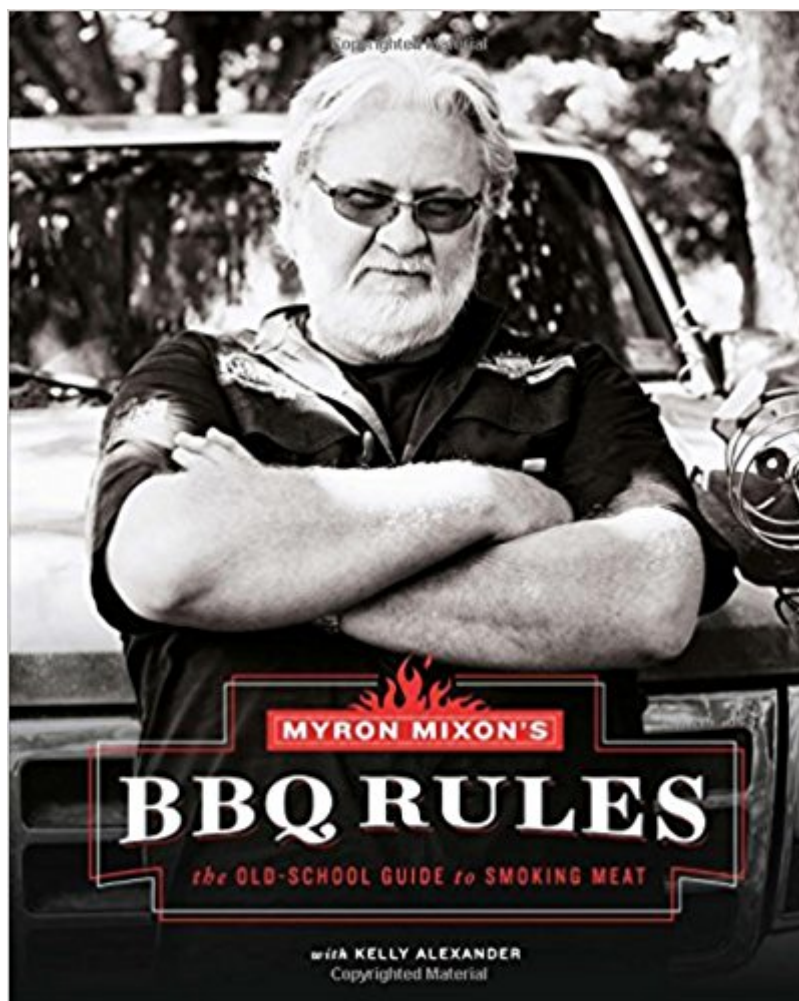


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# Myron Mixon's BBQ Rules: The Old-School Guide To Smoking Meat



## Synopsis

New York Times bestselling author and star of Destination America<sup>™</sup>s BBQ Pitmasters Myron Mixon goes back to the basics of backyard pit barbecuing with *BBQ Rules*, offering readers essential old-school barbecue techniques and 50 classic recipes. In barbecue, "old-school" means cooking on a homemade coal-fired masonry pit, where the first step is burning wood to make your own coals, followed by shoveling those coals beneath the meat and smoking that meat until it acquires the distinct flavor only true pit-smoking can infuse. With easy-to-follow, straightforward instruction, America<sup>™</sup>s pitmaster shows you how and also demonstrates methods for cooking on traditional gas and charcoal grills common in most backyards. The book is divided into four parts: "Meat Helpers, The Hog, Birds, The Cow" and features recipes and methods, including: Pit Smoked Pulled Pork, North Carolina Yellow Mustard-Based Barbecue Sauce, Prize-winning Brisket, Smoked Baby Back Ribs, Thick and Smoky T-Bone Steaks. Presenting step-by-step illustrations on building a pit, managing a fire, selecting meats for the pit and the best wood to burn in it, and more, Mixon offers all of the fundamental lessons to becoming a champion backyard pitmaster. Filled with Mixon's southern charm, personal stories, and never-before-shared methods, *BBQ Rules* is a down-home, accessible return to old-school pit smoked barbecue.

## Book Information

Hardcover: 240 pages

Publisher: Harry N. Abrams (April 19, 2016)

Language: English

ISBN-10: 1617691844

ISBN-13: 978-1617691843

Product Dimensions: 7.9 x 1 x 9.8 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 131 customer reviews

Best Sellers Rank: #82,085 in Books (See Top 100 in Books) #80 in Books > Cookbooks, Food & Wine > Outdoor Cooking > Barbecuing & Grilling #94 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > South #203 in Books > Cookbooks, Food & Wine > Celebrities & TV Shows

## Customer Reviews

Myron Mixon has won more than 200 grand BBQ championships. He is the New York Times bestselling author of *Smokin<sup>™</sup>* with Myron Mixon and *Everyday Barbecue* and the star of

Destination Americaâ€™s BBQ Rules, BBQ Pitmasters, and BBQ Pit Wars. He lives in Unadilla, Georgia. Kelly Alexander is a former Saveur senior editor and the winner of a James Beard Journalism Award. She lives in Durham, North Carolina, and teaches food writing at Duke University.

I am really enjoying Myron's latest book, both for the recipes as well as the stories of his father Jack and South Georgia. The book gives good advice and techniques whether you are cooking a simple dish or a whole hog. Remember, low and slow!

I am new to smoking meat and this book gets 5-stars for covering the basics. Lots of the instructions for cooking the various meats on a charcoal pit, which nobody really uses, but Myron also includes instructions for smokers. Myron is giving us a lot of step by step instructions for choosing, preparing and smoking meat, which I like, but don't expect to see any of his award-winning secrets. There's also not a peep said about injecting. When he gives instructions for smoking brisket, he says to smoke it for 4 hours then lets it rest for 2. Yet I just watched an episode of BBQ Pitmaster where he put the brisket in his H2O smoker at 3:30am for a 1:30pm turn-in. Definitely more than 4 hours in the smoker! For a beginning like me, I love the book. My biggest reason for giving it 4 stars is that the print in the hardcover is so dang small. Should have maybe ordered the download version but I like having the book in my hand when I'm standing in my kitchen or at my smoker.

Excellent book by one of the leading pit masters. This is both a good read (with lots of tribute to Myron's father who led him on his path to professional BBQ) and excellent advice on building your own pit and creating excellent backyard BBQ. This is a great book which celebrates the wonderful art of BBQ. This and Smokin are his two best books in my opinion.

Didn't expect much from the book. But Myron reinforcement of old school masonry style pits are the best. The reading and advice are simple techniques most often lost in the world of the next and greatest technique/tools for BBQing. You don't need the latest and greatest to produce good BBQ, KISS method.

The book is a wonderful blend of bbq history, instruction, clarity and personal growth of Myron. I love it and recommend you add it to your bbq repertoire. I plan to buy a few folks copies this year for gifts!!

Unfortunately I don't have sufficient room in my yard to build a BBQ pit as designed in this book nor do I have the funds to buy a top-notch smoker. Still, this is a useful book to have which contains many suggestion concerning the preparation of meats and use of spices.

I did not expect Myron to give away the store so to speak since he sells his products -BUT - like humor me a little bit and give me AT LEAST ONE RUB RECIPE???? Come on - very disappointing

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Old school BBQ pit (cinder block) approach and instructions with great recipes. What else do you need. He also covers more modern smokers too, but his love of an old school pit is beyond doubt.

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