Sauces/Dressings

- BBQ Rub (for smoking)
- Bourbon BBQ Glaze
- Buttermilk Ranch Dressing
- Chile de Arbol Salsa
- Chili Oil
- Creamy Jalapeño Sauce
- Creamy White Sauce
- Gochujang Aoli
- Mayonnaise
- Salsa Verde
- Sweet BBQ Rub

BBQ Rub (for smoking)

Ingredients:

- 1/2 cup black pepper
- 1/4 cup salt
- 1/4 cup paprika
- 1/4 cup brown sugar
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Dash of sage

Directions:

1. Mix ingredients together

Bourbon BBQ Glaze

Ingredients:

- 1 cup brown sugar
- 1/3 cup mustard
- 3 Tbsp apple cider vinegar
- 3 Tbsp bourbon
- 1 Tbsp hot sauce (I usually sneak in a bit more)
- 1 Tbsp BBQ rub

Directions:

1. Mix ingredients together in a cold saucepan
2. Allow the glaze to warm through, but lower the heat if it starts to boil
3. Brush meat with the warmed glaze

Buttermilk Ranch Dressing

Ingredients:

- 1 cup mayo
- 1/2 cup sour cream
- 3/4 cup buttermilk
- 3 tsp onion powder
- 1 tsp garlic powder
- 1 tsp sugar
- 1/2 tsp MSG
- 1/2 tsp salt
- 2 tsp white vinegar
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh dill, chopped
- 1/4 cup fresh chives, chopped

Directions:

1. Mix ingredients together
2. Allow to chill for 1 hour

Notes:

1. This will be a slightly runny ranch. If you like it thicker, start with 1/2 cup buttermilk and increase if desired. It will thicken up a bit in the fridge.

Chile de Arbol Salsa

Spice level: 7/10

Ingredients

- 1 oz dried chile de arbol chiles
- 3 cloves garlic
- 2 large tomatoes
- 1 tsp salt
- juice of one lime (optional)

Directions

1. Add the chiles to a pot and cover with water. Bring to a boil.
2. Once boiling, turn the heat off, cover the pot, and let the chiles soak until soft, 10-15 minutes.
3. Remove the stems from the chiles and add to a blender with the remaining ingredients. Blend until smooth.
4. Taste for salt and season as needed

Chili Oil

Servings: one 8 oz jar

Ingredients:

- 6 oz oil (I use avocado, anything neutral will work fine - don't use olive).
- 2 tbsp chili flakes, more or less depending on heat, this recipe is for medium (I use these for mild and these for spicy)
- 1 tbsp shallot, minced
- 2 cloves garlic, minced
- 1 green onion, whites finely chopped and greens cut into 1" pieces
- 1/2" piece of ginger, minced
- 1 tsp salt
- 1/2 tsp Chinese five spice
- 1/4 tsp sugar

Directions:

1. Add everything except the oil into the bottom of your jar
2. Heat your oil on the stove until it reaches 325°F-350°F. *Carefully* pour the oil over the ingredients in your jar. You may need to wait for the bubbling to subside before adding more.
3. Stir the oil around the solids, put the lid on your jar, and let it sit until it reaches room temperature. Store at room temperature or in the fridge (it will last about 2 months at room temp, much longer in the fridge).

Uses:

I use this oil all the time. Some of my favorite ways to use it are:

- Drizzle it on pizza
- Toss some ramen noodles pad Thai in it
- Add it to a salad dressing
- Add it to a marinade
- Mix it into fried rice
- Drizzle it over ricotta
- Put it in a rice bowl or stir fry (like beef and broccoli)
- Put it on meat

Creamy Jalapeño Sauce

Ingredients:

- 1-1.5 lbs jalapeños
- 2-3 cloves garlic, peeled (optional)
- 1/3-1/2 cup avocado oil

Directions:

