

note

Reader Exchange, the monthly recipe write-in, will return soon to Scene Wednesday.

MARKET BASKET

BY KIM BROWN

World Staff Writer

If you arrive early enough, you might have some fresh tomatoes this week. Also, be on the lookout for red, white and blue potatoes for the festive Fourth of July potato salad from Bon Appetit magazine. (See recipe on D2.)

Where to go

Looking for a market nearby? Here are the markets open for the season.

BARTLESVILLE

Frank Phillips Park, downtown
8:30 to 11 a.m. Saturdays

BROOKSIDE

Westlake Ace Hardware parking lot
41st Street and Peoria Avenue
8 a.m. to noon Wednesdays

BROKEN ARROW

418 S. Main St.
4:30 to 8:30 p.m. Thursdays
8 a.m. to noon Saturdays

CHERRY STREET

15th Street and Peoria Avenue
7 to 11 a.m. Saturdays

CLAREMORE

Northeast corner of the Claremore Expo parking lot
7 a.m. to sold out Wednesdays and Saturdays

DOWNTOWN TULSA

Williams Green at Third Street and Boston Avenue
10:30 a.m. to 2 p.m. Tuesdays

HASKELL

North side of the library parking lot, downtown
2 p.m. to dark Tuesdays

JENKS

Parking lot of RiverWalk Crossing
7 a.m. to noon Saturdays

MUSKOGEE

Market Square, Fifth and Okmulgee streets
8 a.m. to noon Wednesdays and Saturdays

OKMULGEE

Sixth and Morton streets, downtown
8 a.m. to 2 p.m. Fridays

OSAGE HILLS

202 E. Rogers (Main Street) in Skiatook
8 a.m. to 3:30 p.m. Saturdays

OWASSO

Owasso YMCA, 8300 Owasso Expressway, just off U.S. 169
7 a.m. to noon Wednesdays and 8 a.m. to noon Saturdays

PEARL

Centennial Park, southwest corner of Sixth Street and Peoria Avenue
4:30 to 7 p.m. Thursdays

SAND SPRINGS

Downtown Triangle, near Broadway and Main streets
7 to 11 a.m. Saturdays

STILLWATER

Strickland Park, 309 N. Main St.
8 a.m. to 1 p.m. Wednesdays and Saturdays

TAHLEQUAH

First Lutheran Church, 2111 Mahaney Ave.
8 a.m. to noon Saturdays

In the markets

YELLOW SQUASH

BLUEBERRIES

BLACKBERRIES

RASPBERRIES

LETTUCES

TURNIPS

ZUCCHINI

POTATOES

EARLY BIRD: TOMATOES

Where there's SMOKE ...



Jeff Phillips, of Smoking-meat.com, brushes his homemade barbecue sauce on baby-back ribs. The meat looks good, doesn't it? It's OK to drool on the picture. Photos by SHERRY BROWN/Tulsa World

... there's Jeff Phillips firing up some food

BY MATT GLEASON

World Scene Writer

Want to know how to serve apple-smoked spare ribs or, perhaps, cold smoke a load of Provolone cheese so it doesn't melt?

No fear, citizen, Jeff Phillips, master of all things that involve smoking meat, has the answers, and more at the Sapulpan's Web site Smoking-meat.com.

At last check, Phillips' Web site has more than 300 pages of information. His forum has more than 15,000 members. And his newsletter has about 72,000 subscribers. Plus, he has fans in more than 35 countries. One fan in Australia once asked Phillips how to smoke kangaroo.

"Initially, I just thought it would be a little hobby Web site — not that big of a deal," the 38-year-old Phillips said. "Once I got started, I very quickly saw that there's a huge market of people just wanting to know how to do it."

Richard Redstreak, of West Deptford, N.J., is one of Phillips' many fans.

"Before Jeff, I thought you made a fire, threw on some wood chips, and a few hours later the meat was done," the 46-year-old Redstreak said. "Yes, the meat was smoked, but it was so dry, it just crumbled on the plate."

