



One of the most interesting facts about the birth of our nation is actually the death of two men. Thomas Jefferson and John Adams were the last surviving members of the original American revolutionaries who had stood up to the British empire and forged a new political system in the former colonies. However, while they both believed in democracy and life, liberty and the pursuit of happiness, their opinions on how to achieve these ideals diverged over time. It's been said that their individual beliefs were symbolic of our two political parties today.

The relationship between these two men was fascinating. Both played a crucial part in the foundation and development of the freedoms we enjoy everyday, and incredibly, both men died on July 4th, 1826, 50 years after the signing of the Declaration of Independence. At the age of 90, as Adams lay on his deathbed, his last words were "Thomas Jefferson still survives". He was mistaken. Jefferson had died five hours earlier at Monticello at the age of 82.

Tell someone about this American history moment at your BBQ this weekend!
It's an incredible story....

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Happy Birthday America!

Did You Know? 10 Facts For Grilling



- 1. BE ORGANIZED.** Have everything you need for grilling on hand and at grill side before you start grilling.
- 2. GAUGE YOUR FUEL.** There's nothing worse than running out of charcoal or gas in the middle of grilling. When using charcoal, light enough to form a bed of glowing coals 3 inches larger on all sides than the surface area of the food you're planning to cook. (A 22 1/2 inch grill needs one chimney's worth of coals). When cooking on a gas grill, make sure the tank is at least one-third full.
- 3. PREHEAT THE GRILL TO THE RIGHT TEMPERATURE.** Remember: Grilling is a high-heat cooking method. In order to achieve the seared crust, charcoal flavor, and handsome grill marks associated with masterpiece grill man ship, you must cook over a high heat. How high? At least 500 degrees F. Although it is worth repeating: When using charcoal, let it burn.
- 4. KEEP IT CLEAN.** There's nothing less appetizing than grilling on dirty old burnt bits of food stuck to the grate. Besides, the food will stick to a dirty grate. Clean the grate twice: once after you've preheated the grill and again when you've finished cooking. The first cleaning will remove any bits of food you may have missed after your last grilling session. Use the edge of a metal spatula to scrape off large bits of food, a stiff wire brush to finish scrubbing the grate.
- 5. KEEP IT LUBRICATED.** Oil the grate just before placing the food on top, if necessary (some foods don't require that the grates be oiled). Spray it with oil (away from the flames), use a folded paper towel soaked in oil, or rub it with a piece of fatty bacon, beef fat, or chicken skin.
- 6. TURN, DON'T STAB.** The proper way to turn meat on a grill is with tongs or a spatula. Never stab the meat with a carving fork – unless you want to drain the flavor-rich juices onto the coals.
- 7. KNOW WHEN TO BASTE.** Oil-and-vinegar-, citrus-, and yogurt- based bastes and marinades can be brushed on the meat throughout the cooking time. (If you baste with a marinade that you used for raw meat or seafood, do not apply it without first bringing it to a boil.) When using a sugar-based barbecue sauce, apply it toward the end of the cooking time. The sugar in these sauces burns easily and should not be exposed to prolonged heat.
- 8. KEEP IT COVERED.** When cooking larger cuts of meat and poultry, such as a whole chicken, leg of lamb, or prime rib, use the indirect method of grilling or barbecuing. Keep the grill tightly covered and resist the temptation to peek. Every time you lift the lid, you add 5 to 10 minutes to the cooking time.
- 9. GIVE IT A REST.** Beef, steak, chicken – almost anything you grill-will taste better if you let it stand on the cutting board for a few minutes before serving. This allows the meat juices, which have been driven to the center of a roast or steak by the searing heat, to return to the surface. The result is a juicier, tastier piece of meat.
- 10. NEVER DESERT YOUR POST.** Grilling is an easy cooking method, but it demands constant attention. Once you put something on the grill (especially when using the direct method), stay with it until it's cooked. This is not the time to answer the phone, make the salad dressing, or mix up a batch of your famous mojitos. Above all, have fun. Remember that grilling isn't brain surgery. And that's the gospel!

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Award Winning BBQ Beef Sandwiches



INGREDIENTS:

- 2 pounds beef stew meat
- 2 cups water
- 4 cups shredded cabbage
- 1/2 cup barbecue sauce
- 1/2 cup ketchup
- 1/3 cup Worcestershire sauce
- 1 tablespoon prepared horseradish
- 1 tablespoon prepared mustard
- 10 hamburger or other sandwich buns, split

DIRECTIONS:

1. In a Dutch oven, combine the beef and water. Bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until tender. Drain cooking liquid, reserving 3/4 cup.
2. Cool beef slightly; shred and return to the Dutch oven. Add the cabbage, barbecue sauce, ketchup, Worcestershire sauce, horseradish, mustard and reserved cooking liquid. Cover and simmer for 1 hour. Serve warm in buns. Yield: 10 servings.

Recipe Credit: tasteofhome.com

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