

# THE BBQ BOOK

COOK • BAKE • BBQ



CROSBY'S SINCE 1879



# Cooking with Crosby's Fancy Molasses

You might be surprised to discover just how well molasses suits summer.

In savoury sauces and marinades molasses adds depth and flavour that's just right for your favourite barbecued foods, including seafood. It's a tangy-sweet addition to simple homemade dressings that will set your salads apart, and molasses adds an unmistakable flavour and wholesomeness to easy summer baking and other treats.

In this collection of barbeque favourites we're sharing twenty-one ways to make your summer more memorable.

Enjoy!

*Crosby's Molasses Kitchen*



Crosby's has been importing the world's finest molasses for over one hundred years and takes pride in being one of the world's largest importers of Fancy Molasses. We are committed to maintaining the highest standards of quality and service in all of our fine food products.

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Finger-Licking Oven Ribs

## Finger-licking Oven Ribs

**2 racks of back ribs (4-5 pounds)**

**1 beer (or 1 cup broth or stock)**

### **Rub:**

**1 Tbsp onion powder**

**2 tsp garlic powder**

**2 tsp paprika**

**½ tsp smoked paprika**

**¼ tsp cayenne**

**1 tsp freshly ground black pepper**

**1 tsp salt**

### **Slather:**

**½ cup Crosby's Fancy**

**Molasses**

**½ cup ketchup**

**2 large cloves of garlic,  
minced**

**1 ½ tsp Dijon mustard**

**1 Tbsp cider vinegar**

**1 Tbsp chopped cilantro**

**Braise:** Remove membrane covering the bony side of the ribs. In a large roasting pan lay ribs in a single layer meaty side down. Pour over the beer, cover well and braise at 350°F for an hour.

**Rub:** Remove ribs from pan and rub with the spice mixture. Cut into single ribs. Line a large roasting pan with foil or parchment paper. Place the ribs in a single layer, meaty side up. Bake uncovered at 425°F for 25-30 minutes until browned. Drain fat from pan.

**Slather:** Combine slather ingredients and coat meaty side with a third of the sauce. Bake ribs uncovered another five minutes. Baste again and bake another five minutes.

Serve sprinkled with cilantro.

