

BBQ Sauce

Makes 3-4 cups sauce

2 tablespoons vegetable oil
1 medium onion, diced small
1 cup ketchup
2 tablespoons yellow mustard
½ cup Worcestershire sauce
½ cup apple cider vinegar
2 tablespoons juice of whole lemon
2 tablespoons sugar
Cayenne pepper to taste

Heat the oil in a small saucepan set over medium heat. Add the onions and stir to coat in the oil, then raise the heat to high. Add the remaining ingredients to the saucepan with ½ cup water and bring to a boil, then reduce to a simmer and allow to cook, stirring constantly, until it thickens into a smooth sauce. Baste your barbecued meat of choice with the sauce after cooking, but prior to serving.

Recipe courtesy of Curtis Aikens

For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>



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