

SMOKE CHEF

RECIPE BOOK



**Southern
PRIDE**

Wood Burning BBQ Pits & Smokers

NOTES

TABLE OF CONTENTS

<i>Chef's Notes</i>	1
<i>Traditional Recipes</i>	
<i>BBQ Spare Ribs</i>	2
<i>BBQ Beef Ribs</i>	3
<i>BBQ Baby Back Ribs</i>	4
<i>BBQ St. Louis Ribs</i>	5
<i>BBQ Texas Beef Brisket</i>	6
<i>BBQ Half Chickens</i>	7
<i>BBQ Pork Butts</i>	8
<i>BBQ Chicken Breast</i>	9
<i>Smokey Recipes</i>	
<i>Smokey Chicken Wings</i>	10
<i>Smoked Pork Chops</i>	11
<i>Whole Duck</i>	12
<i>Whole Turkey</i>	13
<i>Smoked Turkey Breast</i>	14
<i>Smoked Pork Loin Boneless</i>	15
<i>Smoked Pork Roast</i>	16
<i>Smoked Pork Tenderloin</i>	17
<i>Smoked Top Round</i>	18
<i>Smoked Ham</i>	19
<i>Signature Recipes</i>	
<i>Beef Tenderloin</i>	20
<i>Cornish Game Hens</i>	21
<i>Leg of Lamb</i>	22
<i>Boneless Prime Rib</i>	23
<i>Pico De Gallo/Salsa</i>	24
<i>Cold Smoke</i>	25
<i>Shrimp</i>	26
<i>King Salmon</i>	27
<i>Sides of Salmon</i>	28
<i>Baked Potato</i>	29
<i>Meatloaf</i>	30
<i>General Information</i>	31
<i>Time and Temperature Chart</i>	33
<i>Internal Temperature Chart</i>	34
<i>Cooling and Reheating Information</i>	35

CHEF'S NOTES

Slow-Cook-And-Hold Feature

A Southern Pride “Smoke Chef” oven will work hard for you, both as a smoker and as a slow-cook-and-hold oven without wood chips. You will love the ease of slow cooking, low shrinkage & great flavor

Always remember that these recipes are just a guide line. They will help to get you started but, please feel free to change or experiment with these recipes or call us at 1-800-851-8180. Our Chef will gladly assist you in answering your culinary questions.

Southern Pride would like to remind you that you should always follow your local health code procedures for handling, cooking, holding, cooling and re-heating when it comes to all your food products.

Keep raw foods away from cooked foods and never use the same tray for raw and cooked foods. Always use a sanitized meat thermometer and cooking utensils when probing a products temperature.

When you are cooking a pork butt or pork shoulder for pulled pork you should cook the meat to an internal temperature of 190°. The bone in the meat should remove easily and free from any surrounding meat. When you are cooking these products for slicing you should take the meat to an internal temperature of 170°.

When marinating with any type of acidity (lemon juice or vinegar) only marinate fish for about 20-30 minutes, otherwise the acid in the marinade will start to cook the fish.

For longer cooking times use pre-soaked wood chips for an extended wood chip life. If you have the resource always try to use fresh wood, the sap in the fresh wood gives a better smoke and a less bitter smoke.

BBQ SPARE RIBS

Cook Temp. - 230°F
Cook to desired doneness
(190°F) about 4 hrs.

Hold Temp. - 150°F

Ingredients:

Spare Ribs –12-15 each (3.5-4 lbs. ea.)

2 cups Southern Pride Premium Blend Seasoning, 1 cup Southern Pride Rib Seasoning

Recommended Wood Chips: Southern Pride Special Blend Hickory Wood Chips or Apple Wood Chips

Method:

1. Clean and dry the Spare Ribs.
2. Mix together the Southern Pride Rib Seasoning with the Southern Pride Premium Blend Seasoning, and sprinkle both sides of the Spare Ribs. After seasoning, place the Spare Ribs thick end up on a food rack and place in the Smoke Chef.
3. Load the wood chip box with wood Chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Spare Ribs have completed the cook cycle, the oven will go directly into the hold cycle.
7. When removing the Spare Ribs, place them onto a sheet pan and let them cool for 20 mins. then wrap or cover them and place in the cooler.

BBQ BEEF RIBS

Cook Temp. - 215°F

Hold Temp. - 150°F

Cook to desired doneness

(185°F) about 3 hrs. & 30 mins.

Ingredients:

Beef Ribs - 15-20 each (2-3 lbs.)

2 cups Southern Pride Premium Blend Seasoning, 1 cup Southern Pride Rib Seasoning

Recommended Wood Chips: Southern Pride Special Blend Hickory Wood Chips or Apple Wood Chips

Method:

1. Clean and dry the Beef Ribs.
2. Remove the membrane, mix together the Southern Pride Rib Seasoning with the Southern Pride Premium Blend Seasoning, and sprinkle both sides of the Beef Ribs, place them fat side up on the food racks.
3. Load the wood chip box with wood chips, and place the chip box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Beef Ribs have completed the cook cycle, the oven will go directly into the hold cycle. Let the ribs tenderize in the hold cycle for 1 hr. & 30 mins.
7. When removing the Beef Ribs, place them onto a sheet pan and let them cool for 20 mins. then wrap or cover and place in cooler.