## Bourbon Baby Back Ribs

**2 racks ribs**

**⅓ cup Crosby's Fancy Molasses**

**¼ cup light brown sugar**

**2 Tbsp kosher salt**

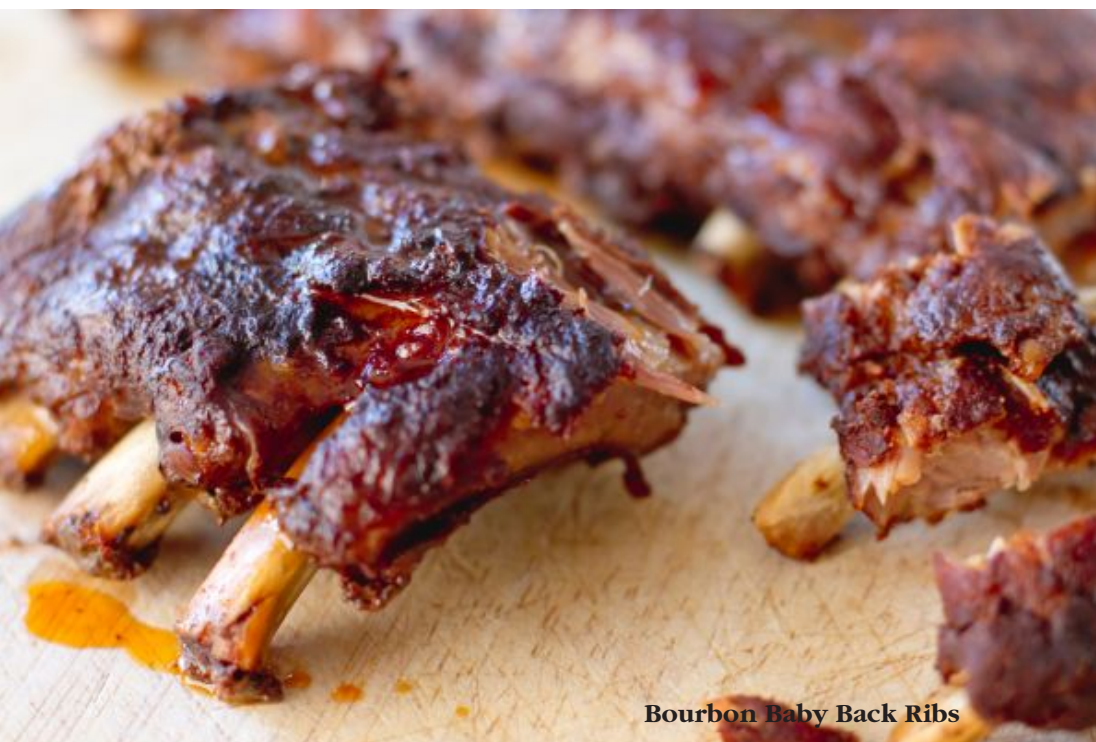
**1 Tbsp ground pepper**

**2-3 oz. bourbon**

**1 oz. garlic chili**

**pepper sauce**

Remove the membrane from the back side of the ribs. Combine remaining ingredients and apply liberally to ribs, on both sides. (Apply at least 4 hours prior to cooking, or the night before if you're going for the podium.) Preheat your barbecue to 225°F, turn off one burner and place the ribs on the rack above the burner that has been turned off. (If you cook them over the flame they'll be tough.) Close lid and let cook for 2 hours. If you're less patient increase heat to 300°F.



Bourbon Baby Back Ribs





## **Molasses Glazed Grilled Shrimp**

<i>4 cloves garlic, minced</i>	<i>¼ tsp cayenne</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>Pinch of sea salt</i>
<i>2 Tbsp olive oil</i>	<i>freshly ground pepper,</i>
<i>1 Tbsp Worcestershire sauce</i>	<i>to taste</i>
<i>½ tsp dried thyme</i>	<i>2 Tbsp water</i>
<i>1 tsp paprika</i>	<i>1 ½ lb. raw shrimp, peeled</i>
<i>½ tsp dried oregano</i>	

Combine all ingredients, except the shrimp and mix well. Place shrimp in a dish and add the marinade, tossing to coat. Let marinate in the fridge up to two hours.

Thread on prepared skewers and grill over medium heat until done (turns pink), turning once.



## **Jamie's Shrimp with a Molasses Twist** (Adapted from Jamie Oliver)

<i>Zest of 1 orange (a microplane grater is great for this)</i>	<i>3 tablespoons ketchup</i>
<i>¼ to ½ tsp crushed red pepper</i>	<i>1 tsp olive oil</i>
<i>1 tsp paprika</i>	<i>Pinch of sea salt freshly</i>
<i>½ tsp smoked paprika</i>	<i>ground pepper, to taste</i>
<i>1½ tsp Dijon mustard</i>	<i>1½ lb. raw shrimp, peeled</i>
<i>3 Tbsp Crosby's Fancy Molasses</i>	

Combine all ingredients, except the shrimp and mix well. Place shrimp in a dish and add the marinade, tossing to coat. Let marinate in the fridge up to two hours.

Thread on prepared skewers and grill over medium heat until done (pink), turning once.





## Beer Chipotle Sirloin Steak

<i>3 Tbsp canned chipotle chills in adobo sauce pureed</i>	<i>6 cloves garlic, crushed</i>
<i>3 Tbsp soy sauce</i>	<i>2 onions chopped</i>
<i>3 Tbsp ketchup</i>	<i>1 carrot chopped</i>
<i>3 Tbsp Crosbys Fancy Molasses</i>	<i>3 stalks celery chopped</i>
<i>1 tsp salt</i>	<i>3 bay leaves</i>
<i>1 tsp black peppercorn, crushed</i>	<i>½ tsp celery salt</i>
<i>3 bottles of dark ale</i>	<i>½ cup chopped cilantro</i>
	<i>2-2½ lbs sirloin steak</i>

Combine all ingredients (except the steak). Divide the marinade in half.

Place steaks in a heavy- duty resalable plastic bag or shallow glass or ceramic dish, add half the marinade and refrigerate overnight or for several hours.

Remove meat from marinade, pat dry with paper towels and let it come to room temperature.

Take the unused half of the marinade and place in saucepan. Bring to a boil and simmer until marinade is reduced by half. Use the marinade to glaze the meat near the end of its time on the grill.

Preheat grill to 350°F.