Since discovering Phillips' site, Redstreak said he's moved from smoking "plain boring meats" to "some of the best-tasting meats that I have ever eaten, and can't believe I cooked them."

On the site, Phillips offers his free meat-smoking eCourse, which is spread out over five days. Between 25,000 to 30,000 people have taken the online course, Phillips said. For those who don't want to take the course spread over five days, Phillips offers an all-in-one download for \$3.99. Phillips has sold thousands of downloads, he said. The eCourse's audio version can be downloaded for \$7.95.

Phillips offers several free meat-smoking recipes on his site, but he charges \$18.95 to

tulsaworld.com

ONLINE

Read Matt Gleason's blog, Behind the Scene, at tulsaworld.com/blogs.

receive the combination of his years-in-the-making barbecue sauce and all-purpose rub. They're both so good, Phillips said, he offers a 30-day money-back guarantee.

"It's very rare that someone asks for a refund," he said.

Redstreak attested to the recipes' quality. "Both the sauce and rub have great flavor and just the right amount of heat," he said. "Most people think their recipes are the best and never change them. Jeff says start with the base recipe and make changes to your own taste. I personally think the recipe is perfect and would not change a thing."

To hone his various recipes, Phillips keeps notes in spiral notebooks, which, he said, is vital for any meat-smoker.

"Don't be afraid to try new things, and write down what you do," he said, "because if you don't write it down, then you can't repeat it."

Although smoking meat "requires lots of patience," Phillips said, it's worth the wait.

"In my opinion, you can take just about anything, put it in a smoker and it's going to taste good," he said. "It may not be as tender as it can be with a little bit of experience, but it's going to taste better than anything you can cook in the house. So you can't go wrong."

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Good wood

"I use all wood — not charcoal. My favorite wood is pecan. Pecan seems to have a real good balance. It's strong enough that you really get that real strong smoke flavor that you like, but it's not overpowering. I mean, you're not going to feel like you ate a piece of charcoal."



recipe

"Ribs are my favorite meat in the world," Jeff Phillips said. "I could eat ribs every single day. My wife, it drives her nuts. She knows better than to ask me: 'What do you want?'"

"I love spare ribs, baby-back, it doesn't matter. I'm a rib kind of guy. There's just something about gnawing that meat off the bone — it's kind of barbaric."

JEFF PHILLIPS' MEMPHIS-STYLE SMOKED RIBS

2-3 racks baby-back ribs. (You could also use spare ribs, instead of baby backs for this recipe if so desired. However, the smoking time would be extended to 6-7 hours at 225 degrees.)

Sauce (see below)

Apple juice and/or extra virgin olive oil

- Place ribs bone side up, work tip of butter knife or similar object beneath membrane that covers bone until finger tips can be worked beneath membrane, loosening enough to get firm grip. Then peel membrane off rack (Use a paper towel or catfish skinning pliers for better grip).
- Sprinkle ribs on both sides with light coating of salt and pepper, or if you want to really make it flavorful, you can use your favorite rib rub.
- Place ribs, bone-side-down on

grate of smoker. Smoke at 225 degrees for 4-5 hours or until internal meat temperature reads about 170 degrees. A visual indication of doneness is the meat pulling back from the bone ends about ¼ to ½ inch.

- Spray on apple juice or extra virgin olive oil about once every hour during the cooking/smoking process.

Sauce

1 cup red wine vinegar
2 cups onion, chopped
2 garlic, cloves, minced

¼ cup mustard, yellow prepared
½ cup brown sugar

1 teaspoon Louisiana hot sauce

2 cups ketchup

- Combine vinegar, onion, garlic, mustard, sugar and hot sauce in blender.
- Blend until smooth. Place in saucepan and add ketchup.
- Simmer 20 minutes.
- Use sauce as frequent baste for last half of cooking period being careful to keep the heat down so as to not burn the ribs. Serve remaining sauce on side.
- Eat with fingers and lots of paper towels.