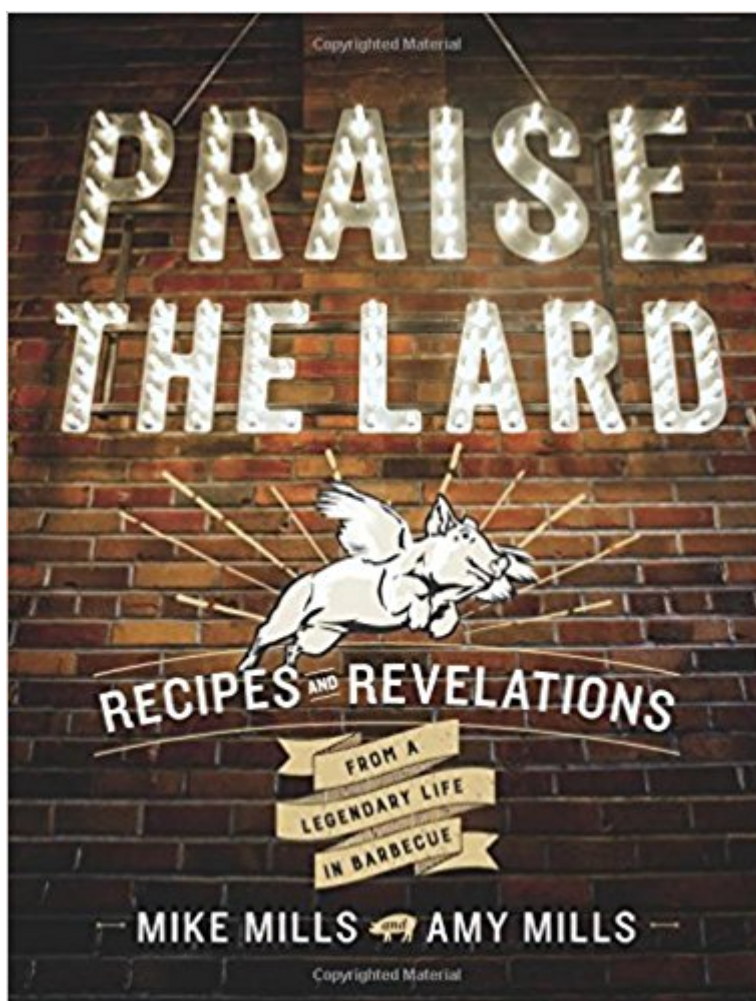


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# Praise The Lard: Recipes And Revelations From A Legendary Life In Barbecue



## Synopsis

Signature recipes and wisdom from the country's foremost pitmaster Mike Mills and Amy Mills, the dynamic father-daughter duo behind the famous 17th Street Barbecue, are two of the most influential people in barbecue. Known as "The Legend," Mike is a Barbecue Hall-of-Famer, a four-time barbecue World Champion, a three-time Grand World Champion at Memphis in May (the Super Bowl of Swine), and a founder of the Big Apple Block Party. A third-generation barbecuer, Amy is the marketing mind behind the business, a television personality, and industry expert. *Praise the Lard*, named after the Mills' popular Southern Illinois cook-off, now in its thirtieth year, dispenses all the secrets of the family's lifetime of worshipping at the temple of barbecue. At the heart of the book are almost 100 recipes from the family archives: Private Reserve Mustard Sauce, Ain't No Thang but a Chicken Wing, Pork Belly Bites, and Prime Rib on the Pit, Tangy Pit Beans, and Blackberry Pie. With hundreds of food photos, candid photos, and illustrations, this book is as rich as the Mills' history.

## Book Information

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## Customer Reviews

[View larger](#) Majestic Prime Rib from *Praise the Lard* Makes 18 to 20 servings, more if sliced thin. Slowly pit-cooked for a beautifully smoky, decadently rich interior clad in a savory crusty char, this impressive roast is the star of any meal. Prime and choice grades are both delicious, but prime will be markedly more marbled—truly a cut above. Serve the roast with classic horseradish cream or bright, fresh, garlicky chimichurri sauce. Note: After you take the roast off the cooker, the internal temperature will rise while the meat rests—and the higher the cooking temperature has

been, the longer the meat will continue to cook in its resting state. So you can be confident that the end pieces will be more done for folks who prefer their prime rib that way, while slices from the middle will have a perfectly rare center.

**Directions** Prep the meat: Remove the outer membrane from the top of the roast and the excess fat from the roll of the roast. At least 20 minutes before cooking, sprinkle the entire piece of meat generously all over with dry rub. Set the roast on a baking sheet, loosely cover with plastic wrap, and refrigerate until you're ready to put it on the cooker. Note: You can dust the meat with rub up to 1 hour prior to cooking, but if it sits much longer than that, the salt in the rub will begin to pull moisture from the meat. Set up the cooker for indirect-heat smoking: Open the top and bottom vents. Pile 3 pounds of the charcoal in one half of the cooker, leaving the other half empty. Load a charcoal chimney one-quarter full of charcoal and light it. When the coals in the chimney are glowing, dump them on top of the pile of charcoal in the cooker. Set half the wood on top of the coals, replace the grate, and put the meat on the cooker, bottom (flatter) side down, over the side with no coals (the indirect cooking area). Close the lid. Don't open the cooker for 1 hour, but keep a close eye on the temperature (see page 84 for how best to assess and monitor cooker temperature); when it reaches 275°F, which might happen very quickly, close the vents about halfway so that less air comes in to feed the fire and the heat in the cooker rises slowly. Let the temperature climb to between 285°F and 300°F (see page 77 for how to determine your target temperature). Maintain your target temperature for the duration of the cook. Throughout the entirety of the cook, be on the lookout for fluctuations in cooker temperature; whenever it dips more than 5°F below target and opening the vents isn't sufficient to bring it back up, it's time to add a few hot coals. Reload and light the chimney as needed. If at any point the temperature climbs above your target by more than 5°F, close the top and bottom vents further so that even less air comes in to feed the fire. After an hour, open the lid and check the edge of the meat closest to the fire. If it looks like it's beginning to brown, rotate the meat, moving the side that is farthest away closest to the fire. Never flip the roast over; instead continue rotating it so each of the four sides cooks evenly. Use an instant-read thermometer to check the temperature of the meat: Insert the probe into the middle of the roast; you're looking for a slow and steady climb toward 110°F. After the first round of wood burns, add the rest. After the meat has been on the cooker for 2 to 4 hours, check for doneness: If the probe slides in easily, the meat is nearly done. For rare, take the meat off the cooker when the internal temperature reaches between 110°F and 115°F; for medium-rare, 118°F to 120°F. Set it on a cutting board to rest, uncovered, for 20 to 30 minutes before carving. Carve into 1-inch-thick slices (thinner for sandwiches) and serve with Horseradish Cream

