



Kentucky Barbecue Sauces and Marinades

Kentucky barbecue sauces and marinades from Mark Williams, convivium leader and executive chef at the Bourbon Street Cafe, Louisville, Kentucky.

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"Spirit of Henry Bain" Sauce

(While these all call for Woodford Reserve Kentucky Bourbon, comparable substitutes would work.)

Grillin' in Kentucky
Here are some tasty sauce and marinade recipes sampled at a Slow Food Bluegrass event.

One of Slow Food USA's local conviviums, Slow Food Bluegrass held "An evening with Chef Ray Lampke"—dubbed Dr. Barbecue—at the Woodford Reserve Distillery in Versailles, where they craft bourbon, another Kentucky specialty.

The next time you gather your crew for a cookout, try these Woodford Reserve Bourbon recipes from Mark Williams, Slow Food Bluegrass convivium leader and executive chef at the Bourbon Street Cafe, Louisville, Kentucky.

Woodford Reserve Kentucky Bourbon Marinade

Serving Suggestions

Serve with your choice of meat, such as: Filet Mignon of Beef: Have the butcher slice beef tenderloin into 6 or 8 ounce steaks. Bison Tenderloin Steaks: Have the butcher slice a 1- 5 lb. bison tenderloin into 6 or 8 ounce steaks.

Ingredients 2 cups mild olive oil ½ cup garlic, finely chopped ¼ cup fresh rosemary, finely chopped ¼ cup fresh ginger, finely chopped ¼ cup soy sauce ¼ cup Woodford Reserve Kentucky bourbon

Preparation

Mix all ingredients together in a bowl. Place steaks in a shallow pan and pour marinade over steaks. Marinate meat for 6 to 12 hours under refrigeration. Take meat out of refrigeration, cover with film wrap and let come to room temperature (about 30 minutes) before cooking. Grill or sauté meat to desired doneness. Season with salt and pepper. Serve with your favorite steak sauce, with a splash of Woodford Reserve added.

Top

Woodford Reserve Kentucky Bourbon Grilling Sauce 1 cup catsup 1/2 cup apple cider vinegar 1/4 cup peanut oil 1/2 cup brown sugar, firmly packed 1/2 cup lemon juice, freshly squeezed 1/4 cup honey 4 T. whole grain mustard 1/2 cup sweet onion, finely chopped 1/4 cup fresh garlic, finely chopped 1/4 cup fresh ginger, finely chopped 1/4 cup fresh rosemary, finely chopped 1/4 cup soy sauce 1 tsp. red pepper flakes 1 tbs. liquid smoke 1/4 cup Woodford Reserve Kentucky bourbon

Preparation

Combine all ingredients except bourbon in a sauce pan and simmer on stovetop for 10 minutes, stirring occasionally. Take off heat and add bourbon. Sauce can be thinned with water and used to marinate meat before barbecuing.

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Top

Woodford Reserve Kentucky Bourbon Grilling Dry Rub 1/2 cup Woodford Reserve bourbon sugar 1 T. garlic salt 1 T. celery salt 1 T. dried lemon peel 1 T. paprika 1 T. dried rosemary, ground 1 T. cumin 1/2 T. white pepper 1 tsp. red pepper flakes

Top

Woodford Reserve "Spirit of Henry Bain" Sauce

A Louisville favorite for many years, enhanced with Woodford Reserve Kentucky bourbon.

Preparation Time: 5 minutes

Yield: 1 quart

Ingredients 12 oz. Major Grey Chutney 1/4 bottle (about 4 ounces) pickled walnuts 14 oz. catsup 10 oz. A-1 sauce 10 oz. Worcestershire sauce 12 oz. chili sauce hot pepper sauce to taste 4 oz. Woodford Reserve Kentucky bourbon

Preparation

Puree chutney with walnuts in blender or food processor. Mix well with other ingredients. Store in sterilized jars. To create a warm sauce to serve over meat, add 1 cup of beef broth to this recipe and heat on a stove in a medium sized pot until hot.

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