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Andrew Sullens
Erik Brashears

COWBOY COOK RECIPES

WANTED DEAD OR
ALIVE

MEATS, SIDES, DESSERT;
YOU'LL GET IT ALL

Sgt. Sully's Smoked Meat



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CAST-IRON COWBOY STEAK

A Herb Butter Basted Cast Iron Steak with a flavorful crispy crust and tender inside to leave you fulfilled at the dinner table.

INGREDIENTS:

- Steak (Ribeye Or NY Strip Recommended)
- Kosher Salt
- Freshly Ground Black Pepper
- Avocado Oil
- Herbs Of Choice
- Crushed Garlic Cloves
- Salted Butter

EQUIPMENT:

- Cast Iron Skillet
- Tongs Or Fork
- Spoon
- Fire Or Stove
- Temperature Rod (Recommended)

1. Preparation

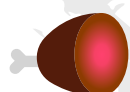
1. Season the entire surface of your steak with kosher salt.
2. Wrap your steak with a papertowel, place on a baking sheet, and set it in the coldest area of your fridge for a minimum of 2 hours.
3. Gather all of your ingredients, turn the stove on high, & get ready to cook!

2. Cooking

1. Pour enough avocado oil and butter into the pan to cover the skillet.
2. Once the butter has melted, place the steak onto the high heat pan on one side until dark golden brown. Do the same for the other side and edges of the steak.
3. Once both sides and edges of the steak are dark golden brown, lower the heat to low, add in more butter, crushed garlic cloves, and your herbs of choice.
4. Insert a temperature rod into the steak to get desired temperature (chart below) and baste the garlic, butter, & herb mix onto the steak while you wait for the steak to rise to the desired temperature.
5. Enjoy your Cast-Iron Cowboy Steak! Best if paired with hefty carbs like mashed potatoes, fries, or mac and cheese!



Rare
125°F



Medium
145°F



Well Done
160°F



2



BEST DANG CHICKEN WANGS

Home-made seasoning with sticky BBQ sauce caramelized on juicy chicken meats by being fire-roasted over a high heat grill.

INGREDIENTS:

- Chicken Meat (Thighs Recommended)
- Pickle Juice And Butter Milk
- **Season Mix:** Paprika, Black Pepper, Garlic Powder, And Kosher Salt.
- Baby Rays Bbq Sauce
- Honey & Brown Sugar

EQUIPMENT:

- Open Fire (Grill Or Other)
- Tongs Or Fork
- Bbq Brush
- Oven

1. Preparation

1. Submerge chicken in a closed container with pickle juice, butter milk, and your preferred seasoning mix with the ingredients above for a minimum of 4 hours.
2. Place brined chicken on a cooking sheet and in the oven at 350°F for 10 Minutes.
3. Combine Baby Rays BBQ Sauce, honey, and brown sugar in a bowl for the grill.

2. Cooking

1. Use the BBQ Brush to layer the BBQ mix onto the thighs then place the thighs on an open fire at the highest degree (~550-600°F)
2. Flip chicken about every 2 minutes while brushing on more of the BBQ mix until you get the desired stickyness of the thighs.
3. Enjoy the Best Dang Chicken Wangs you've ever had! Pairs perfectly with smoked corn, sweet-corn cornbread, biscuits, or seasoned potato wedes.





PORK CARNITA TACOS

Tender and juicy pork carnitas, wrapped in warm tortilla, and finished off with flavorful toppings.

INGREDIENTS:

- Pork Carnitas (Pork Shoulder/butt)
- **Season Mix:** Salt, Ground Cumin, Chili Powder, Garlic Powder, Dried Oregano, Onion Powder, & Black Pepper
- **Toppings Mix:** Lime Juice, Cilantro, Sweet Onion, Crema/sour Cream
- Flour Tortillas (You Can Replace This With Corn Tortillas But They'll Need To Be Fried)

EQUIPMENT:

- Crock Pot/slow Cooker
- Wooden Spoon

1. Cooking

No Prep Needed

1. Cut Pork Shoulder into 2x2 inch squares, place them in a slow cooker on low, and add your preferred seasoning mix with the ingredients above for 6 hours.
2. Cut medium chunks of cilantro and sweet onions for your topping mix
3. Once the Pork Shoulder is finished, now called carnitas, open your slow cooker and shred the carnitas with a fork and wooden spoon.
4. Place tortillas in a damp kitchen towel then microwave them so you have a warm and cozy tortilla to place your carnitas onto.
5. Add the carnitas to the tortilla along with your desired mix of cool refreshing toppings to go with the rich flavor!
6. ****Pay attention to this step**** Now you need to eat the best dang pork carnita tacos you've ever had! Pairs great with a Corona and a table full of friends and family!





