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Ainsley's

ULTIMATE BARBECUE BIBLE

OVER 150
SIZZLING
RECIPES



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About the Author

One of the nation's all-time favourite television chefs, Ainsley Harriott has become a much-loved face on our screens as the presenter of *Ready Steady Cook* and several other series. His recipe books have sold a total of 2 million copies worldwide and include the *Feel-Good Cookbook*, *Ainsley's Barbecue Bible*, *Meals in Minutes*, *Low-fat Meals in Minutes*, *All New Meals in Minutes*, *Big Cook Out*, the *Friends and Family Cookbook* and *Just Five Ingredients*.

Ainsley's

ULTIMATE

BARBECUE BIBLE

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INTRODUCTION



Hello and welcome to *Ainsley's Ultimate Barbecue Bible*! A brand new edition that's sure to make you feel well-equipped and confident for when the barbie season sets in. Since I wrote *Barbecue Bible* in 1997, outdoor cooking seems to have become more and more popular, so I've taken this opportunity to add in some of my favourite recipes from my book *Big Cook Out* as well, to make this the essential bible for barbie fans everywhere.

Surely there's absolutely no better feeling than cooking and eating 'al fresco'? Some say it's the ultimate cooking experience, and who am I to disagree? Once you've captured the art of barbecuing even novice cooks can achieve superb results and delicious aromas. Forget the days of burnt chicken or charred bangers and burgers – this bumper book will make you a connoisseur of the coals!

My travels have taken me all over the world and I've discovered that some countries still use barbecuing as their basic means of cooking, although all have developed their own technique, style and distinctive flavouring. The ingredients of a particular region add to the flavour that the barbecued food absorbs from the smoke produced by the glistening, dripping cooking juices to produce a very individual taste. I've picked up some invaluable information, which I want to share with you, so this revised edition is packed full of tasty barbecue recipes and exciting flavours from around the world.

Cooking over coals or an open fire has been practised for hundreds of years, in fact since prehistoric man, yet today the technique remains essentially the same. Now we have lots of wonderful ingredients at our disposal, although the loin cloth has been replaced by designer shorts, shirts and skirts. But like our prehistoric brothers and sisters, you can't beat finger-lickin' food. It's deliciously sociable.

Don't forget too that barbecuing need not be restricted to summer days – you really can barbecue all year round. Even your Christmas turkey can be a barbecued treat if you're lucky enough to own a covered kettle barbecue, a hooded barbecue or a gas barbecue with a rotisserie. You'll also find that this book can easily be used indoors, as well as out. Nearly all the recipes can be cooked in your kitchen: in your char-grill pan, under the grill, in a hot oven or even in a frying pan. This really is a book for all seasons.

So, come on everybody, let's get sizzling!

A handwritten signature in black ink, reading "Censley Harris". The signature is written in a cursive style with a large, sweeping initial "C" and a long, horizontal flourish extending to the right.



BARBECUE INFORMATION

Whether you are an occasional or a regular barbecuer, there is a wide variety of barbecues to choose from, ranging from the small disposable trays to the most sophisticated grills set in glamorous trolleys with table attachments and all the gadgets. Here are some hints and guidelines on what to look out for.

WHICH TYPE OF BARBECUE DO YOU CHOOSE?

There are two basic types of barbecue available – charcoal or gas – and whichever type you choose, they both work on the same basic principles.

The food is placed on a rack over the heat and, as it cooks, it releases melted fat and cooking juices. These fall off on to the heat source (charcoal, coals, lava rocks or metal bars or plates), which converts this moisture into smoke that then rises up and flavours the food. Contrary to popular belief, charcoal in itself imparts no actual flavour – it is only the smoke from the cooking juices and any aromatics added to the coals that actually add any flavour to the food – so you do, in fact, get that same outdoor flavour when you use gas too.

THINGS TO LOOK OUT FOR WHEN BUYING A BARBECUE

GENERAL POINTS

Buy your barbecue from a well-known, trusted manufacturer who offers a good warranty, as well as replacement parts and accessories.

