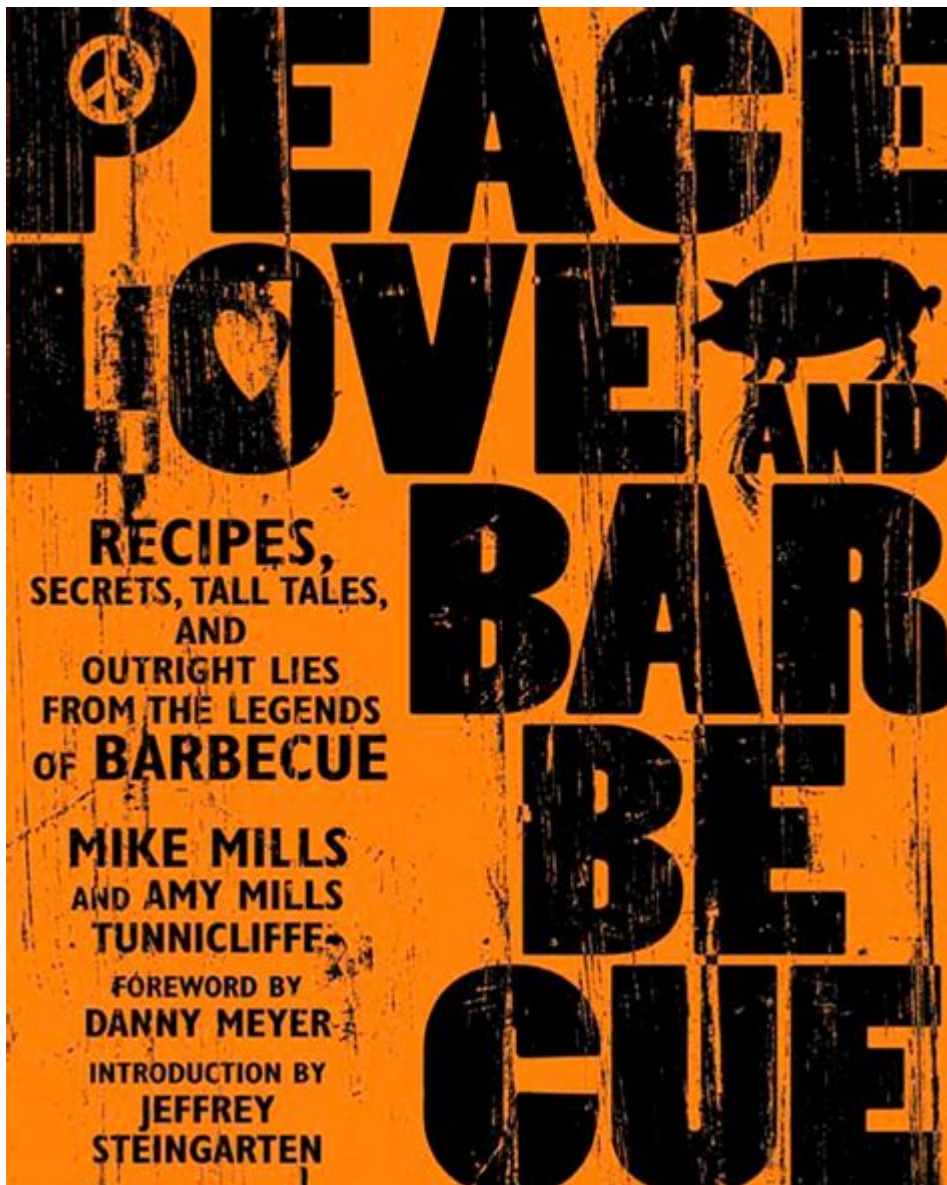


Peace Love And Barbecue Mike Mills



Peace love and barbecue Mike Mills is a phrase that resonates deeply within the culinary world, particularly among barbecue enthusiasts. Mike Mills, often hailed as the "Legendary Pitmaster," has made his mark not only through his exceptional barbecue skills but also through his philosophy that intertwines the ideals of peace, love, and the art of grilling. In this article, we will explore the journey of Mike Mills, his philosophy on barbecue, his award-winning techniques, and how he has influenced the barbecue culture both in the United States and around the world.

The Journey of Mike Mills

Mike Mills' journey into the world of barbecue began in the small town of Murphysboro, Illinois. Growing up in a family that enjoyed cooking, Mills developed an early love for grilling and smoking meats. His passion for barbecue turned into a profession when he began entering local competitions, quickly gaining recognition for his exceptional flavor profiles and techniques.

Early Influences

Mills credits several influences that shaped his barbecue style, including:

1. Family Traditions: Cooking was an integral part of family gatherings, where recipes and techniques were passed down through generations.
2. Local Barbecue Culture: The vibrant barbecue scene in the Midwest inspired Mills to experiment with flavors and cooking methods.
3. Competitions: Entering barbecue competitions provided Mills with the opportunity to refine his skills and gain valuable feedback from other pitmasters.

Establishing a Legacy

In 1989, Mills opened his first barbecue restaurant, "Big Barbecue," which quickly gained popularity. His signature dishes, particularly his ribs, became the talk of the town. Over the years, Mills earned numerous accolades and awards, solidifying his reputation as one of the foremost experts in the barbecue community. Notably, he won the prestigious title of Grand Champion at the American Royal Barbecue Competition, a feat that put him on the map as a pitmaster to watch.

Peace, Love, and Barbecue Philosophy

The phrase "peace, love, and barbecue" embodies Mills' approach to cooking and life. It reflects his belief that barbecue is more than just food; it is a means of bringing people together, fostering community, and creating lasting memories.

