



# SUMMER BBQ *Masterclass*

## *Master* TIPS – Safe Grilling

- For coal BBQ's, light well before you want to eat, they can take up to an hour to go white before they are ready for cooking on.
- Remember to wash your hands and all utensils, also have a bowl of warm soapy water next to your BBQ to wash utensils in between cooking.
- Keep raw and cooked meat separate, using separate utensils and plates. Do not put cooked products back on plates previously used for raw.
- If you are marinating meat you have to take extra care to avoid food poisoning. Keep marinating meat in the fridge until you are ready to use it. Discard the marinade when you have put the meat on the barbecue, using a freshly made marinade to baste your meat while it cooks.
- For whole muscle meat products like fillets, steaks and chops, take care when grilling as they can cook quite quickly and sometimes burn what should be a lovely steak. Ensure the grill is pre-heated, coals are white or gas is on medium to high. Place steaks on a pre-oiled griddle (or put some sesame oil on the steaks if they are not already marinated), grill for a few minutes either side turning only once. Depending how thick they are, suggested timings per side are: rare (2-3mins); medium (4-5mins); well done (6-7 mins)
- Cook burgers until they are piping hot, no pink areas in the centre and juices run clear. Make use of a digital thermometer to take out the guesswork, meat products should reach an internal temperature of between 75°C – 80°C.
- For BBQ's with lids, larger joints can also be cooked. Pre-marinated spatchcocked joints or whole chickens are great for a larger party or an outdoor Sunday roast, ask your Q butcher to prepare one for you – or see opposite if you want to have a go yourself. Usually taking about 40+mins to cook, depending how thick, check the joint halfway through cooking to ensure an even doneness.
- Another fun Sunday roast, if your BBQ is large enough, is Beer BBQ'd Chicken, where the chicken is basted with garlic butter and spices, placed upright onto a can of beer and cooked for 2-3 hours – dependent on size of chicken or until internal temperature reaches 80°C
- Want to enjoy a subtle smoky flavour, then try cooking your meat on an untreated wooden plank, ideally cedar, alder, hickory or maple, usually available from speciality shops. Follow the pre-cooking instructions to get the best cooking experience and these will not only look great, but mean less handling, as food doesn't need turning. They can only be used a few times, but can be used as smoking chips when finished with.



With Summer approaching fast, it's time to dust off the barbecue and remind ourselves about preparing and cooking food safely.

Take a look at our master tips and dig out the BBQ, scrub the grill and have a great Summer eating 'Alfresco'.

## Spatchcock Lemon Chicken

To prepare a spatchcock chicken first remove the backbone and then flatten out.

Place it into a pre greased foil tray or tin, or if placing directly onto the grill to enable easy turning use skewers, place one on each side, from the leg across to the breast.

Coat the chicken with your favourite marinade for example, lemon, garlic & sage. Crush together 3 cloves of garlic, black pepper & 6 roughly chopped fresh sage leaves, add this to the juice of 1 lemon and 30ml olive oil.

Leave to marinate in a fridge for at least 2 hours. Cook in the tray or tin, or directly onto the grill until the chicken is cooked and tender with juices running clear or it can be cooked in a preheated oven 180°C, for 20 mins per 500gms.



Photography Courtesy of Dalziel Ltd

## Barbecued Lance Steaks



### Ingredients:

2 x 300g/10<sup>1</sup>/<sub>2</sub>oz lean rump steaks, each cut in half  
5ml/1tsp sunflower oil

### For the marinade:

15ml /1tbsp Worcestershire sauce  
15-30ml/1-2tbsp prepared barbecue sauce  
10ml/2tsp good balsamic vinegar  
Salt and freshly milled black pepper  
Rocket leaves, to garnish

### Method:

Place the steaks in a non-metallic dish. Mix together the marinade ingredients and pour over the steaks. Cover and marinate for 10 minutes.

Heat the oil in a large non-stick frying pan and cook the steaks according to your preference.

Arrange the steaks on a small bed of rocket leaves and serve with pea mash.