BBQ BABY BACK RIBS

Cook Temp. - 230°F

Hold Temp. - 150°F

Cook to desired tenderness

(190°F) about 2 hrs. & 30 mins.

Ingredients:

Baby Back Ribs – 65 racks (1.5-2 lbs.) using optional rib racks
2 cups Southern Pride Premium Blend Seasoning, 1 cup Southern Pride Rib Seasoning

Recommended Wood Chips: Southern Pride Special Blend Hickory Wood Chips or Apple Wood Chips

Method:

1. Clean and dry the Baby Back Ribs.
2. Remove the membrane, and then score the fat side of the Ribs.
3. Mix together the Southern Pride Rib Seasoning with the Southern Pride Premium Blend Seasoning, and sprinkle both sides of the Baby Back Ribs. After seasoning, place the Baby Back Ribs thick end up on a rib rack, and then place in the Smoke Chef.
4. Load the wood chip box with Wood Chips, and place the box on the smoker element.
5. Close and latch the door on the Smoke Chef.
6. Select the cook time and temperature setting, and then select the hold temperature setting.
7. After the Baby Back Ribs have completed the cook cycle, the oven will go directly into the hold cycle.
8. When removing the Baby Back Ribs, place them onto a sheet pan, and let them cool for 20 mins. then wrap or cover and place in cooler.

BBQ ST. LOUIS RIBS

Cook Temp. - 230°F
Cook to desired doneness
(190°F) about 3 hrs.

Hold Temp. - 150°F

Ingredients:

St. Louis Ribs - 65 each (2.25 - 2.75 lbs. ea.) on optional rib racks
2 cups Southern Pride Premium Blend Seasoning, 1 cup Southern Pride Rib Seasoning

Recommended Wood Chips: Southern Pride Special Blend Hickory Wood Chips or Apple Wood Chips

Method:

1. Clean and dry the St. Louis Ribs.
2. Remove the membrane, and score the fat side of the Ribs.
3. Mix together the Southern Pride Rib Seasoning with the Southern Pride Premium Blend Seasoning, and sprinkle both sides of the St. Louis Ribs. After seasoning place the St. Louis Ribs, thick end up, on a wire rib rack and place in the Smoke Chef.
4. Load the wood chip box with wood Chips, and place the box on the smoker element.
5. Close and latch the door on the Smoke Chef.
6. Select the cook time and temperature setting, and then select the hold temperature setting.
7. After the St. Louis Ribs have completed the cook cycle, the oven will go directly into the hold cycle.
8. When removing the St. Louis Ribs, place them onto a sheet pan and let them cool for 20 mins. then wrap or cover them and place in the cooler.

BBQ TEXAS BEEF BRISKET

Cook Temp. - 190°F
Cook to desired doneness
(170°F) about 14 hrs.

Hold Temp. - 150°F

Ingredients:

Beef Brisket –10 ea. (12-14 lbs.)

3 cups Southern Pride Premium Blend Seasoning

Recommended Wood Chips: Southern Pride Special Blend Hickory Wood Chips, Pecan or Apple Wood Chips

Method:

1. Clean and dry the Beef Brisket.
2. Aggressively rub both sides of the Beef Brisket with Southern Pride Premium Blend Seasoning. After seasoning, place the Beef Brisket, fat side up, on a wire rack and place it in the Smoke Chef (2 ea. Beef Brisket per rack).
3. Load the wood chip box with wood Chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Beef Brisket has completed the cook cycle, the oven will go directly into the hold cycle.
7. Remove the Beef Brisket, place it onto a sheet pan and let it cool for 20 mins. then wrap or cover them and place in the cooler.

BBQ HALF CHICKENS

Cook Temp. - 225°F

Hold Temp. - 150°F

Cook to desired doneness

(165°F) for breast, (180°F) in thigh joint about 3hrs. & 45mins.

Ingredients:

Half Chickens - 40 halves (1.5 lbs. 1/2 chickens.)

1 cup Southern Pride Premium Blend Seasoning, 1 cup Garlic Pepper Seasoning

Recommended Wood Chips: Southern Pride Special Blend Hickory Wood Chips or Apple Wood Chips

Method:

1. Clean and dry the Chicken Halves.
2. Mix together the Garlic Pepper Seasoning with the Southern Pride Premium Blend Seasoning, and sprinkle both sides of the halved chickens, skin side last. After seasoning, place the Chicken Halves skin side up on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood Chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Chicken Halves have completed the cook cycle, the oven will go directly into the hold cycle.
7. When removing the Chicken Halves, place them onto a sheet pan and let them cool for 20 mins. then wrap or cover them and place in cooler.

BBQ PORK BUTTS

Cook Temp. - 240°F

Hold Temp. - 150°F

Cook to desired doneness

about 8-10 hrs. 170°F sliced/190°F pulled

Ingredients:

Pork Butts - 30 ea. (7-9 lbs.)

