

Santa Maria Style BBQ Grilling

@ IAMBBQ 2018



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Questions:

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- A) Santa Maria BBQ – Quick History
 - a. Chumash Native Americans always cooked over a wood fire.
 - b. Spanish brought the ironwork grill – had large BBQ's after the cattle roundups.
 - c. Ostini Family since 1952 at the original Hitching Post in Casmalia, CA
 - d. Buellton Hitching Post 2 established in 1986
 - e. Pascal Gode - 25+ years Alisal Guest Ranch
- B) How to start a hardwood fire
 - a. Choose your best wood
 - i. Availability
 - ii. Flavor profile
 - iii. Cure and Dry – 6 months or 3 months watered daily
 - b. Scout method – arrange in a teepee shape
 - i. Newspaper wrapped into log shapes
 - ii. Small dry wood kindling
 - iii. Small logs of hardwood
 - c. Keys
 - i. HEAT - Hot bed of coals – takes 30-60 minutes to establish (HP banks last night's coals)
 - ii. AIR (O2) – Maintain good airflow to burn wood cleanly – no smoldering logs.

C) Open Fire Grilling Tips

- a. Always start with a clean grill
 - i. Burn off old (rancid) grease with new fire and foil.
 - ii. Use a wire brush to clean burnt crust off grill
 - iii. Re-season grill surface with fat, bacon, or oil-soaked towel.
- b. Baste your food while grilling (or pre-marinate) – maintain succulent crust
 - i. Red Meats – 1 part garlic vegetable oil, 1 part red wine vinegar
 - ii. White Meats/Fish/Vegetables – 2 parts olive oil, 1 part white wine, 1 part lemon
- c. Season the food – basic salt seasoning mixture (garlic, salt, pepper)
- d. Preserve the juices – all the flavor and essence is in the juices.
 - i. Searing in the juices (sear out the flavors?)
 - ii. High heat forces juices upward. Counteract this by turning often.
- e. Turn, Baste, Season
- f. Grilling is a simple preparation, it is important to use HIGH QUALITY INGREDIENTS.
- g. Avoid the biggest mistake in grilling– OVER COOKING.

- i. Rarer is better – You can always cook something a little more.
- ii. Foods continue to cook after you remove them from the fire

D) Choose your grilling style – Fast or Slow?

- a. HOT & FAST - flip and turn often
 - i. Proteins that are well aged and tender
 - ii. Steaks that have the grain running vertically
 - iii. In general, cuts that are leaner
- b. HIGH & SLOW
 - i. Less tender steaks or roasts, with heavier texture
 - ii. Grain running horizontally – Tiritip, block sirloin
 - iii. Higher fat content

E) Santa Maria BBQ Versatility

- a. Historically – red meats and chicken
- b. Currently – With Ingenuity, almost anything can be grilled.
 - i. Use a perforated pan on the grill – just like sautéing with smoke flavor too.
 - ii. Still working to perfect scrambled eggs.

F) Santa Barbara CA Wines go well with grilled foods.

GRILLING IS FUN

When the fire is lit, the party begins.

If you can't stand the heat, go back to the kitchen!