Hi
Matthew Crist

@matthewcrist
BBQ Regions

Western Carolina
Eastern Carolina
Memphis
Kansas City
Texas
It's simple.
It’s simple.
It’s cheap.
It’s simple.
It’s cheap.
It’s tasty.
It's simple.
It's cheap.
It's tasty.

It's the cornerstone of my personal hierarchy of needs.
Family
Family

Money
A brief history...
Raised in Asheville
Food Groups
(as seen by southerners)

- Is it fried?
- BBQ
- Other
The best BBQ has 4 things.
It's simple & tasty.
It's simple & tasty.
Pork Cole Slaw
It's simple & tasty.

- Pork
- Cole Slaw
- Bread & Butter pickles
It's simple & tasty.

Pork 
Cole Slaw
Bread & Butter pickles
Cheap buns
Little Pigs
Genuine Pit
Bar-B-Q Sandwiches
Hickory smoked with LOVIN' CARE
School in... Charlotte
The Penguin
est. 1954
A great divide...
Shelby, NC

Red Bridges opens Bridges BBQ Lodge in 1946
Shelby, NC

Red Bridges opens Bridges BBQ Lodge in 1946

His brother Alston has a disagreement over east vs west
Shelby, NC

Red Bridges opens Bridges BBQ Lodge in 1946

His brother Alston has a disagreement over east vs west

Alston opens Alston Bridges BBQ Lodge in 1954
Shelby, NC

Red Bridges opens Bridges BBQ Lodge in 1946

His brother Alston has a disagreement over east vs west

Alston opens Alston Bridges BBQ Lodge in 1954

Bridges BBQ shack becomes Red Bridges BBQ Shack
Shelby, NC

Red Bridges opens Bridges BBQ Lodge in 1946

His brother Alston has a disagreement over east vs west

Alston opens Alston Bridges BBQ Lodge in 1954

Bridges BBQ shack becomes Red Bridges BBQ Shack

They never spoke again
Both involve pulled pork.
Western is pork shoulder.
Eastern is "everything but the squeal".
Western sauce is tomato based.
Eastern sauce is vinegar based.
I ❤ Western
Live in...
There’s no good BBQ in Boston
Ingredients

8-10lb pork shoulder
Ingredients

8-10lb pork shoulder

Dry Rub
Ingredients

8-10lb pork shoulder

Dry Rub

Dutch Oven
Ingredients

8-10lb pork shoulder

Dry Rub

Dutch Oven

Time