

Texas Favorites - BBQ & Blue Bell Ice Cream

Picture yourself gathering with family and friends on a hot summer afternoon. What's on the menu? In Texas, this is time for famous favorites: barbecue and home-style ice cream. Is your mouth watering? Well if it's not, it will be soon. Come along as we take a bite outta Texas; I guarantee your taste buds will be happy.

The term barbeque has come to refer to both the food item and the act of cooking it. Unlike grilling, barbecuing involves slow-cooking food in pits over indirect heat from typically burning charcoal or wood. Barbeque has grown from simple food preparation to an art.. And the artists behind those barbeque pits in Texas have strong ideas about their materials and techniques.

Three things make Texas barbecue unique. First, Texans most often use the cut of beef called brisket which is the breast or lower chest of the cow. Second, Texans use different sauces than other states. The sauce is a sweet, yet spicy tomato-based flavor; a perfect companion for the tender meat. Third, the meat contains seasonings that are rubbed into the meat before barbecuing so the spice really soaks in. Although barbeque is well-known throughout the country, Texans are obviously a little biased toward their own style.

There is only one thing that can truly follow up good Texas style Barbecue-- dessert, and more specifically ice cream. Texans know how to satisfy a sweet tooth and are known to enjoy a bowl of Blue Bell Ice Cream. Because of its unique rich, creamy flavor, the brand ranks as one of the top three best-selling ice creams in the country. Although a famous brand name today, Blue Bell Creameries originated in the small town of Brenham, Texas. The ice cream's popularity spread fast and it's now available in 19 southern states. There are over 18 flavors available year-round and over 30 seasonal flavors. Some of the most popular year-round flavors include Homemade Vanilla, Chocolate Chip Cookie Dough, and Cookies n' Cream. People from all walks of life crave this ice cream - Former President George Bush would have Blue Bell flown in to Camp Davis during his administration.

If you have not yet done so, I encourage you to get the true taste of Texas by trying these favorite Texas foods. If you don't want to fire up your own coals, there's likely to be a barbeque joint open in the next town you visit.

Source(s):

Blue Bell Creameries. (2007). Retrieved November 20, 2010 from bluebell.com

"Texas Barbeques and Texas Style Outdoor Cooking." (n.d.). Texas Barbeque / How to Barbeque. Retrieved November 20, 2010 from texasbarbeques.com

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