3 cups Southern Pride Premium Blend Seasoning

Recommended Wood Chips: Southern Pride Special Blend Hickory Wood Chips or Apple Wood Chips

Method:

1. Clean and dry the Pork Butts.
2. Aggressively rub all sides of the Pork Butts with Southern Pride Premium Blend Seasoning. After seasoning, place the Pork Butts fat side up on a wire rack and place in the Smoke Chef - (6 ea. Pork Butts per rack).
3. Load the wood chip box with wood Chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Pork Butt has completed the cook cycle, the oven will go directly into the hold cycle. Hold for 1-2 hrs.
7. Remove the Pork Butt, place it onto a sheet pan and let it cool for 20 mins. then wrap or cover them and place in the cooler.

BBQ CHICKEN BREAST

Cook Temp. - 250°F

Hold Temp. - 150°F

Cook to desired doneness

(165°F) about 1 hr. & 30 mins.

Ingredients:

Chicken Breast - 60 each (4-8 oz.)

1 cup Southern Pride Premium Blend Seasoning, ¼ cup Herb Garlic Seasoning, ¼ cup Olive Oil

Recommended Wood Chips: Apple Wood Chips or Southern Pride Special Blend Hickory Wood Chips

Method:

1. Clean and dry the Chicken Breast.
2. Mix together the Herb Garlic Seasoning, and the Southern Pride Premium Blend Seasoning. Lightly brush the Chicken Breast with olive oil and season the Chicken Breast. After seasoning, place the Chicken Breast on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Chicken Breast has completed the cook cycle, the oven will go directly into the hold cycle.
7. When removing the Chicken Breast, place it onto a sheet pan and let it cool for 20 mins. then wrap or cover them and place in the cooler.

SMOKEY CHICKEN WINGS

Cook Temp. - 225°F

Hold Temp. - 150°F

Cook to desired doneness

(180°F) about 1 hr. & 20 mins.

Ingredients:

Chicken Wings - 400 ea. (1st & 2nd Sections)

1 cup Southern Pride Premium Blend Seasoning

Recommended Wood Chips: Southern Pride Special Blend Hickory Wood Chips or Mesquite Wood Chips

Method:

1. Clean and dry the Chicken Wings.
2. Season the Chicken Wings with Southern Pride Premium Blend Seasoning, sprinkling both sides. After seasoning, place the Chicken Wings on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood Chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Chicken Wings have completed the cook cycle, the oven will go directly into the hold cycle.
7. When removing the Chicken Wings, place them onto a sheet pan and let them cool for 20 mins. then wrap or cover them and place in the cooler

SMOKED PORK CHOPS

Cook Temp. - 225°F

Hold Temp. - 150°F

Cook to desired doneness

(145°F) about 2 hrs.

Ingredients:

Boneless Pork Chops - 80 ea. (7-8 oz.)

1 cup Southern Pride Premium Blend Seasoning, 1 cup Dark Brown Sugar,

½ cup Garlic Pepper Seasoning, ¼ cup Cajun Seasoning

Recommended Wood Chips: Apple Wood Chips or Southern Pride Special Blend Hickory Wood Chips

Method:

1. Clean and dry the Pork Chops.
2. Mix together the Cajun Seasoning, Garlic Pepper Seasoning, Southern Pride Premium Blend Seasoning and Dark Brown Sugar; sprinkle both sides of the Pork Chops. After seasoning, place the Pork Chops on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Pork Chops have completed the cook cycle, the oven will go directly into the hold cycle.
7. When removing the Pork Chops, place them onto a sheet pan and let them cool for 20 mins. then wrap or cover them and place in the cooler.

WHOLE DUCK

Cook Temp. - 225°F

Hold Temp. - 150°F

Cook to desired doneness

(160°F) about 2 hrs. & 20 mins.

Ingredients:

Whole Duck - 20 ea. (4-5 lbs.)

1 cup Southern Pride Premium Blend Seasoning, ½ cup Asian Grill & Stir Fry Seasoning, ½ cup Lime Pepper Seasoning

Recommended Wood Chips: Apple Wood Chips or Southern Pride Special Blend Hickory Wood Chips.

Method:

1. Clean and dry the Whole Duck.
2. Mix together the Lime Pepper Seasoning, the Southern Pride Premium Blend Seasoning and the Asian Stir Fry Seasoning. Sprinkle both sides of the Whole Duck, breast side last. After seasoning, place the Whole Duck, breast side up, on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Whole Ducks have completed the cook cycle, the oven will go directly into the hold cycle.
7. When removing the Whole Ducks, place them onto a sheet pan and let them cool for 20 mins. then wrap or cover them and place in the cooler.

WHOLE TURKEY

Cook Temp. - 250°F

Hold Temp. - 150°F

Cook to desired doneness

(165°F) for breast or (180°F) in thigh joint - about 3-4 hrs.

Ingredients:

Whole Turkey – 9-12 ea. (12-14 lbs. ea.)

