

Poor Man's Burnt Ends

By John Clarke

Burnt ends are largely associated with a whole beef brisket, which is usually too large for a few adults but great for a party. And, of course, you can use the brisket instead for Texas-style barbecue. A brisket has two distinct parts: the point and the flat. The point is usually the side that has much more fat and is thicker. The flat, as you can guess, is the thinner end of the whole brisket. The burnt ends are usually the well-done edges of the brisket point, which are cut into cubes, smothered in barbecue sauce and smoked a while longer, usually in a disposable pan covered in aluminum foil. According to Wikipedia, burnt ends were developed in a Kansas City restaurant, Arthur Bryant's, and were given away for free during the 1970s—and then they got popular and became a Texas/Kansas City-style restaurant staple.

When you go to the market these days, meat prices overall are up, and the larger cut of brisket, called a packer, is a big budget purchase. Our local Food Lion may carry only the smaller flat cut, and while Harris Teeter has the larger cut, it's not the big packer cut. You may be able to find the larger brisket you want at the IGA, but it may have to be specially ordered. Call around and talk with the butchers to see what they can do for you if you want a packer cut. A typical packer brisket will be over 10 pounds and usually closer to 15-plus pounds, which can set you back over \$100 at the register.

A chuck roast is an alternative that gives you a very close imitation, but at a much lower price per pound. Cut from the shoulder and often with more fat or connective tissue, including collagen that melts when cooked, the chuck roast is usually prepared in a slow cooker for great beef stews. By using a different approach and cooking it low and slow on the grill, you can end up with delicious burnt ends. A chuck roast is much smaller than a brisket, which makes it great for a meal for two to four adults or as an appetizer/tailgate dish. An added bonus is that burnt ends can be eaten as finger food.

Look for a roast that is about four pounds. You will want to trim some of the excess fat, but the internal marbling will make for excellent flavor as it is cooked low and slow. Your guests may not be able to tell the difference between brisket burnt ends and those from the chuck roast.

Beef cuts can take an extra dose of rubs for seasoning, and you can prepare them with ingredients right out of your cupboard using salt, pepper and garlic powder. If you want something with a little more kick, head over to the spice section in the market and look for the blends for brisket. Before applying the rub, cover the meat with mustard, which will help the rub adhere to and penetrate the meat. The mustard will cook off during grilling, and its taste will not be detectable.

Let the roast rest in the fridge overnight, or if you are tight on time, for at least an hour. Set the grill up for indirect cooking with the charcoal off to one side, and a pan of water under the roast. Bring the grill temperature up to 275-300 degrees, and put in a few chunks of apple or hickory wood for more flavor. Cook the roast for three to four hours, with an eye toward achieving a dark mahogany color overall with darker bark around the edges.

Once you have the desired color, remove the roast from the grill and add barbecue sauce before wrapping it in a double layer of foil for more time on the grill. I like to combine 1/4 cup of a mix of George Hughes sauce and a vinegar-

based Eastern NC-style sauce with 1/4 cup of beef broth. Whatever combination you choose, pour the mix over the roast, close the foil and return it to the grill. Continue to cook until the internal temperature reaches approximately 205 degrees.

Remove the wrapped beef from the grill and cut the meat into one-inch squares. Place the meat back on the same foil, toss it in some additional sauce/broth mixture and return it to the grill, this time with the foil open. In about 30 minutes, the sauce will be tacky on the meat, and if not, cook a little longer. You can also add some brown sugar to the cubes as they cook to enhance the tackiness of the sauce. Remove the cubes, and serve them warm.

Great sides include baked beans (and you can toss some of the cubes into the beans for more flavor), coleslaw or corn on the cob. If you have had the brisket version of burnt ends, you may be able to detect a slight difference, but most likely the chuck roast burnt ends will be just as good.

PKS Police Bulletin

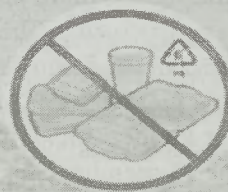
(Continued from page 3)

intention of requesting NCDOT make efforts to improve consistency among signage and road markings. I am optimistic that the efforts of this coalition will be the foundation of a countywide initiative in the years to come.

Our efforts have gotten the attention of decision makers at the county and state level, and we are now being asked to participate in transportation meetings with the county. Not every community outreach plan works, and sometimes we strike out. We recently tried to host a Community Bike Patrol, with the hopes of getting together a group of children and parents and giving a safety brief on helmets and sharing the roads. After the safety brief, it was our plan to do a 30-minute bike ride through our neighborhoods, but nobody showed up for the event. I am certain it was due in large part to inclement weather that moved through our area the night before.

In another new venture, we partnered with the North Carolina Aquarium and hosted a Safety Day at their facility on July 27. For several hours, our staff handed out bike helmets, reflective wristbands, reflective headbands, bumper stickers and beach safety koozies. We met with dozens of people from all over the United States and handed out over 25 bicycle helmets to children. All the pedestrian and bicycle safety gear that we handed out, including the bike helmets, were 100% grant funded. Please see the Town Crier pages in this issue for a photo from our Safety Day.

It is clear to me that the way to improve safety throughout our county is through collaboration. I would like to personally thank our citizens, staff and elected officials for supporting our mission of making Pine Knoll Shores a safe place for pedestrians and bicyclists alike.



**JUST SAY "NO"
TO PLASTIC
FOAM**

Disposable foam products are not recyclable and take up to 500 years to biodegrade. Make a smart decision and choose reusable cups and plates.