Choose a barbecue appropriate to your needs, depending on whether you barbecue just once or twice a year or regularly throughout the summer, and even winter. Also, if you wish to take your barbecue out and about with you – to the beach, on a picnic or when you go camping – buy one that is compact and easy to transport.

Take storage space for a dormant barbecue into account. Some of the larger ones will require garage or shed space when not in use.

Buy a barbecue that is made to last and that will withstand corrosion and remain rust-free. The more expensive ones will be better made and will last up to five times longer than the cheaper models.

Take the assembly of your new barbecue into account. Ask your dealer how easy or difficult it is to put together and roughly how long assembly will take: obviously, the more elaborate your barbecue, the more parts it will have, so clear, precise instructions are essential. Also check that the parts are precision-made so that they fit together well and easily, and make sure that there are no sharp, unrolled edges anywhere.

Check out the stability of the assembled barbecue because this is a very important safety aspect. Are the legs in proportion to the size of the hearth, and thick and robust enough to withstand the weight of the barbecue once it is laden with hot coals and food? Also, will it be sturdy and wobble-free once in use? If the barbecue is set in a

trolley with wheels, are they rugged enough to withstand the weight of the barbecue when moving it into position?

Choose a barbecue that offers you adequate primary cooking space for the number of people you wish to cater for on a regular basis. This means the actual cooking area over the coals rather than additional racks or warming shelves. Extra square inches overall do not always provide more cooking space. Those barbecues with stacked grills and warming racks may seem convenient and offer lots more space but they are often lacking when it comes to the practicalities of cooking.

Make sure that the cooking racks are in proportion to the size of the cooking area and are sturdy enough so that they do not sag under the weight of the food that the area can accommodate. Also check that the bars are not spaced too far apart or your food will be forever falling down between them. Slightly thicker bars will also sear a larger area of the food, giving it a more 'barbecued' flavour. Some racks are porcelain-enamelled, which will prevent the food sticking during cooking and prevent rusting when not in use, but they are a little heavier and may get chipped if you don't look after them.

The handles on any barbecue should be made of wood or cool-to-the-touch plastic, not metal. If you would like the option of cooking large joints of meat on your barbecue, choose one with a lid that is large enough to accommodate a joint.

With the fancier models, make sure that the table attachments are easy to clean, as well as heat- and weather-resistant.

CHARCOAL BARBECUES

There are those people who enjoy the fun of this more primitive, traditional style of cooking, which involves the hands-on activity of building and regulating a natural fire – you little cave person, you!

There is a wider price range of charcoal barbecues available, from the very cheap disposable trays to the more sophisticated models, as well as a bigger range of small or portable barbecues that enable you to cook in restricted spaces, such as on balconies and in small gardens, or while at the beach, camping, on holiday and so forth. If you choose to cook on charcoal, you have the option of constructing a barbecue yourself (from bricks or rocks and a rack) wherever and whenever you wish.

If buying a cast-iron barbecue, buy one made from virgin, solid cast iron. These have the ability to reach and withstand higher temperatures, diffuse heat more evenly and efficiently and retain heat for longer. Recycled cast iron contains impurities, bubbles and cracks, which might not withstand such high temperatures and could prove dangerous.

If you opt for a steel barbecue, buy one made from heavy-gauge steel sealed with porcelain enamel, which will be able to withstand the high cooking temperatures and make it easier to clean up afterwards.

Choose between an open rack or a covered grill. A grill with a hood will offer you more options on how the food can be cooked, but make sure there are enough air vents to allow maximum air flow. About three in the base and one in the lid is ideal.

Select a barbecue that is easy to clean for its size. Tipping the ashes out of a small, portable barbecue should pose no problems, but this would be far more difficult

with the much larger models. Specially designed ash collectors in some barbecues make life much easier.

GAS BARBECUES

These grills are convenient and ready for use at the drop of a hat. They light at the touch of a button and are ready to cook on in about 10 minutes – much faster than charcoal. You also have better control over the temperature of your barbecue with gas. These barbecues are relatively inexpensive, easy to use and quick to clean up and store away after use.

