

Urban Farmer Restaurant – Portland

**2014 sixth place professional winner
Great Albacore Tuna BBQ Challenge**

“Albacore UrBánh mì”

Carolina BBQ –

Ingredients:

- 2 cups House BBQ
- 1 Cup Apple Cider Vinegar
- ½ cup Dijon
- ½ cup Brown Sugar
- 2 TBSP Espellette

Method:

- Bring all ingredients to simmer to dissolve sugar
- Pass through Chinois
- Season

Pickled Vegetables-

Fresh vegetables

2 Quarts of White wine vinegar

1 Pint of Water

1 cup of sugar (or more, to taste)

Salt

Sachet: thyme, bay leaf, peppercorns, coriander, garlic.

Method

- Wash the vegetables as needed.
- Prep vegetables for appearance and make sure they are sorted if the sizes vary.
- Mix the vinegar and water in a sauce pot.
- Add sugar, more or less, to taste, until the strong bite of the vinegar is masked.
- Season with salt.
- Add the sachet and bring to a rolling boil.
- For tender vegetables, add to the liquid and take off the stove. Allow the vegetables to cool in the liquid.
- For heartier vegetables, simmer in the pickling liquid until al dente. Allow to cool in the liquid.