



North Carolina-style BBQ Sauce

In the South, barbecue sauce is as controversial a subject as the barbecue itself, perhaps even more so with regional variations being fiercely defended as the best, the original and the only sauce worth having. My sauce is inspired by the mustard-based sauces of North Carolina. This is very much a 'season to taste' sauce, it's quite sharp and a little spicy, feel free to add more heat if you like, more sugar or tomato paste to sweeten it up a touch, or more mustard if that's your preference. I like to use wholegrain mustard, but Dijon or American mustard would work just as well. I blitz the sauce with a stick blender to thicken it up a little as I find it glazes the octopus better that way, this isn't traditional, so feel free to leave it loose and chunky if you prefer.

Makes about $\frac{3}{4}$ cup (180ml)

INGREDIENTS

- 1 teaspoon mustard powder
- 1 tablespoon vegetable oil (20ml)
- 1 small brown onion, very finely chopped
- Salt flakes and freshly ground black pepper, to taste
- 1 clove garlic, crushed
- $\frac{1}{2}$ teaspoon dried chilli flakes
- $\frac{1}{2}$ teaspoon smoked paprika
- $\frac{1}{4}$ teaspoon dried oregano
- Pinch ground cayenne
- $\frac{1}{2}$ cup apple cider vinegar (125ml)
- $\frac{1}{4}$ cup water (60ml)
- 2 teaspoons tomato paste
- 1 teaspoon wholegrain mustard
- 1 teaspoon brown sugar



METHOD

1. Mix mustard powder with 1 tablespoon of cold water to form a paste and set aside.
2. Place oil, onion and a good pinch of salt flakes in a saucepan over low-medium heat. Cover and cook, stirring occasionally, for 15–20 minutes, until just starting to colour.
3. Stir in garlic, chilli flakes, paprika, oregano and cayenne and cook for a further 30 seconds or so, until aromatic.
4. Stir in vinegar, water, tomato paste, wholegrain mustard and sugar and bring to the boil.
5. Reduce heat and simmer for 5 minutes.
6. Stir in the mustard mixture and remove from heat.
7. Blitz with a stick blender and set aside to cool.