



Barbecue Tips and Ideas from BPEX

Shopping Tips

- ➔ Ask your butcher for barbecue hints and tips and a choice of meat cuts.
- ➔ Always look for lean, well trimmed cuts of meat.
- ➔ Meat should look fresh, bright and moist.
- ➔ When barbecuing meat choose cuts suitable for grilling or frying:

Pork – chops, loin steaks, leg steaks, shoulder steaks, spare ribs, belly slices

Lamb – leg steaks, chump steaks, chops, loin steaks

Beef – sirloin, rump, rib eye, flash fry, topside, fillet

Pork, Beef and Lamb – burgers and sausages

Meat and Hygiene at the Barbecue

- ➔ Always buy from a reputable retailer who has a clean and tidy shop.
- ➔ Get food home and into the refrigerator or freezer as quickly as possible.
- ➔ Cover and store raw and cooked foods separately and store uncooked foods lower in the refrigerator than cooked ones.
- ➔ Regularly check that your refrigerator is running at the right temperature, between 0C and 5C. Domestic freezers should operate at minus 18C or below.
- ➔ Defrost frozen food thoroughly before cooking (unless otherwise stated) and do not refreeze once it has thawed.
- ➔ Keep meat refrigerated for as long as possible or use a cool bag and ice blocks.
- ➔ Ensure that the chef wears an apron and washes hands before cooking and in between putting food on and taking it off the barbecue.
- ➔ Use separate barbecue utensils when handling raw and cooked food.

- ➔ Clean equipment and working surfaces before food preparation and between the preparation of cooked and uncooked meat.
- ➔ Barbecued food is best served immediately after cooking.

How to light a barbecue

- ➔ Spread and mound the charcoal into your barbecue.
- ➔ Put four barbecue firelighters amongst the coals and light them with an extra long match or taper.
- ➔ Once the barbecue is lit wait for the flames to die down.
- ➔ Light the barbecue at least one hour (or follow manual instructions) before you plan to start cooking – this will ensure cooking without excess flames and avoid burning.

Safety Instructions

- ➔ Never try to ignite or re-ignite charcoals with petrol, methylated spirits or any other inflammable liquid not designed for the purpose.
- ➔ Never leave a lighted barbecue unattended when children are present.
- ➔ Never barbecue indoors or in a confined space without adequate ventilation.
- ➔ Make sure residual ashes are cold (preferably left over night) before disposing of them.

Hints and Tips

- ➔ To add an authentic smoked flavour to your food use Hickory Chips or a selection of fresh herbs which can be bought at most garden centres and larger retail outlets.
- ➔ Remember when barbecuing meat to seal it quickly on all sides first.
- ➔ Remember when making kebabs to soak wooden skewers in water prior to use to prevent them from burning.
- ➔ Ensure your barbecue is a 'balanced occasion', as well as the meat make sure you serve with it lots of vegetables, salads, fruits and carbohydrates.
- ➔ To make your barbecue a little more special why not try marinating steaks, chops or cubes for kebabs with some of the ideas overleaf.
- ➔ Save time by pre-cooking jacket potatoes in your microwave – then wrap them in foil (shiny side in) and pop them on to the hot barbecue to crisp up their skins in a matter of minutes.

How long should you cook your meat for?

- ➔ When cooking / barbecuing meat ensure that it is thoroughly cooked (juices should run clear).
- ➔ Cook sausages and burgers for 1 – 2 minutes in the microwave first and then finish off on the barbecue.
- ➔ Steaks being solid meat rather than minced or chopped are quite safe eaten when cooked to rare or medium.

Type of meat	Approximate thickness	Time to cook each side
Pork chops	2 – 3 cm	8 – 10 minutes
Pork steaks	2cm +	8 – 10 minutes
Lamb chops	2cm	Medium 6 – 8 minutes
Lamb steaks	2cm +	Well done 6 – 8 minutes
Beef steaks	2cm	Rare - 2½ minutes
		Medium – 4 minutes
		Well done – 6 minutes
Standard sausages	3cm	10 – 12 minutes in total
Burgers (beef pork lamb)	1 – 2 cm	4 – 6 minutes

Marinades

A marinade adds extra flavour and tenderises meat. To absorb flavours successfully it is recommended that meat is marinated for a minimum of four hours or preferably overnight, covered in a refrigerator. Try combining some of the following flavours – or make up some of your own, or make it easy and try a shop bought marinade.

Beef

- ➔ Olive oil, fresh herbs, chilli sauce and add lots of garlic
- ➔ Soy sauce, lemon juice, garlic, sherry and sesame seeds
- ➔ Horseradish, mustard and red wine
- ➔ Soy sauce, sherry, garlic and ginger
- ➔ Tomato ketchup, Worcestershire sauce, English mustard and garlic

Pork

- ➔ White wine, olive oil, honey, fresh herbs and garlic
- ➔ Honey, orange juice and cinnamon
- ➔ Pineapple juice, soy sauce and fresh ginger
- ➔ Cider vinegar, apple juice and fresh sage
- ➔ Cider, honey and wholegrain mustard

Lamb

- ➔ Olive oil, lemon juice, garlic and fresh coriander
- ➔ Rosemary, garlic and olive oil
- ➔ Redcurrant jelly, red wine and fresh herbs
- ➔ Yogurt, fresh mint, oil and garlic

Glazes

Chops, steaks and joints can be glazed to add flavour and create an attractive appearance. Simply brush over steaks whilst barbecuing.

Beef

- ➔ Honey, ginger and orange juice
- ➔ Mustard and honey
- ➔ Garlic, root ginger and honey

Pork

- ➔ Honey, garlic and Hoi Sin sauce
- ➔ Plum jam, tomato ketchup and Worcestershire sauce
- ➔ Curry paste, lime juice and honey

Lamb

- ➔ Wholegrain mustard and brown sugar
- ➔ Redcurrant jelly, garlic and fresh mint
- ➔ Tomato relish, chilli powder and fresh mint