and/or Chimichurri Sauce alongside.     Ingredients     One 13- to 14-pound boneless prime rib roast (prime or choice)     Texas Forever Brisket Rub (recipe follows)     Horseradish Cream (recipe follows) or Chimichurri Sauce (page 173), for serving     8 to 10 pounds good-quality lump charcoal     2 small (8-inch) pieces of apple wood or post oak or 4 store-bought chunks

There are no two names more lovingly synonymous with barbecue scripture than Mike Mills and Amy Mills, the dynamic father-daughter duo out of Murphysboro, Illinois, whose new barbecue bible *Praise the Lard* is sure to become gospel to aspiring pitmasters and home smokers alike. Mike, whose infectious passion and charm inspired me to bring regional barbecue to New York City, understands instinctively that barbecue "with all its ritual and tradition" is the very essence of hospitality. Whether you're a seasoned pro or new to the pit, Mike and Amy patiently walk you through the process from whole hog to the very last fixin', peppering in plenty of personality and helpful tips along the way. *Praise the Lard* guarantees a trip to the altar of "cue." Danny Meyer, CEO, Union Square Hospitality Group "A must for anyone who loves BBQ. There is not a human on earth who I admire more when it comes to smoking meat. They call Mike Mills 'the legend' and believe it or not, I think that label is an understatement." Michael Symon, James Beard Award-winning chef, restaurateur, television personality, and author "For years, we've been fans of Mike, Amy, and the 17th Street Barbecue crew trading cocktails for ribs every summer during the Big Apple Barbecue Block Party in New York City. This book represents the perfect invitation for readers to join that world. The recipes are incredible, but the stories and soul expressed on its pages are what make this a truly special read." Will Guidara and Daniel Humm, Eleven Madison Park, NoMad, and Make It Nice Barbecue is in the blood of this father and daughter duo, who share a definite fondness for hog fat, beef tallow, and the barbecue "holy trinity" of seasoning, smoke, and sauce. Champion pitmaster Mike is a partner at New York's Blue Smoke and overseer of the 17th Street Bar & Grill in Murphysboro, Ill. Amy runs OnCue, a barbecue consultancy. Here they provide 100 family recipes, some more down-home than others. Brisket dumplings, for example, employ a Korean marinade and a dipping sauce with rice vinegar and pear juice, and their pork belly porchetta is stuffed with Italian sausage. But in an excellent chapter of pit-smoked meats, poetry and Americana run deep in dishes such as bourbon-buttered reverse-sear double-cut pork chops, and "Meat Me in St. Louis" ribs flavored with apple juice and a raspberry-chipotle sauce. Mason jars become parfait cups for a grits and collard parfait, as well as for a barbecue parfait that begins with layers of Fritos and baked beans and then is topped with whatever leftovers are at hand. The authors take porcine liberties in a chapter of libations that

include a Salty Pig (ironically rimmed with kosher salt) and a Pork and Stormy, with bacon-washed bourbon and ginger beer. " Publishers Weekly "

MIKE MILLS and AMY MILLS are the authors of *Peace, Love, and Barbecue*. Mike owns three 17th Street BBQ's in Murphysboro, Illinois, and two Memphis Champion Barbecue's in Las Vegas. He is a partner in Danny Meyer's Blue Smoke. Amy's OnCue Consulting, the only business seminar of its kind in the world, has incubated barbecue operations across the globe. Mike lives in Murphysboro, Illinois and Amy divides her time between Murphysboro, Illinois and Boston.

Make sure your grill has a thermometer - many do (mine doesn't however). In an email exchange the author notes: "A thermometer on the cooker and one to temp the meat are two must-have tools for barbecue. A thermometer and knowing the grill temperature are necessary for almost all cooking on a grill -- whether it's direct or indirect -- unless you are cooking hamburgers or grilling vegetables -- and even then, it's helpful to know the temperature of the grill itself. Hope this helps!"

Great book by award winning cooks. This is our second book of his and I had to get this one for my father as well. I grew up in southern IL so I loved the intro. We use several of the rubs recipes.

"Praise The Lard" is the most informative and sexy barbecue bible for any slow smoke afficionado who wants to improve the quality of their cooks. Thank you Amy and Mike for letting us go behind the smoke with your family secrets.

Excellent book on BBQ, love the recipes that they included. Was nice to read that what i was doing, was consistent with their procedures and recipes.

Great book. A lot of gems of know-how from a master. Get it!

This book seems to boast more about Mike's accomplishments rather than providing real useful info for someone looking to smoke. The recipes are spot on though. I would recommend this to veteran smokers looking to share notes.

One of the best Bar-B-Que books I've seen.

Yeah, I have have only tried the wings but they were great. Easy to follow recipes.

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