Lightly oil the grill. Place meat on grill and cook for 2 minutes and flip. Cook 2 more minutes and flip again. Cook 2 more minutes and flip one more time. (8 minutes in total). Apply glaze during final 4 minutes of cooking.

Transfer steak to cutting board or tent in foil and allow to rest several minutes. Cut in thin slices across the grain of the meat.



Beer Barbeque Sauce

## Beer Barbeque Sauce

<i>½ cup Crosby's Fancy Molasses</i>	<i>½ cup minced onion</i>
<i>¼ cup Dijon mustard</i>	<i>½ tsp salt</i>
<i>½ cup chilli sauce</i>	<i>½ tsp pepper</i>
<i>1 tsp Worstershire sauce</i>	<i>½ cup beer</i>

Combine in a saucepan, bring to a boil and simmer for 10-15 minutes. Brush BBQ sauce on grillables during the last few minutes of grilling. If you brush it on too early the sauce will burn before your meat is cooked through.



## Molasses Coffee Barbecue Sauce

<i>2 onions, diced</i>	<i>1 apple, sliced</i>
<i>2 large cans (2 ½ cups) plum tomatoes</i>	<i>1 cup coffee</i>
<i>5 cloves garlic, minced</i>	<i>1 cup Crosby's Fancy Molasses</i>
<i>1 Tbsp fresh ginger</i>	<i>¼ cup apple cider vinegar</i>
<i>2 sprigs fresh thyme</i>	<i>1 bay leaf</i>
<i>1 Tbsp Dijon mustard</i>	<i>Salt and pepper to taste</i>

Sauté the onions. Add the remaining ingredients in a pot and simmer over low heat for 45 minutes. Season to taste and press through a strainer or a food mill.





Finger Lickin' Oven BBQ Chicken

## Finger Lickin' Oven BBQ Chicken

*3-4 lbs. of chicken pieces*

### **Rub:**

*½ Tbsp onion powder*

*1 tsp garlic powder*

*1 tsp paprika*

*½ tsp smoked paprika*

*¼ tsp cayenne*

*½ tsp freshly ground black pepper*

*½ tsp salt*

### **Slather:**

*½ cup Crosby's Fancy Molasses*

*½ cup ketchup*

*2 large cloves of garlic, minced*

*1½ tsp Dijon mustard*

*1 Tbsp cider vinegar*

*2 Tbsp fresh cilantro, chopped*

Preheat oven to broil. Coat chicken with spice mixture and tuck into a parchment paper-lined baking dish. Drizzle with oil and place on the middle rack for 10 minutes. Turn heat down to 350°F and bake until cooked through (about 45 min) basting often and flipping over, if you like. Remove from oven and brush with slather. Turn heat up to 425°F. Bake another 5 minutes, remove from oven and baste again. Do this for a third time, if you like. Sprinkle with chopped cilantro. Serve hot or at room temperature.



## Bourbon Molasses Salmon

*1 lb fillet of salmon, skin on*

*1 Tbsp Dijon mustard*

*½ cup Crosby's Fancy Molasses*

*½ cup bourbon*

*1 Tbsp chopped fresh tarragon*

*1 tsp ground coriander*

*1 tsp chopped garlic*

*Salt & pepper to taste*

Combine salmon and marinade ingredients in a dish or Ziploc bag and let marinate for 2-3 hours (refrigerated). Cook on a 450°F barbeque, starting on the skin side. (Four to five minutes on each side should give you a moist salmon) This can also be cooked in a 450°F oven, if you're BBQ-challenged like I am.



Bourbon Molasses Salmon





Mom's Potato Salad

## Mom's Potato Salad

<i>3 lbs red potatoes</i>	<b><u>Dressing:</u></b>
<i>2-3 cups diced celery</i>	<i>2/3 cup olive oil</i>
<i>2 red peppers, diced</i>	<i>2 Tbsp cider vinegar</i>
<i>1/2 cup scallions (green onions) sliced, including greens</i>	<i>1 tsp mustard powder or Dijon</i>
<i>or 1/2 cup chopped chives</i>	<i>4 tsp Crosby's Fancy Molasses</i>
<i>2 - 2 1/2 cups peas</i>	<i>Sea salt and pepper to taste</i>
<i>3 Tbsp each fresh chopped basil and mint</i>	
<i>2 tsp fresh chopped thyme</i>	

**To make the dressing:** Combine dressing ingredients in a jar and shake well.

**To make the salad:** Cut the potatoes into 1" pieces and boil until fork tender (take care not to overcook). In the meantime, in a large bowl toss the celery, peppers, scallions and herbs with half of the dressing. When the potatoes are cooked, drain and immediately add to the bowl of veggies. Toss well. Add additional dressing, as required, along with the peas. Season with salt and pepper. Let rest in the fridge overnight, if you have time.