1 cup Southern Pride Premium Blend Seasoning, ½ cup Herb Garlic Seasoning, ½ cup Cajun Seasoning, ½ cup Italian Seasoning

Recommended Wood Chips: Apple Wood Chips or Southern Pride Special Blend Hickory Wood Chips

Method:

1. Clean and dry the Whole Turkey.
2. Mix together the Cajun Seasoning, the Southern Pride Premium Blend Seasoning, the Herb Garlic Seasoning and the Italian Seasoning. Sprinkle both sides of the Whole Turkey, breast side last. After seasoning, place the Whole Turkey, breast side up, on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Whole Turkeys have completed the cook cycle, the oven will go directly into the hold cycle, and hold for 1-2 hrs.
7. Then remove the Whole Turkeys, place them onto a sheet pan and let them cool for 20 mins. then wrap or cover them and place in the cooler.

SMOKED TURKEY BREAST

Cook Temp. - 225°F

Hold Temp. - 150°F

Cook to desired doneness

(165°F) about 3 hrs.

Ingredients:

Turkey Breast - 20 each (5-7 lbs.)

1 cup Southern Pride Premium Blend Seasoning, ½ cup Six Pepper Blend Seasoning, ½ cup Dark Brown Sugar

Recommended Wood Chips: Apple Wood Chips or Southern Pride Special Blend Hickory Wood Chips

Method:

1. Clean and dry the Turkey Breast.
2. Mix together the Dark Brown Sugar, the Six Pepper Seasoning, and the Southern Pride Premium Blend Seasoning. Season the Turkey Breast, and after seasoning, place the Turkey Breast on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Turkey Breast has completed the cook cycle, the oven will go directly into the hold cycle and hold for 1-2 hrs.
7. When removing the Turkey Breast, place it onto a sheet pan and let it cool for 20 mins. then wrap or cover them and place in the cooler.

SMOKED PORK LOIN BONELESS

Cook Temp. - 225°F

Hold Temp. - 150°F

Cook to desired doneness

(145°F) about 2 hrs. & 40 mins.

Ingredients:

Cleaned and Trimmed Pork Loin - 15 each (10-12 lbs.)

1 cup Dark Brown Sugar, ¼ cup Garlic Pepper Seasoning mixed with ½ cup Southern Pride Premium Blend Seasoning and 2 tsp. Cajun Seasoning

Recommended Wood Chips: Apple Wood Chips or Southern Pride Special Blend Hickory Wood Chips.

Method:

1. Clean and dry the Pork Loins.
2. Mix together the Dark Brown Sugar, the Garlic Pepper Seasoning, the Southern Pride Premium Blend Seasoning and the Cajun Seasoning. Lightly season the Pork Loins, and after seasoning, place the Pork Loins on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Pork Loins have completed the cook cycle, the oven will go directly into the hold cycle and hold for 1-2 hrs.
7. When removing the Pork Loins, place them onto a sheet pan and let them cool for 20 mins. then wrap or cover them and place in the cooler.

SMOKED PORK ROAST

Cook Temp. - 250°F

Hold Temp. - 150°F

Cook to desired doneness

(170°F) for slicing about 5 hrs. & 20 mins.

Ingredients:

Cleaned and Trimmed Pork Roast - 30 each (8-10 lbs.)

1 cup Dark Brown Sugar, ¼ cup Garlic Pepper Seasoning mixed with ½ cup Southern Pride Premium Blend Seasoning and 2 tsp. Cajun Seasoning

Recommended Wood Chips: Apple Wood Chips or Southern Pride Special Blend Hickory Wood Chips.

Method:

1. Clean and dry the Pork Roast.
2. Mix together the Dark Brown Sugar, the Garlic Pepper Seasoning, the Southern Pride Premium Blend Seasoning, and the Cajun Seasoning. Lightly season the Pork Roast, and after seasoning, place it on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoke element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Pork Roast has completed the cook cycle, the oven will go directly into the hold cycle and hold for 1-2 hrs.
7. When removing the Pork Roast, place it onto a sheet pan and let it cool for 20 mins. then wrap or cover them and place in the cooler.

SMOKED PORK TENDERLOIN

Cook Temp. - 225°F

Hold Temp. - 150°F

Cook to desired doneness

(145°F) about 1 hr. & 10 mins.

Ingredients:

Cleaned and Trimmed Pork Tenderloin - 40 each (1-2 lbs.)

1 cup Dark Brown Sugar, ¼ cup Garlic Pepper Seasoning mixed with ½ cup Southern Pride Premium Blend Seasoning and 2 tsp. of Cajun Seasoning.

Recommended Wood Chips: Apple Wood Chips or Southern Pride Special Blend Hickory Wood Chips.

Method:

1. Clean and dry the Pork Tenderloins.
2. Mix together the Dark Brown Sugar, the Garlic Pepper Seasoning, the Southern Pride Premium Blend Seasoning, and the Cajun Seasoning. Lightly season the Pork Loins, and after seasoning, place them on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Pork Tenderloins have completed the cook cycle, the oven will go directly into the hold cycle and hold for 1-2 hrs.
7. When removing the Pork Tenderloins, place them on to a sheet pan and let them cool for 20 mins. then wrap or cover them & place in the cooler.

SMOKED TOP ROUND

Cook Temp. - 250°F

Hold Temp. - 150°F

Rare - (140°F) 4 hrs.

