

FOOD

STOCKUP | COMPILED BY C.W. CAMERON

Georgia barbecue sauces and rubs for your favorite dad

Original BBQ Sauce and Original Pork Rub from GrillMan BBQ Co.

Mike Holland won't give you the secret recipe for the barbecue sauce his family has been making since the 1940s, but he will sell you a bottle. The Forsyth County resident says he's been cooking barbecue since he was 10, and these days he travels around the South winning, and helping others win, barbecue competitions. Now, you can see if dad can duplicate Holland's award-winning ways. The sauce is tomato based with a whole long list of ingredients, including molasses, peaches, brown sugar, onion and garlic. It's sweet, so it's best used as a basting sauce just as you finish cooking the ribs, chicken or beef on the grill. You wouldn't want it to burn. It also makes a great dipping sauce. The rub is made for injecting a big hunk of pork. Its ingredients include onion, garlic, three kinds of peppers and some mustard. Inject your meat, put some more rub on the outside, and then let the meat sit at least 30 minutes before grilling.



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Holland says it's so good you'll want to use it with everything you grill. Not to mention, a bottle of it could replace that ketchup in your refrigerator. *\$7.99 per 16-ounce bottle of sauce, \$4.50 per 6-ounce package of rub. Available at Striplings General Store in Cordele, Farmview Market in Madison and the Buford Highway Farmers Market, or online at thegrillmanbbqcompany.com.*