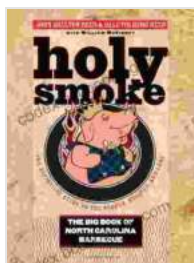


Holy Smoke: Embark on a Mouthwatering Journey through the World of North Carolina Barbecue

Prepare yourself for a tantalizing adventure as we delve into the pages of "Holy Smoke: The Bible of North Carolina Barbecue," a culinary masterpiece that celebrates the rich history and diverse flavors of this iconic American delicacy. This highly acclaimed book, written by John Shelton Reed, is the definitive guide to North Carolina's barbecue scene, providing an in-depth exploration of its origins, traditions, and regional variations.

A Culinary History of North Carolina Barbecue

The story of North Carolina barbecue begins centuries ago, with Native American tribes using primitive methods to cook meat over open flames. As European settlers arrived, they brought their own culinary traditions, and the art of barbecue evolved into a unique blend of cultures.



Holy Smoke: The Big Book of North Carolina Barbecue

by John Shelton Reed

★★★★☆ 4.6 out of 5

Language : English

File size : 10226 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Word Wise : Enabled

Print length : 328 pages

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Reed traces the development of North Carolina's distinct barbecue styles, from the eastern coastal regions where whole hogs are slowly cooked over indirect heat to the western Piedmont, where smaller cuts of meat are grilled over direct flames. Along the way, we encounter legendary pitmasters and barbecue shacks that have become pilgrimage destinations for barbecue enthusiasts worldwide.

The Four Cornerstones of North Carolina Barbecue

According to Reed, there are four essential elements that define authentic North Carolina barbecue:

1. **Whole hog:** The traditional method used in eastern regions, where the entire pig is cooked low and slow over indirect heat, resulting in tender, juicy meat.
2. **Shoulder:** Also known as "pulled pork," this is the most popular cut of meat used in western Piedmont barbecue. It is cooked over direct heat, giving it a smoky, caramelized flavor.
3. **Lexington-style:** Originating in the city of Lexington, this barbecue is made with pork shoulder that is cooked over hot coals and basted in a tangy vinegar-based sauce.

Sauce: North Carolina barbecue sauces are vinegar-based, typically made with apple cider vinegar, brown sugar, and spices. They range from mild and sweet to bold and tangy.

Regional Variations and the Barbecue Trail

North Carolina's diverse geography has given rise to numerous regional variations in barbecue. Reed provides detailed maps and descriptions of

each region, highlighting the unique styles and renowned barbecue joints that have made them famous.

He guides readers along the "North Carolina Barbecue Trail," a culinary adventure that connects over 200 barbecue restaurants and landmarks across the state. From hole-in-the-wall shacks to award-winning establishments, the trail offers an unparalleled opportunity to experience the full spectrum of North Carolina's barbecue culture.

Interviews with North Carolina Barbecue Legends

One of the highlights of "Holy Smoke" is its in-depth interviews with legendary North Carolina pitmasters, including:

- **Sam Jones:** Known as "Mr. Lexington Barbecue," Jones is credited with popularizing the Lexington-style barbecue.
- **Wilber Shirley:** The patriarch of the Shirley family, renowned for their whole-hog barbecue in Goldsboro.
- **Ed Mitchell:** A barbecue master from Shelby, famous for his mouthwatering pulled pork sandwiches.

These interviews provide invaluable insights into the techniques, traditions, and passion that drive the men and women who have shaped North Carolina's barbecue scene.

Beyond the Meat: Sides and Sauces

While the meat is the star of the show, Reed also delves into the supporting cast of sides and sauces that complement North Carolina barbecue. He explores the history and variations of traditional sides like coleslaw, hush

puppies, and Brunswick stew, and provides recipes to help readers recreate these classic accompaniments.

The book also features a comprehensive guide to North Carolina barbecue sauces, describing the different types, ingredients, and flavor profiles. Whether you prefer a mild and tangy sauce or a bold and spicy one, Reed's guide will help you find the perfect complement to your barbecue meal.

More Than Just Food: The Cultural Significance of Barbecue

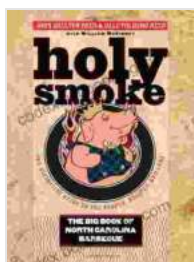
Beyond its culinary merits, Reed argues that North Carolina barbecue holds a deep cultural significance for the state and its people. He explores the role of barbecue in social gatherings, family traditions, and community events. From church picnics to political rallies, barbecue has become an integral part of the fabric of North Carolina life.

Reed also highlights the economic impact of the barbecue industry, which generates millions of dollars annually and supports local businesses throughout the state.

"Holy Smoke: The Bible of North Carolina Barbecue" is a comprehensive and engaging guide to this beloved American culinary tradition. With its in-depth history, detailed descriptions of regional variations, and firsthand accounts from legendary pitmasters, this book is an essential companion for barbecue enthusiasts and anyone interested in the rich culture of North Carolina.

Whether you are planning a road trip along the North Carolina Barbecue Trail, perfecting your own barbecue recipes, or simply learning more about

this iconic dish, "Holy Smoke" is the ultimate resource for immersing yourself in the world of North Carolina barbecue.



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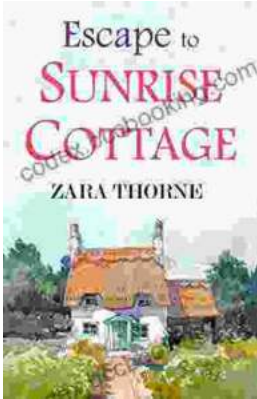
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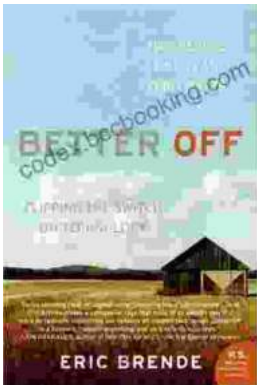
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