Try to avoid barbecues with glass windows in the lid if you can. They serve no purpose, blacken very quickly and are very hard to clean. When the lids are closed, they tend to reflect the heat unevenly and can sometimes shatter under high temperatures.

Check that the gas burners in the base of the hearth are made from stainless steel, not aluminized steel. An H-shaped burner will give you more heat coverage. They also need to be shielded from the drippings so that they do not become clogged up during use. Individual controls for each burner will offer you more versatility, enabling you to cook by the direct or indirect method of cooking ([see here](#)).

Make sure that it is easy to connect and remove the gas tanks before and after use. An accurate gauge indicating the level of fuel in the tank is useful so that it doesn't run out during cooking. A rubber connecting hose is also more durable and efficient than a plastic one.

Check out the type and location of the ignition systems. A convenient, easy-to-use push-button system makes life a lot easier.

Ask questions about the fuel consumption of gas barbecues. Some models claim to have good heat outputs, but when you use them, go through a tank of gas like it's going out of fashion. Look out for one with the most efficient system.

THE TYPES OF BARBECUES AVAILABLE

CHARCOAL BARBECUES

Disposable barbecues

These are now readily available in most supermarkets, department stores and DIY shops, especially during the summer months. They consist of shallow foil trays filled with charcoal and a sheet of firelighting paper.

They are cheap and portable, ideal for smaller spaces, especially balconies, and are very easy to light. The only disadvantages are that they do not offer that much primary cooking area (although they do stay hot for an amazingly long time so you could cook more food in rotation if you wished) and the rack is very close to the coals, which means that they are only really suitable for cooking smaller, thinner pieces of food such as burgers, chops, sausages and kebabs. Larger, thicker pieces of food would blacken too much on the outside before being properly cooked in the middle.

They can either be set on the ground or placed at table-top height on a heat-resistant surface.

Hibachi barbecues

These are shallow, trough-like, portable barbecues, originating from Japan, which stand on very short legs and can be set on the ground or on a heat-resistant surface at table-top height. They have two vertical, notched rungs set on one long side of the hearth into which the cooking rack can be locked, enabling you to adjust the distance of the foods from the coals depending on the cooking time required. These are not really suitable for cooking larger joints of meat.

Convertible barbecues

These simple, portable, cast-iron barbecues have an L-shaped hearth, which can be used in the traditional way, with the hot coals sitting beneath the horizontal cooking rack. However, they can also be rotated by 90° so that the coals produce a vertical back-burner in front of which a spike can be positioned for spit roasting. They can be either positioned on the ground or at table-top height.

Upright open-top barbecues

These come in all shapes and sizes and simply consist of an open hearth without a lid, either supported on legs or set into a simple trolley with wheels. Once they are assembled they require somewhere for storage when not in use. Plastic covers are available but they do not really offer long-term protection. They can only be used for the direct method of cooking and offer no protection from strong winds.

Barrel barbecues

These look like little pot-bellied stoves and they offer a very attractive, stable, open-top-style barbecue at table-top height. They are made from cast iron and have adjustable cooking racks and often stands for accommodating rotisserie spits. The main advantage with them is that their unique design makes them very easy to light and quick to reach cooking temperature, unlike most other charcoal barbecues, which can take up to 45 minutes. Newspaper or kindling is placed underneath the charcoal grate, which is then replaced and covered with the charcoal. The air vent in the side of the barbecue is opened and the kindling or newspaper is lit, which ignites the charcoal so quickly that it is ready to cook on in just 10–15 minutes.

Pillar or pedestal barbecues

These consist of a hearth set on a thick tube-like pedestal and they work in a similar way to the barrel barbecues. The pillar is packed with newspaper and the coals are arranged in the hearth above. The paper is lit with a taper via a hole in the pillar, which quickly lights the charcoal above.