Carrot & Cabbage Slaw with Orange Molasses Dressing

## Carrot & Cabbage Slaw with Orange Molasses Dressing

<i>3 cups grated carrots</i>	<b><u>Orange dressing:</u></b>
<i>3 cups thinly-sliced red cabbage</i>	<i>3 Tbsp cider vinegar</i>
<i>1/2 cup chopped walnuts or toasted sunflower seeds</i>	<i>1 tsp orange zest</i>
<i>1/4 cup chopped parsley or cilantro</i>	<i>2 Tbsp orange juice</i>
<i>1/3 cup currants.</i>	<i>2 1/2 tsp Dijon mustard</i>
	<i>1/2 tsp cumin (optional)</i>
	<i>2 Tbsp Crosby's Fancy Molasses</i>
	<i>2/3 cup oil (half olive oil, half walnut oil if you have it)</i>
	<i>Salt &amp; pepper to taste</i>

Put all ingredients, except oil, in a mason jar and give it a good shake. Make sure the Dijon is well incorporated then add the oil and give it another shake. Or you can stir it together in a bowl, in the same sequence. Before serving, squeeze half a lemon over the slaw and add the zest of one lemon.





## Marinated Tomatoes

*6 medium tomatoes*

*2 Tbsp fresh herbs (oregano, basil, chives...)*

**Marinade\*:**

*2 tsp spice mix*

*1 tsp Crosby's Fancy Molasses*

*½ cup olive oil*

*¼ cup cider vinegar*

*1 clove garlic, crushed*

*Salt & pepper*

**Spice mix:**

*2½ tsp paprika*

*½ tsp smoked paprika*

*¼ – ½ tsp dried chipotle*

*pepper or cayenne*

*1 tsp dried thyme*

Slice the tomatoes and lay them in a dish that's deep enough to accommodate the marinade without it dribbling over the sides.

Pour over the marinade and let the flavours blend for a couple of hours. Sprinkle with herbs before serving.

If you'd like to make this a bit more substantial nestle some slabs of feta in among the tomatoes. Or you can serve grilled feta on the side.

\*You'll have way more marinade than you need so save the extra to use as a salad dressing.



## **Molasses Herb Vinaigrette**

*1 Tbsp Dijon mustard  
5 Tbsp sherry vinegar  
1 tsp lemon juice  
1 Tbsp diced shallots  
1 tsp garlic  
 $\frac{3}{4}$  cup olive oil*

*1 Tbsp fresh tarragon, chopped  
1 Tbsp fresh parsley, chopped  
1 Tbsp fresh chives, chopped  
2 Tbsp Crosby's Fancy Molasses  
pinch salt and pepper*

Whisk together vinegar, lemon juice, mustard and molasses. Stir in remaining ingredients.







## **One-bite Molasses Brownies** (adapted from CHOW.com)

<i>1 cup chocolate chips or coarsely chopped bittersweet chocolate</i>	<i>1 cup sugar</i>
<i>½ cup butter, cut into pieces</i>	<i>1 tsp vanilla extract</i>
<i>3 Tbsp Crosby's Fancy Molasses</i>	<i>½ tsp baking powder</i>
<i>2 large eggs</i>	<i>¼ tsp fine salt</i>
	<i>1 cup flour</i>

Heat the oven to 350°F. Line an 8-by-8-inch metal baking pan with parchment paper.

Combine the chocolate and butter in a medium saucepan and cook over low heat, stirring frequently, until melted and smooth. Remove from the heat, add molasses and let cool slightly, about 5 minutes.

Combine the eggs, sugar, vanilla, baking powder and salt in a large bowl and stir until just incorporated. Add the chocolate mixture and stir until combined. Add the flour and fold in until just incorporated, about 20 strokes (no white streaks should remain).

Pour the batter into the prepared pan (spreading it out and smoothing the top). Bake 30 minutes (until a tester comes out clean). Remove to a wire rack and let the brownies cool for at least 20 minutes. Take them out a littler earlier if you want them to be chewier.