Medium - (150°F) 5 hrs.

Medium Well - (160°F) 5hrs. 40mins.

Ingredients:

Top Round - 6-8 each (18-20 lbs. ea.) 1 cup Tones Rosemary & Garlic Seasoning mixed with ½ cup Southern Pride Premium Blend Seasoning, ¼ cup Garlic Herb Seasoning, and ¼ cup Steak Seasoning

Recommended Wood Chips: Pecan Wood Chips or Southern Pride Special Blend Hickory Wood Chips.

Method:

1. Clean and dry the Top Round.
2. Mix together the Rosemary & Garlic Seasoning, the Southern Pride Premium Blend Seasoning, the Herb Garlic Seasoning and the Steak Seasoning. Aggressively season the Top Round, and after seasoning, place it on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Top Round has completed the cook cycle, the oven will go directly into the hold cycle. Let the Top Round stay in the hold cycle for 2-4 hrs. as part of the cook cycle, to help tenderize it.
7. When removing the Top Round, place it onto a sheet pan and let it cool for 20 mins. then wrap or cover them and place in the cooler.
8. Please remember that the Chef's recommendation is to select a cook temperature lower than your desired finished temperature, due to carry over cooking.

SMOKED HAM

Cook Temp. - 225°F

Hold Temp. - 150°F

Cook to desired doneness

(160°F) about 7 hrs.

Ingredients:

Raw Boneless Ham - 9-12 each (12-14 lbs.)

2 cups Southern Pride Premium Blend Seasoning, ½ cup Dry Mustard Seasoning and 1 cup Dark Brown Sugar

Recommended Wood Chips: Apple Wood Chips or Southern Pride Special Blend Hickory Wood Chips.

Method:

1. Clean and dry the Boneless Ham.
2. Mix together the Dark Brown Sugar, the Dry Mustard Seasoning, the Southern Pride Premium Blend Seasoning, and season the Boneless Ham. After seasoning, place the Raw Boneless Ham on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Boneless Ham has completed the cook cycle, the oven will go directly into the hold cycle and hold for 1-2 hrs.
7. When removing the Boneless Ham, place it onto a sheet pan and let it cool for 20 mins. then wrap or cover them and place in the cooler.

BEEF TENDERLOIN

Cook Temp. - 220°F

Hold Temp. - 150°F

Rare - (140°F) 2 hrs.

Medium - (150°F) 2 hrs. 40 mins.

Well Done - (170°F) 3 hrs. 25 mins.

Ingredients:

Cleaned and Trimmed Beef Tenderloin- 15 each (4-5 lbs.)

1 cup Tones Rosemary & Garlic Seasoning mixed with ½ cup Southern Pride Premium Blend Seasoning

Recommended Wood Chips: Pecan Wood Chips or Southern Pride Special Blend Hickory Wood Chips.

Method:

1. Clean and dry the Tenderloins.
2. Mix together the Rosemary & Garlic Seasoning with the Southern Pride Premium Blend Seasoning, and aggressively season the Tenderloins. After seasoning, place them on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Tenderloin has completed the cook cycle, the oven will go directly into the hold cycle.
7. When removing the Tenderloin, place it onto a sheet pan and let it cool for 20 mins. then wrap or cover them and place in the cooler.

CORNISH GAME HENS

Cook Temp. - 225°F

Hold Temp. - 150°F

Cook to desired doneness

(165°F) breast, (180°F) thigh joint about 2 hrs.

Ingredients:

Cornish Game Hens – 75 hens (1-1.5 lb. Hens)

2 cups Southern Pride Premium Blend Seasoning, 1 cup Tones Rosemary & Garlic Seasoning, ½ cup Garlic Herb Seasoning

Recommended Wood Chips: Southern Pride Special Blend Hickory Wood Chips or Apple Wood Chips

Method:

1. Clean and dry the Cornish Game Hens.
2. Mix together the Herb Garlic Seasoning with the Southern Pride Premium Blend Seasoning and the Rosemary & Garlic Seasoning, and sprinkle both sides of the Cornish Game Hens, skin side last. After seasoning, place the Cornish Game Hens skin side up on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood Chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Cornish Game Hens have completed the cook cycle, the oven will go directly into the hold cycle.
7. When removing the Cornish Game Hens, place them onto a sheet pan and let them cool for 20 mins. then wrap or cover them and place in the cooler.

LEG OF LAMB

Cook Temp. - 220°F

Hold Temp. - 150°F

Rare - (140°F) 3 hrs.

Medium - (150°F) 3 hrs.40 mins.

Medium Well - (160°F) 4 hrs. 20 mins.

Ingredients:

Boneless Leg of Lamb - 15 each (7-8 lbs.)

1 cup Tones Rosemary & Garlic Seasoning mixed with ½ cup Southern Pride Premium Blend Seasoning and ¼ cup Garlic Herb Seasoning

Recommended Wood Chips: Pecan Wood Chips or Southern Pride Special Blend Hickory Wood Chips.