Covered kettle barbecues

These come in various sizes, offering a range of primary cooking areas, as well as other accessories such as ash catchers, various cleaning systems and built-in thermometers. There are small, portable barbecues, which are ideal for picnics and balconies, free-standing models, and versions that are mounted in trolleys with added extras such as fuel-storage bins and gas-ignition systems. Not only can they be used for the more traditional direct method of cooking ([see here](#)) – as with an open-top

barbecue – but they also have rounded lids, meaning you can cook by the indirect method ([see here](#)), which allows them to act like conventional ovens when the lid is closed. The heat from the coals is reflected evenly around the foods, reducing the cooking times, sealing in the juices and enhancing that smoky ‘barbecue’ flavour. This method also removes oxygen from the cooking surface, eliminating the possibility of flare-ups, which are caused when the fatty cooking juices fall into the fire.

Hooded barbecues

These are generally large, rectangular barbecues with hinged lids set into movable trolleys. They work in the same way as kettle barbecues and are often available with extras such as movable grates, rotisseries, warming racks, side tables, separate burners for side dishes and so on.

Types of charcoal barbecues available

1. Pillar or pedestal barbecue 2. Covered kettle barbecue 3. Barrel barbecue 4. Hibachi barbecue

Permanent brick barbecues

Some companies now offer do-it-yourself kits to construct permanent barbecues in your garden. Strong metal pegs mounted in a three-sided brick wall support a solid plate for the coals and a large metal rack above. These are ideal for people who do a lot of barbecuing because they provide lots of primary cooking space and they are always available for use whenever the mood takes you.

GAS BARBECUES

Portable barbecues

These can be small, round or rectangular hooded barbecues, with short legs that sometimes swing up and over the lid to lock it in place during transport. They run on small, disposable gas cylinders that heat either lava rocks or flat flavourizing bars or plates. They are ideal for picnics, beach parties and camping holidays and for people with limited storage space who like to do a little barbecuing every now and then.

Table-height barbecues

These are always set into table-height trolley units, usually with wheels, which means that they can be easily manoeuvred into place before use. They range from the most simple of trolleys with one small side table, right up to those with half the cooking area given over to a solid griddle plate, rotisseries, thermometers, smoker units, baking ovens, racks for holding cooking oils and sauces, enclosed shelved cupboards below and side-burners for side dishes and sauces.

ELECTRIC BARBECUES

These barbecues are available in small table-top sizes or larger table-height models and are heated by an electric element positioned under the rack. They act something like a domestic grill in reverse (with the heat coming from underneath). Their main disadvantage is that they need to be used near a power point or connected to a long extension lead.

FUELS

The secret to a good barbecue is a good fire. The art of achieving this, controlling the heat and distributing it evenly comes with practice, but you will need the right fuel before you can begin.

WOOD

Dry hardwood can be used for barbecuing foods, but it is more difficult to start and the fire will not last as long as either charcoal or briquettes. Wood is best for hand-built, impromptu barbecues.

CHARCOAL

Lumpwood charcoal and charcoal briquettes are the two main types of fuel for a charcoal barbecue.

Lumpwood charcoal

This is not a fossil fuel extracted from the ground as some people would believe, but is, in fact, wood that has been fired in a kiln. This process cooks the wood without igniting it and drives out all the by-products, leaving behind a very light, black, combustible form of carbon.

Good-quality charcoal pieces are normally fairly large, making barbecuing much easier.

The 'green issue'

The increasing popularity of barbecuing means that the demand on the world's forests is increasing. In the past few years, charcoal production has been a contributing factor to the deforestation of the tropical rainforests because it has been unregulated, but now an international organization called the Forest Stewardship Council (FSC), sponsored by the Worldwide Fund for Nature, has been set up to monitor and regulate the use of trees from selected areas of forests. Charcoal with the FSC logo is now available in most of the UK's large retail outlets.

Instant-lighting lumpwood charcoal

This is a very convenient form of charcoal that has been impregnated with a lighting agent. About 1 kg (2¼ lb) of fuel is sold in a sealed paper bag, which is simply placed in the hearth and then lit with a match, therefore removing the need for firelighters or lighting fluids. Once this charcoal is alight, more fuel can be added to the hearth if necessary to give you a bigger bed of coals.

Charcoal briquettes

These are uniformly shaped lumps of fuel made from particles of waste charcoal mixed with a starch binder. Once lit, these tend to burn for longer than lumpwood charcoal.