Cut into 2-inch squares.



Graham Crackers

## Graham Crackers

<i>1 ½ cups flour</i>	<i>1 cup butter</i>
<i>1 cup whole wheat flour</i>	<i>¾ cup brown sugar</i>
<i>½ cup wheat germ</i>	<i>2 Tbsp Crosby's Fancy Molasses</i>
<i>1 tsp baking soda</i>	<i>1 Tbsp milk</i>
<i>½ tsp cinnamon</i>	<i>1 tsp vanilla</i>

Combine dry ingredients in a medium bowl. In another bowl cream butter, sugar, molasses, milk and vanilla. Combine wet with dry and mix well. (Chill for 30 min or more, if you have time.) Divide dough into four pieces and roll out into rectangles. (Roll each piece between sheets of parchment paper if necessary, to get it cracker-thin). Move rectangle to a parchment lined baking sheet. Repeat with remaining three pieces of dough, score into cracker-sized pieces and freeze until firm. Remove from freezer, pierce with tines of a fork. Bake at 350°F for 8-9 minutes. Watch closely.



Peach Gingerbread

## Peach Gingerbread

<i>⅔ cup butter, melted</i>	<i>1 ½ tsp ginger</i>
<i>2 cups flour</i>	<i>1 cup milk</i>
<i>1 cup brown sugar</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>1 tsp baking powder</i>	<i>2 eggs, beaten</i>
<i>½ tsp baking soda</i>	<i>2 tsp vanilla</i>
<i>½ tsp salt</i>	<i>2-3 peaches, peeled, quartered</i>
<i>½ tsp cinnamon</i>	<i>and thinly sliced</i>

Preheat oven to 350°F. Grease and flour a 9" square or round cake pan. A spring form pan works too, and makes it easier to eat the cake while it's still warm.

Stir together flour, brown sugar, baking powder, baking soda, salt and spices. In another bowl whisk together the melted butter, milk, molasses, eggs and vanilla.

Add the wet to the dry and combine gently but thoroughly. Pour into prepared pan and arrange the peach slices on top.

Bake for 45-50 minutes. Serve on its own or with a little sweetened whipped cream on the side.





Pecan Pie Squares



Molasses Toffee Sauce

## Pecan Pie Squares

From Bonnie Stern: Friday Night Dinners

<b>CRUST:</b>	<i>½ cup butter</i>
<i>1½ cups flour</i>	<i>1 cup packed</i>
<i>¼ tsp salt</i>	<i>brown sugar</i>
<i>¾ cup butter (cold, cut</i>	<i>5 eggs</i>
<i>into small pieces)</i>	<i>¾ cup corn syrup</i>
<b>FILLING:</b>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>2 cups pecan halves, toasted</i>	<i>2 tsp vanilla</i>
<i>and coarsely chopped</i>	<i>3 Tbsp flour</i>
<i>1 cup chocolate chips</i>	
<i>(or chopped semisweet chocolate)</i>	

Combine flour and salt in a food processor. Add butter and process on/off until it is tiny bits and the dough is just starting to come together. Pat the dough into bottom of a 13 x 9 inch oiled and parchment lined pan.

Bake crust in 350°F oven for 20 - 25 min until lightly browned. Cool for 30 min. at room temp. Sprinkle with pecans and chocolate.

In a food processor (or with a mixer), cream butter and brown sugar for 3 min. Beat in eggs one at a time. Beat in corn syrup, molasses, flour and vanilla. Pour over pecans and chocolate.

Spread filling over baked crust and bake 30-35 min or until a knife comes out clean (I can't imagine this happening!)

Cool for one hour before cutting into squares. Don protective clothing and share with guests or take pan to a quiet place and enjoy.



## Molasses Toffee Sauce

<i>½ cup plus 1 Tbsp butter</i>	<i>1¼ cup 35% cream</i>
<i>¾ cup brown sugar (not packed)</i>	<i>1 tsp pure vanilla</i>
<i>3 Tbsp Crosby's Fancy Molasses</i>	

Melt the butter, brown sugar and molasses in a heavy bottom medium size pot. (The pot needs to be tall enough to allow for foaming.) When the mixture is incorporated, slowly add the cream. Boil rapidly for 5 minutes. Remove from the heat and add the vanilla.