Method:

1. Clean and dry the Leg of Lamb.
2. Mix together the Rosemary & Garlic Seasoning, the Southern Pride Premium Blend Seasoning, the Garlic Herb Seasoning, and aggressively season the Leg of Lamb. After seasoning, place the Leg of Lamb on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Leg of Lamb has completed the cook cycle the oven will go directly into the hold cycle. Let the Leg of Lamb stay in the hold cycle for 1-2 hrs. as part of the cook cycle, to help it tenderize.
7. When removing the Leg of Lamb, place it onto a sheet pan and let it cool for 20 mins. then wrap or cover them and place in the cooler.
8. Please remember that the Chef's recommendation is to select a cook temperature lower than your desired finished temperature, due to carry over cooking.

BONELESS PRIME RIB

Cook Temp. - 250°F

Hold Temp. - 150°F

Rare - (140°F) 4 hrs.

Medium - (150°F) 4 hrs. 40 mins.

Medium Well - (160°F) 5 hrs. 20 mins.

Ingredients:

Boneless Beef Ribeye - 9-12 each (12-14 lbs.)

1 cup Tones Rosemary & Garlic Seasoning mixed with ½ cup Southern Pride Premium Blend Seasoning.

Recommended Wood Chips: Pecan Wood Chips or Southern Pride Special Blend Hickory Wood Chips.

Method:

1. Clean and dry the Ribeyes.
2. Mix together the Rosemary & Garlic Seasoning, the Southern Pride Premium Blend Seasoning, and aggressively season the Ribeye. After seasoning, place it on a wire rack in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Ribeye has completed the cook cycle, the oven will go directly into the hold cycle. Let the Ribeye stay in the hold cycle for 2-4 hrs as part of the cook cycle, to help tenderize it.
7. When removing the Ribeye, place it onto a sheet pan and let it cool for 20 min. then wrap or cover them and place in the cooler.
8. Please remember that the Chef's recommendation is to select a cook temperature lower than your desired finished temperature, due to carry over cooking.

PICO DE GALLO/SALSA

Cook Temp. - 250°F

Hold Temp. - 150°F

Cook Time - 1 hr.

Ingredients:

- Onions - 6 ea.
- Green Peppers - 2 ea.
- Red Peppers - 2 ea.
- Yellow Peppers - 2 ea.
- Jalapeno Peppers - 1 ea.
- Plum Tomatoes - 20 ea.
- Garlic Cloves - 4 ea.
- Fresh Cilantro - 3 tbsp. (rough chopped)
- Ground Cumin - 1 tsp.
- Salt & Pepper - To Taste
- Extra Virgin Olive Oil - ½ cup

Recommended Wood Chips: Southern Pride Special Blend Hickory Wood Chips or Apple Wood Chips

Method:

1. Clean and dry the Vegetables.
2. Lightly oil the Vegetables, and place on a sheet pan in the Smoke Chef on the top shelf.
3. Load the wood chip box ½ full in the Smoke Chef.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Vegetables have completed the cook cycle, the oven will go directly into the hold cycle.
7. Remove the sheet pan of Vegetables and let them cool for 20 mins. then wrap or cover them and place in the cooler.
8. Once the Vegetables have been completely cooled, chop them into small diced pieces and mix together with the cilantro and seasonings.
9. Serve chilled with tortilla chips.

COLD SMOKE

Cook Temp. - 120°F

Hold Temp. - 80°F

Cook Time - 1 min.

Hold for 20 mins. using a timer

Ingredients:

T-Bone Steak – 25-27 ea. (1lb. ea.)

Crushed Ice

Fish Sides - 10-12 (3-4 lbs. each)

Rock Salt

Fish Fillets - 20-25 (6-8oz. each)

Tomatoes, Vegetables, etc...

(sizes and weights may vary amounts that fit on food racks)

Recommended Wood Chips: Southern Pride Special Blend Hickory Wood Chips, Apple or Pecan.

Method:

1. Place the T-Bone Steaks, nine to a food rack, in the Smoke Chef.
2. Load the wood chip box with Wood Chips, and place the chip box on the smoker element.
3. Fill two sheet pans with crushed ice and sprinkle with rock salt.
4. Place the two pans of ice on Rack #1 and Rack #5 in the Smoke Chef.
5. Place the food racks with the T-Bone Steaks on racks #2, 3 &4.
6. Close and latch the door on the Smoke Chef.
7. Only turn on the wood chip switch. Set the cook temp. for 120°F and the cook time for 1 min. Also, turn on the hold temp. and set for 80°F.
Note: Start unit with door open, when the hold cycle starts, load the product, close the door and set a kitchen timer for 20 mins.
8. Allow the wood chip box to smoke for 20 mins. and then remove the T-Bone Steaks.
9. When removing the T-Bone Steaks, wrap them in plastic wrap and place them onto a sheet pan in the cooler.
10. To cook, place the seasoned T-Bone Steaks on a grill and cook to desired temperature.

SHRIMP

Cook Temp. - 225°F

Hold Temp. - 150°F

Cook to desired doneness

(150°F) about 20 mins.