SMOKED BBQ BEANERS

You don't need a smoker to make the best bbq beaners you've ever had.
Hefty, meaty, savory, and succulent.

INGREDIENTS:

- 2 (22 Oz) Cans Of Bush's Grillin' Beans
- **Mix:** 2 Sliced Bacon, Diced
- 1 Small Sweet Onion, Diced
- 1 Bell Pepper, Diced
- 2 Garlic Cloves, Minced
- Any Meats You Want In Your Beans

EQUIPMENT:

- Oven
- Stove Top
- Wooden Spoon

Seasoning Mix: ½ Tsp Chipotle Chili Powder

¼ Teaspoon Salt

¼ Teaspoon Freshly Cracked Black Pepper

1 Tablespoon Brown Sugar

2 Tablespoons Apple Cider Vinegar

2 Tablespoons Bbq Sauce

2 Tablespoons Ketchup

1 Tablespoon Dijon Mustard

2 Sliced Bacon, Diced

1 Small Sweet Onion, Diced

1 Bell Pepper, Diced

2 Garlic Cloves, Minced

1. Cooking

No Prep Needed

1. Preheat oven to 400°F, place an oven-safe large pot over your stove on medium-low heat, and add the bacon to it until it's crispy.
2. Stir in "Mix" (not seasoning mix) with bacon and cook for about 5 minutes.
3. Now add in and thoroughly mix your "Seasoning Mix" to the pot.
4. Once mixed, add in the 2 cans of Bush's Grillin' Beans. Bring everything to a boil then taste the beans and adjust any seasonings to your liking.
5. Place the oven-safe pot into the oven and bake for 30 minutes then remove and let cool down to preferred temperature before serving.
6. Serve yourself a bowl of the best bbq beaners you ever had with a side of cornbread, collard greens, and some sweet tea.



GOOEY COWBOY COOKIES



Sure, Cowboys didn't make cookies, but that doesn't mean you can't finish your meal with a gooey, chewy, oowee cookie!

INGREDIENTS:

- 1 Cup (226g) Unsalted Butter, At Room Temperature
- 1 Cup (220g) Packed Light Brown Sugar
- ½ Cup (95g) Granulated Sugar
- 2 Large Eggs
- 1 Tablespoon (15ml) Pure Vanilla Extract
- 3 Cups (420g) All-purpose Flour
- 2 Teaspoons (4g) Corn Starch
- 1 Teaspoon (5g) Salt
- 1 Teaspoon (4g) Baking Soda
- 12oz Semi-sweet Chocolate Chips

EQUIPMENT:

- Oven
- Parchment Paper Or Silicone Baking Sheet
- Kitchen Scale
- Non-stick Cookie Sheet
- Dough Mixer (Easiest) Or Wisk
- Wire Rack

1. Cooking

No Prep Needed

1. Preheat oven to 350°F, line a cookie sheet with parchment paper or silicone baking sheet, and bring butter to room temperature (sit out for about 20 minutes)
2. Beat the butter with the brown and granulated sugar. Beat on medium speed until well combined, 2-3 minutes until well creamed. Next, add the eggs and vanilla extract and continue beating until well incorporated.
3. In a separate bowl, combine the remaining dry ingredients. Stir to combine and slowly add the dry ingredients into the dough, mixing on low speed until the dough starts to form. Before the dough thickens, add the chocolate chips. Beat until incorporated. Set aside.
4. Use your scale to create 6oz cookie dough balls. Place 3 inches apart on the prepared cookie sheet. Bake for 15-20 minutes. The center of the cookie should be slightly underbaked but not too gooey or shiny on top. Allow to cool on the baking sheet for 15 minutes before transferring to a wire rack to cool completely.
5. Now it's time to tear these oh so gooey, chewy, oowee cookies apart and taste the fruit of your labor! Paired best with a small group of family or friends, milk, and a room full of smiles!



A WORD FROM SGT. SULLY



Hey! This is Erik Brashears and Andrew Sullens, hopefully your future caterers! We hope that you enjoyed the recipes in this booklet!

Once again, these are recipes that we've enjoyed and wanted to share with you. We cater events with smoked meats. You can see our menu at sgtsullyssmokedmeat.com/menu

If you need a trustworthy catering service with juicy smoked meat for your awesome event, give us a call at **469 323 9133** or go to sgtsullyssmokedmeat.com to learn what we can provide for your event!

Book Us For Your Event



Sgt. Sully's Smoked Meat is a Veteraned owned small business food truck that offers BBQ Catering for your awesome events!