1. Turn your oven broiler to the highest setting.
2. Rinse your jalapeños in cold water, then pat completely try. Place onto a baking tray and cover lightly with oil.
3. Place the pan under the broiler and roast until blackened (6-8 minutes). Remove the pan, flip the jalapeños over, and roast on the remaining side (4-5 minutes). Remove the pan from the broiler and add to a metal bowl, covering with plastic wrap. Allow to cool to room temperature, about 30 minutes.
4. Remove the jalapeños from the bowl and peel the burnt outer layer off (rubbing with a paper towel is useful for this), then add to a blender with the garlic (if using).
5. Blend on high until smooth (sometimes a splash of water is needed at the beginning to loosen things up), slowly adding the oil until the sauce becomes thick and creamy. Pour into a container and store in the fridge.

Note: This can be very mild or very spicy, it depends on the jalapeños. Proceed with caution, since the sauce is about 90% peppers.

Note 2: If you're an insane person, you can make this with habaneros instead of jalapeños... it's much spicier but it hurts so good!

Creamy White Sauce

Ingredients:

- 1/2 c sour cream
- 1/4 c mayonnaise
- 1 tbsp prepared horseradish
- 1 tsp worcestershire sauce
- 1/2 tsp lemon juice
- Salt and pepper, to taste

Directions:

1. Mix ingredients together

Gochujang Aoli

Ingredients:

- 2 tbsp gochujang paste
- 2 tbsp mayo
- 2 tsp lemon juice

Directions:

1. Mix ingredients together

Mayonnaise

Ingredients:

- 3 egg yolks
- 1 tsp dijon mustard
- 1/2 tsp lemon juice
- 1-1.5 c avocado oil (see below for oil types)
- Salt and pepper, to taste

Directions:

1. In a food processor, combine the egg yolks, dijon mustard, lemon juice, a splash of your oil, and a splash of water.
2. Blend on high for 15 seconds, then start slowly streaming in your oil. Stream it in slowly until the mayonnaise starts coming together. You can blend for as long as you want, constantly adding oil, but note that it will continue to thicken as you add oil. Don't over blend or it will break.
3. Taste the mayonnaise when you like the consistently, then add some salt and pepper to taste (you can omit the pepper if you don't want to see it in the finished mayonnaise).

Note: This will only keep in the fridge for about a week before it starts to break down, so making small batches as needed is your best bet.

Oils:

	Will it taste normal?	Is it healthy?
Canola	Yes	No (please stop using it)
Grapeseed	Yes	No
Olive	No	Yes
Avocado	Yes	Yes

Salsa Verde

Ingredients:

- 1.5-2 lbs tomatillos
- 1 bunch cilantro
- 1 white onion, peeled and quartered (red onion also works for a bit of a twist)
- 1-2 jalapenos (optional, I usually leave them out when making for a group)
- ~1/4 cup lime juice (to taste)
- salt (to taste)

Directions:

1. Turn your oven broiler to the highest setting.
2. Peel and rinse your tomatillos (and jalapenos, if using) in cold water, then pat completely try. Place onto a baking tray and cover lightly with oil.
3. Place the pan under the broiler and roast until blackened (6-8 minutes). Remove the pan, flip the tomatillos (and jalapenos) over, and roast on the remaining side (4-5 minutes). Remove the pan from the broiler and allow to cool slightly.
4. Add the roasted tomatillos (and jalapenos) to a blender, followed by the onion and cilantro. Blend until smooth, adding a bit of water if necessary.
5. Add lime juice and salt to taste, continuing to blend.
6. Pour into a bowl and place into the refrigerator or cool over an ice bath.

Sweet BBQ Rub

Ingredients:

- 1 cup Brown Sugar
- 1 cup Granulated Sugar
- 1/2 cup Salt
- 1/3 cup Chili Powder
- 1/4 cup Paprika
- 6 tbsp Black Pepper
- 3 tbsp Onion Powder
- 3 tbsp Garlic Powder
- 3 tbsp Ground Cumin
- 1 tbsp Cayenne Pepper

Directions:

1. Mix ingredients together