Ingredients:

Shrimp - 10 each (2.5 lb. bags)

1 cup Southern Pride Premium Blend Seasoning, ½ cup Citrus Grill Seasoning, ½ cup Lemon Pepper Seasoning, 2 cups Olive Oil

Recommended Wood Chips: Apple Wood Chips or Southern Pride Special Blend Hickory Wood Chips

Method:

1. Clean, peel, devain, and dry the Shrimp.
2. Mix together the Citrus Grill Seasoning, the Lemon Pepper Seasoning, and the Southern Pride Premium Blend seasoning with the Olive Oil. Marinate for 20 mins. After marinating, place the Shrimp on a sheet pan in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Shrimp has completed the cook cycle, the oven will go directly into the hold cycle.
7. When removing the Shrimp, place them on to a sheet pan and let them cool for 20 mins. then wrap or cover them and place in the cooler.

KING SALMON

Cook Temp. - 225°F

Hold Temp. - 150°F

Cook to desired doneness

(150°F) about 1 hr. & 40 mins.

Ingredients:

King Salmon - 25 each fillets (1.5-2.5 lbs. ea.)

½ cup Asian Grill Seasoning, ½ cup Lime Pepper Seasoning, 1 cup Olive Oil

Recommended Wood Chips: Apple Wood Chips or Southern Pride Special Blend Hickory Wood Chips

Method:

1. Clean and dry the King Salmon.
2. Mix together the Asian Grill Seasoning, the Lime Pepper Seasoning, and the Olive Oil and marinate for 20 mins. After marinating, place the King Salmon on a sheet pan in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the King Salmon has completed the cook cycle, the oven will go directly into the hold cycle.
7. When removing the King Salmon, place it onto a sheet pan and let it cool for 20 mins. then wrap or cover them and place in the cooler.

SIDES OF SALMON

Cook Temp. - 225°F
Cook to desired doneness
(150°F) about 45 mins.

Hold Temp. - 150°F

Ingredients:

Salmon - 25 each sides (1-2 lbs. ea.)

½ cup Asian Grill Seasoning, ½ cup Lime Pepper Seasoning, 1 cup Olive Oil

Recommended Wood Chips: Apple Wood Chips or Southern Pride Special Blend Hickory Wood Chips

Method:

1. Clean and dry the Salmon.
2. Mix together the Asian Grill Seasoning, the Lime Pepper Seasoning, and the Olive Oil and marinate for 20 mins. After marinating, place the Salmon on a sheet pan in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Salmon has completed the cook cycle, the oven will go directly into the hold cycle.
7. When removing the Salmon, place it onto a sheet pan and let it cool for 20 mins. then wrap or cover them and place in the cooler.

BAKED POTATOES

Cook Temp. - 325°F

Hold Temp. - 160°F

Cook until soft or tender
about 1 hr. & 20 mins.

Ingredients:

Potatoes - 100 ea. (10-12oz. 60 count)
1 cup Vegetable Oil, 1/2 cup Kosher Salt

Method:

1. Clean and dry the Potatoes.
2. Lightly oil the Potatoes, and then sprinkle with Kosher Salt. After seasoning, place the Potatoes on a wire rack in the Smoke Chef.
3. Leave the wood chip box empty as no smoke is needed.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the temperature setting.
6. After the Potatoes have completed the cook cycle, the oven will go directly into the hold cycle.
7. When removing the Potatoes, place them into a holding cabinet and serve as needed.

MEATLOAF

Cook Temp. - 225°F

Hold Temp. - 150°F

Cook to desired doneness
(160°F) about 1 hr.

Ingredients:

Meatloaf Baggett - 45 each (1-2 lbs.)

Baggett Dimensions; 2½ inch depth by 6 inches long

Recommended Wood Chips: Southern Pride Special Blend Hickory Wood Chips or Mesquite Wood Chips

Method:

1. Prepare desired Meatloaf mixture and make 45 Baggett's out of mixture.
2. Place the Meatloaf Baggetts, 9 to a sheet pan in the Smoke Chef.
3. Load the wood chip box with wood chips, and place the box on the smoker element.
4. Close and latch the door on the Smoke Chef.
5. Select the cook time and temperature setting, and then select the hold temperature setting.
6. After the Meatloaf Baggetts have completed the cook cycle, the oven will go directly into the hold cycle.
7. Remove the sheet pan of Meatloaf Baggetts and let them cool for 20 mins. then wrap or cover them and place in the cooler.

GENERAL INFORMATION

Tips for using your Smoke Chef:

Advantages of Smoke-Cooking in a Smoke Chef:

- Slow smoke-cooking helps the meat to break down, and releases fat while tenderizing the cut.

Keep Your SC-200-SM (Smoke Chef) Clean:

- Keep your smoke chef well cleaned. Keep it free from excess grease, smoke buildup and scale! A dirty oven will transfer unpleasant odors and tastes to the product. Follow the cleaning instructions found in your Smoke Chef Operator's Manual carefully. A clean oven will last longer and you will save money.

Recipe Conversion:

- When converting conventional recipes, smoke-cook the product for twice the recommended time at three-fourths of the temp. For example, if your conventional recipe says to cook product for 3 hrs. at 350°F, smoke-cooking would take approximately 6 hrs. at 260°F.