Other barbecue fuels

Some cheap barbecue briquettes are made from alternative sources of fuel, filled out with things such as sand, sawdust and anthracite, all bound together with a petroleum-based substance. For good, 'natural' barbecuing, it is better to choose a quality briquette made from pure lumpwood charcoal.

GAS

Barbecues fuelled by gas can be run on either Liquid Petroleum (LP) gas or natural gas. LP gas is available in two forms: butane, which generally comes in a blue cylinder, or propane, which comes in a red cylinder. It is best to use propane gas in cold weather as it operates at a lower temperature than butane. Natural gas is not available in Europe in cylinder form. Special fittings that can be attached to the outside wall of the house will draw gas from the main supply and can be connected to the barbecue when required. The disadvantage with this system is that the barbecue needs to be used close to the house.

FIRELIGHTERS

There are a number of different ways of lighting a charcoal barbecue.

BARBECUE FIRELIGHTERS

These waxy-looking cubes or sticks are specially designed to light barbecues without giving off any fumes that will taint the food. A recommended number are simply pushed in among the charcoal pieces or briquettes and then lit with a match. As they stay alight for quite a few minutes, they give time for the charcoal to ignite. They are also clean, very safe and easy to use. It is important not to use other types of firelighters, which are designed for lighting indoor domestic fires. These contain paraffin, which could badly taint the food.

FIRELIGHTER FLUID

This is a commonly used product for lighting a barbecue as it is odourless, clean and safe in the right hands. However, it is very dangerous if used incorrectly and should never be squirted directly on to a burning fire as the flame could travel back up to the bottle in a split second. Pour a little of the firelighter fluid on to the dry fuel and leave it to soak in for 2–3 minutes. Then light it with a taper or long safety match.

FIRELIGHTER GELS

These thick, sticky gels are squeezed on to the dry fuel and then set alight. However, great care must be taken not to get them on the fingers in case they catch alight when igniting the barbecue, which could result in a nasty burn.

ELECTRIC STARTERS

These are flat, looped heating elements attached to a handle and an electric cable. They are placed in among the coals, switched on and left until the coals catch fire. The disadvantage is that you will need an electric power point nearby.

FIRE AROMATICS

Barbecued foods can be given a more distinctive flavour by adding either natural or manufactured flavourings to the fire just before cooking.

- Dry twigs from fruit trees and vine cuttings can be added to a charcoal barbecue.
- The woody stalks and leaves of some fresh herbs, such as rosemary, thyme or bay, can be added to a charcoal barbecue.
- Left-over almond, walnut and hazelnut shells that have been soaked in water for 30 minutes can be sprinkled on to a charcoal barbecue.
- Soaked, dried seaweed can be added to a charcoal barbecue when cooking fish and shellfish.
- Small chips, made from old whisky barrels or hickory, mesquite, oak, apple or plum wood can be used on either charcoal or gas barbecues. The loose chips should be soaked in cold water for 30 minutes beforehand and can be sprinkled directly on to a charcoal barbecue just before cooking. For gas barbecues they should be rolled up into a foil sausage, pierced here and there with a skewer and then rested on the lava rocks or flavourizer bars.

SMOKERS

Smoking food cooks it very slowly, while giving it a full flavour. Various types of smokers are available.

WATER SMOKERS

Traditional smokers are fired by charcoal, which is topped with green or damp wood to produce the smoke that flavours the food. There is normally a basin of water set over the heat source, which creates a little steam and evens out the distribution of the smoke. The water means that meats tend not to dry out even after several hours' cooking. The gentle temperatures involved also make it possible to home smoke many different kinds of food, such as cheese and garlic, without actually cooking them. Owning a smoker is an opportunity for lots of wild experimentation.

The amount of smoke created is incredible, so you must have a large open space in which to cook. Do not attempt to use a water smoker on a balcony or in a small back yard in the way you could a portable barbecue.

Most barbecue stores stock a range of water smokers with their own operating instructions.