Peace: The Essence of Barbecue

For Mills, peace is about the harmony and connection that barbecue creates. The act of cooking and sharing a meal can forge bonds between family, friends, and even strangers. He believes that when people gather around a barbecue, they leave their differences behind and enjoy the simple pleasure of good food and good company.

Love: The Heart of Cooking

Love is a crucial ingredient in Mills' barbecue philosophy. He emphasizes that cooking with passion and care translates to better flavors and a more enjoyable dining experience. His love for barbecue is evident in every dish he serves, as he pours his heart into each recipe and technique. Mills encourages aspiring pitmasters to embrace their love for cooking and to share that passion with others.

Barbecue: The Culinary Art

Mills views barbecue as an art form that requires skill, dedication, and creativity. He believes that mastering the techniques of smoking and grilling is essential to achieving the perfect flavor. Mills advocates for experimentation in barbecue, encouraging cooks to find their unique styles and flavors while respecting traditional methods.

Award-Winning Techniques and Recipes

Mike Mills has developed several techniques and recipes that have earned him accolades and a loyal following. Here are some of his most famous contributions to the barbecue world:

World-Class Ribs

Mills is particularly known for his ribs, which are characterized by their tender meat and flavorful dry rub. His rib recipe includes:

- A carefully balanced dry rub that combines sugar, salt, and spices.
- A slow-cooking process that allows the meat to absorb the flavors and become tender.
- A finishing glaze that adds a sweet and tangy finish to the ribs.

Signature Sauces

Mills has crafted a range of barbecue sauces that complement various meats. His sauces often feature:

- A blend of sweet and savory flavors.
- Ingredients like molasses, vinegar, and a variety of spices.
- The flexibility to be used as a marinade, baste, or dipping sauce.

Techniques for Perfect Smoking

Mills emphasizes the importance of technique in achieving the perfect smoked meat. Some of his key smoking tips include:

1. **Choosing the Right Wood:** Different woods impart unique flavors. Common choices include hickory, mesquite, and fruit woods like apple and cherry.
2. **Controlling Temperature:** Maintaining a consistent temperature is crucial for even cooking. Mills recommends using a reliable thermometer to monitor the heat.
3. **Patience is Key:** Good barbecue takes time. Mills suggests allowing meats to cook slowly to achieve tenderness and depth of flavor.

Influencing the Barbecue Community

Mike Mills has not only influenced individuals with his cooking but has also made significant contributions to the barbecue community as a whole. Through his restaurants, cookbooks, and competitions, he has shared his knowledge and passion for barbecue with aspiring pitmasters.

Cookbooks and Educational Initiatives

Mills has authored several cookbooks, sharing his techniques, recipes, and philosophy with readers. His books often include:

- Step-by-step instructions for mastering barbecue techniques.
- Personal anecdotes that illustrate the significance of barbecue in his life.
- Tips for hosting successful barbecue gatherings.

Competitions and Festivals

Mills remains active in the barbecue competition circuit and often participates in festivals and events. His involvement not only showcases his skills but also serves to mentor and inspire the next generation of barbecue enthusiasts.

Conclusion: The Lasting Impact of Peace, Love, and Barbecue

Peace love and barbecue Mike Mills is more than just a catchy phrase; it encapsulates a philosophy that transcends the culinary world. Through his commitment to the art of barbecue, Mills has created a legacy that emphasizes community, creativity, and the joy of sharing a meal. Whether you're a seasoned pitmaster or just starting your barbecue journey, embracing the ideals of peace, love, and barbecue can enhance your cooking experience and create unforgettable memories around the grill. As Mills continues to inspire others with his techniques and philosophy, the world of barbecue remains brighter and more inviting than ever.

Frequently Asked Questions

Who is Mike Mills in relation to barbecue?

Mike Mills is a renowned barbecue pitmaster and the owner of the award-winning barbecue restaurant '17th Street Barbecue' in Murphysboro, Illinois.

What is the significance of 'Peace, Love, and Barbecue'?

'Peace, Love, and Barbecue' is a book authored by Mike Mills that shares his philosophies on barbecue, life, and the importance of community and family.

What are some accolades Mike Mills has received?

Mike Mills has won multiple barbecue championships, including the prestigious Memphis in May World Championship Barbecue Cooking Contest, where he has garnered several titles.

How did Mike Mills contribute to the barbecue community?

Mike Mills is known for his mentorship to aspiring pitmasters and his efforts in promoting barbecue culture through competitions, workshops, and his restaurant.

What style of barbecue is Mike Mills known for?

Mike Mills is particularly known for his expertise in Memphis-style barbecue, specializing in ribs and pulled pork.

What recipes can you find in 'Peace, Love, and Barbecue'?

The book features a variety of barbecue recipes, including sauces, rubs, and cooking techniques, as well as personal anecdotes and tips for successful barbecue.

What is the philosophy behind Mike Mills' approach to barbecue?

Mike Mills emphasizes the importance of passion, patience, and the joy of sharing good food with family and friends, encapsulated in the message of 'Peace, Love, and Barbecue.'

Has Mike Mills participated in any television shows?

Yes, Mike Mills has appeared on various cooking shows and barbecue competitions, showcasing his skills and sharing his love for barbecue with a wider audience.

What impact has Mike Mills had on barbecue culture?

Mike Mills has significantly influenced American barbecue culture, inspiring countless cooks and pitmasters through his books, competitions, and dedication to the craft.

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