Seasoning:

- Try lots of seasonings, such as traditional barbecue spices, Tex-Mex, Caribbean, Cajun & Oriental. All these tastes work well with smoked foods.

Meat Thermometer:

- Use a meat thermometer to determine the internal temperature of smoked product. Oven temperature is not an accurate indicator of doneness. Smoke-cooking times are not as precise as conventional oven cooking times.

Precise Cooking Times:

- Smoke-cooking is not an exact science, and when smoking at low temperatures, a few minutes more or less usually does not affect the quality of the product.
- Other variables, such as temperature of product going into the oven, size, weight and mass of the product, etc., also affect cooking time.

GENERAL INFORMATION

Wood:

- What kind of wood and how much you use for flavoring are a matter of personal taste. Your Smoke Chef Operator's Manual will tell you the maximum amount of wood that your oven can safely use. Do not exceed this amount.

General Tips:

- Run racks & grills through the dishwasher. It's the easiest way to clean them.
- Keep an extra fork and tongs near the oven.
- Spray grills with vegetable oil spray to prevent sticking.

After removing your meat from the BBQ, leave it in a warm place and cover with foil for 5 -10 minutes to let the juices settle. You should always let meat rest after cooking.

Your cooked product when removed from the oven or grill will continue to cook this is called carry over cooking. Keep this in mind when you are cooking a product to a specific internal temperature. In most cases the internal temperature will rise up to five degrees after the resting period.

If you have the space in your cooker you can place a pan with water in it to create a moist environment for cooking. This will pull moisture from the water pan instead of your meat.

When cooking a brisket or any product that cooks for a longer cooking cycle make a foil boat by taking two or three pieces of foil and folding the edges so that you create something that resembles a shoebox top. Then place the meat product in the foil boat, fat side up. This will let the meat product sit in its natural juices and rendered fat throughout its cooking cycle, ensuring a moist and tender product.

TIME AND TEMPERATURE CHART

Time and Temperature Chart

<i>Product</i>	<i>Approximate Cooking Time</i>	<i>Oven Temperature</i>
Beef brisket	1 hr. per lb. (12-14 lb. average) 14 hour minimum	190°F
Pork ribs	1 hour per lb.	230°F
Pork roast	1 hour per lb. 4 hour minimum	240°F
Whole Chicken	1 hour per lb.	250°F
Whole Turkey	3-4 hrs. for a 12-14 lb. turkey	250°F

INTERNAL TEMPERATURE CHART

<i>Product</i>	<i>Internal Temperature</i>
Beef	Rare - 140°F Medium - 150°F Well Done - 170°F
Ground Beef	In February, 1993, the FDA issued interim guidance to food service operators that ground beef should be cooked to 155°F. Juices should run clear and all pink color on the inside should be gone.
Pork	160°F for medium 170°F for well done
Veal	160°F for medium 170°F for well done
Lamb	160°F for medium 170°F for well done
Chicken	180°F - For thighs and legs, juices should run clear when skin is pierced with fork. Chicken breasts may be safely cooked to an internal temp. of 165°F
Turkey	180°F - For thighs and legs, juices should run clear when skin is pierced with fork. Turkey breasts may be safely cooked to an internal temp. of 170°F.
Fish	Smoke-cook fish for 1 hr. per pound of thickness. Add 1/2 hr. to smoke-cook time for frozen fish.

COOLING AND REHEATING

Chill food rapidly using an appropriate cooling method:

- *Place food onto a sheet pan and cool for 20 mins. then wrap or cover the food and place in the cooler. For larger cuts, hold at 150°F for 1-2 hrs. then cool for 20 mins. and wrap or cover and place in the cooler.*
- *Use a quick-chill unit like a blast chiller*
- *Separate food into smaller or thinner portions*

Chill cooked hot food from:

- *135°F to 70°F within 2 hrs. - Take corrective action immediately if food is not chilled from 135°F to 70°F in 2 hrs.*
- *70°F to 41°F or below in remaining time - The total cooling process from 135°F to 41°F may not exceed 6 hrs. Take corrective action immediately if food is not chilled accordingly.*
- *Use a clean, sanitized, and calibrated probe thermometer to measure the internal temperature of the food during the cooling process. Monitor temperatures of products every hour throughout the cooling process by inserting the thermometer into the center of the food and at various locations in the food.*

Reheat cooked hot food to 165°F for 15 seconds

- *Any food that is cooked, cooled, and reheated for hot holding*
- *Leftovers reheated for hot holding*
- *Reheat all foods rapidly. The reheat for the food needs to go from 41°F to 165°F in under 2 hours.*
- *Serve reheated food immediately or transfer to an appropriate hot holding unit.*

Discard cooked hot food immediately when the food is:

- *Above 70°F and more than 2 hours into the cooling process*
- *Above 41°F and more than 6 hours into the cooling process*

NOTES



**5003 Meadowland Pky.
Marion, IL 62959
1-800-851-8180 • fax: 618-993-5960
www.southern-pride.com**

**Service: 800-437-2679 • Service Fax: 618-993-0378
service@sopride.com • parts@sopride.com**

**Southern
PRIDE**

Wood Burning BBQ Pits & Smokers