



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



INGREDIENTS

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

METHOD

1. Mix mustard powder with a tablespoon of cold water to form a paste and set aside.
2. Heat oil in a saucepan, add onion and a good pinch of salt. Cover and cook, stirring occasionally, for 10-15 minutes, until it starts to colour.
3. Stir in garlic and cook for a further 30 seconds or so, until you can smell it.
4. Add remaining ingredients except for the mustard and bring to the boil.
5. Reduce heat and simmer for 5 minutes.
6. Stir a little of the sauce into the mustard, then stir the mustard into the sauce.
7. Remove from heat and blitz with a stick blender.
8. Set aside to cool.