

Carolina Gold BBQ Sauce: The Tangy Southern Mustard Sauce You'll Crave

Carolina Gold BBQ Sauce: Bold, Tangy, and Unapologetically Southern ??



TIME
10 min

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INGREDIENTS

- 1 cup yellow mustard
- $\frac{1}{2}$ cup apple cider vinegar
- ... cup honey
- 2 tbsp molasses
- 1 tbsp tomato paste
- 2 tsp Worcestershire sauce (or liquid aminos for a vegan swap)
- 1 tsp Frank's hot sauce or Tabasco
- ... tsp cayenne pepper
- ... tsp garlic powder

DIRECTIONS

1. Combine the Ingredients: In a small saucepan, whisk together:
2. Mustard
3. Apple cider vinegar
4. Honey
5. Molasses
6. Tomato paste
7. Worcestershire sauce
8. Hot sauce
9. Cayenne pepper
10. Garlic powder
11. Simmer: Set the pan over medium-high heat and bring to a gentle boil, stirring constantly. Once it boils, let it bubble for 30 seconds, then remove from heat.
12. Cool and Store: Let the sauce cool completely before transferring to a clean jar or bottle. Store in the fridge for up to 1 month.

TIPS FOR SUCCESS

Let it rest : The flavor deepens after a day in the fridge.

Use a squeeze bottle : For easy BBQ drizzling at home or on the grill.

Ways to Use Carolina Gold BBQ Sauce This sauce is endlessly versatile.

Try it with: Pulled pork sliders Grilled chicken or ribs Sheet pan quesadillas like these crowd-pleasers Turkey wings or leftover rotisserie chicken Burger topping or as a BBQ mayo mix It's also a great dip for fries, tots, or grilled veggies.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/carolina-gold-bbq-sauce-the-tangy-southern-mustard-sauce-youll-crave/>