## Spicy Grilled Pineapple

Serves 6

<i>2 Tbsp rum</i>	<i>½ pineapple peeled and</i>
<i>¼ cup Crosby's Fancy Molasses</i>	<i>cut into long wedges</i>
<i>1 Tbsp fresh ginger chopped fine</i>	<i>Ziploc bag</i>
<i>1 tsp hot dried peppers (optional)</i>	<i>Favourite ice cream</i>

Mix all the ingredients into the bag and seal.

Marinate in a refrigerator for 1 hour.

Grill on a hot BBQ (450 F) for 3 to 5 minutes each side.

Serve with a scoop of your favourite ice cream.



## Iced Chai

Makes one generous serving

<i>1 cup milk (can substitute</i>	<i>2 tsp Crosby's Fancy Molasses</i>
<i>nut or soy milk)</i>	<i>1 tsp cinnamon</i>
<i>1 tea bag chai tea</i>	<i>6-8 ice cubes</i>

Place milk and tea bag in a small pot and bring to a simmer. Remove from heat and let steep 5 minutes, pressing down on the tea bag with a spoon a few times.

Remove tea bag from milk, transfer to a blender and add cinnamon, molasses and ice cubes. Whirr until it's slushy and a little foamy. Transfer to a glass and garnish with a sprinkling of cinnamon.



# Substitutes

## Sour Milk - Fresh Milk

For 1 cup, place 1 tablespoon lemon juice or vinegar in bottom of a measuring cup. Add enough milk to make 1 cup. Stir and let mixture curdle, about 5 min.

## Cocoa - Chocolate

One square (1 ounce) of chocolate equals three tablespoons of cocoa and one tablespoon of butter.

## Brown Sugar

Light brown sugar: combine 1 cup white sugar with 1 Tbsp molasses  
Dark brown sugar: combine 1 cup white sugar with 3 Tbsp molasses

## Molasses

One cup of molasses equals 3/4 cup of sugar. In baking, decrease liquid by 1/4 cup for each cup of molasses. Omit any baking powder and add 1/2 teaspoon of baking soda.

## Baking Powder

One teaspoon of baking powder equals 1/4 teaspoon of baking soda plus 3/8 teaspoon of cream of tartar.

## Powdered Milk - Fresh Milk

One cup fresh milk equals four tablespoons powdered milk and one cup of water. When powdered milk is to be used, it is convenient to combine it with flour and other dry ingredients and then add the required quantity of water at the point where the use of fresh milk is called for.

## Measuring Equivalents

1 tablespoon = 3 teaspoons	1 kg = 2.2 lbs
2 tablespoons = 1 ounce	1 cup = 1/2 pint
16 tablespoons = 1 cup	1 teaspoon = 5 ml
1 cup = 8 ounces	1 tablespoon = 15 ml
1 cup = 250 ml	1 litre = 35 ounces

# More About Molasses

## Fancy Molasses

The highest grade of molasses available, fancy molasses is the pure juice of the sugar cane, condensed, inverted and purified. It is 100% natural and contains no additives or preservatives. It is lighter in colour than the other molasses products, and the flavour is tangy sweet. All the recipes in this cook book are made with fancy molasses.



## Cooking Molasses

Cooking molasses is a blend of blackstrap and fancy molasses. It is thicker and darker than fancy molasses – less sweet, with a more “full-flavoured” taste. Any product made with cooking molasses will have a much more robust “molasses” flavour than if fancy molasses is used.



## Blackstrap Molasses

Blackstrap molasses is the highly-concentrated, final by-product of the refined sugar manufacturing process. As the sugar crystallizes, the residual cane juice thickens into a dark mass and is separated out through a centrifuge. The resulting molasses is very dark with a robust, somewhat bitter flavour. Like fancy molasses, it is a pure product and contains no added sulphates or sulphites. Blackstrap molasses is recognized for its health benefits and is an excellent source of many minerals and nutrients including iron, magnesium and calcium.



## We Don't Add Sulfur

Sulphur dioxide and/or sulfites used to be added to molasses as a preservative or bleaching agent and causes an unpleasant aftertaste. Crosby's does not add sulphur to any of our products.

**BAKING + MOLASSES**

**CROSBY'S**



**SINCE 1879**



**MAKING LIFE A  
LITTLE SWEETER  
EVERYDAY**

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