

This recipe is by Jim Goode, pitmaster at Goode Company Barbecue in Houston, TX. It's a great mop for beef including ribs, roasts or brisket.

4 cups beef broth
2 bay leaves
1 teaspoon dried oregano
2 tablespoons unsalted butter
1/4 cup chopped onions
1/4 cup chopped celery
1/4 cup chopped green bell pepper
1/4 cup minced garlic
2 tablespoons Jim Goode's BBQ Beef Rub (see recipe)
1/2 teaspoon dry mustard
1/2 teaspoon salt
1/2 teaspoon white pepper
1/2 teaspoon black pepper
1/4 teaspoon cayenne
Finely grated zest of 2 lemons
Juice of 2 lemons
2 tablespoons soy sauce
2 tablespoons white-wine vinegar
1 tablespoon olive oil
1 tablespoon sesame oil
1 pound finely chopped bacon

1. Bring broth, bay leaves and oregano to a boil. Reduce heat to a simmer.
2. Meanwhile, melt the butter in a nonstick skillet over medium-high heat. Add the onions, celery, green pepper, garlic, Beef Rub, mustard, salt, white and black pepper, and cayenne. Cook until browned, about 5 to 7 minutes, then add to broth along with the lemon zest, juice, soy sauce, vinegar and the oils. Stir to combine.
3. Cook the bacon in a nonstick skillet until soft. Add the bacon and any rendered fat to the broth mixture. Continue simmering until the broth is reduced by a fourth, about 45 minutes to an hour. Adjust the seasonings and baste away!

Makes 6 cups. Per ounce: 32 calories, 3g fat, 4 mg cholesterol.