HOME SMOKERS

Many specialized cookshops and barbecue stores sell miniature home smokers. These very compact little devices use methylated spirits as a heat source and fine wood chippings to create the smoke. They don't usually have a thermometer, so you cannot monitor the temperature inside. While they cannot be used for large amounts

of food, they are very good for smoking things such as sausages or fish. They're very portable and are ideal for taking away on trips or holidays.

Smoker fuel

The smoke flavour comes from the wood that you load into your equipment. It's very important that you use wood chips or chunks that are specifically for smoking. Wood from resinous trees, such as pine, will absolutely ruin the flavour of your food.

The wood you use must either be very young or wet in order to create the smoke – dry wood will simply burn. You can buy purpose-made wood chips, which should be soaked for an hour or so before using. Good ones to try include hickory, mesquite or wood from fruit or nut trees such as peach or pecan.

GETTING THINGS READY

Place your barbecue on a level surface away from trees, fences, hedges, etc. If it is windy, try to find somewhere a bit more sheltered.

Allow at least 45 minutes for a charcoal barbecue to reach the correct cooking temperature. A gas barbecue is probably ready to cook on in about 10 minutes.

Remove any chilled meats from the fridge and allow them to come back to room temperature.

Make sure that everything else is ready so that once the barbecue has reached the right temperature, you can start cooking and serve up straight away.

COOKING ON A CHARCOAL BARBECUE

LIGHTING THE BARBECUE

Do not be tempted to fill the hearth with charcoal in the hope of making a fire that will last longer and cook better. It is simply a waste of fuel and the fire will become too hot to cook on anyway.

Remove the lid, if there is one, and open all the vents. Spread the charcoal or briquettes two layers deep over the base of the barbecue. Scoop it back up into a pyramid and tuck in the firelighters, if you are using any.

Light the firelighters and leave until the coals start to glow red (5–10 minutes). Rake the coals back out into an even layer and leave until they have reached the required temperature (30–45 minutes).

COOKING TEMPERATURES

Hot

The flames will have disappeared and the coals will be glowing red and covered with a light dusting of white ash. You should be able to hold your hand about 15 cm (6 in) away from the coals for about 2 seconds maximum. This temperature is suitable only for very thin pieces of food, such as chicken escalopes, fish fillets and chipolata sausages.

Medium hot

The coals should now be covered with a thicker layer of white ash and you should be able to hold your hand above the fire for about 5 seconds.

This temperature is suitable for most food cooked on the barbecue.

Cool

The coals will no longer be glowing red and will be covered in a very thick layer of ash. You should be able to hold your hand over the fire for about 8 seconds. This temperature is fine for foods, such as fresh fruit parcels, that simply need warming through rather than cooking.

You can also alter the way the food is cooked by moving it closer to or further away from the heat (obviously, the closer it is, the more heat it will be subjected to and vice versa). You will find that food placed directly over the coals will get hotter than food pushed to the side of the rack away from the hottest part of the fire.

Regulating the temperature

To increase the temperature of the fire a little, knock some of the ash off the coals and push them a little closer together.

To cool the barbecue down, spread out the coals a little and partly close any vents.

If you need to cook on the barbecue for any more than 45 minutes to 1 hour, you will need to add more coals. Either push the coals together and add new ones around the edge or, alternatively, light a new batch of coals in a second barbecue or a large metal roasting tin as soon as the first lot is ready and transfer them to the cooling fire with metal tongs.

METHODS OF COOKING

DIRECT COOKING

Direct cooking means that the food is placed on a rack directly over a solid area of heat (a bed of hot coals or a gas burner). The barbecue can be used uncovered or covered. The foods need to be turned so that both sides become cooked: they can be seared over the hottest part of the fire in the centre of the rack and then moved to the edge to finish cooking through. This method is ideal for cooking things that require up to 45 minutes' cooking time.

INDIRECT COOKING

This means that the heat source is restricted to the edges of the hearth, leaving a space clear in the centre for the food and a drip tray. Indirect cooking is possible only on a lidded barbecue. With charcoal barbecues the coals are placed on opposite sides of the hearth, while on gas barbecues with dual burners the middle burner closest to the food is turned off. The food is placed on the rack directly above the drip tray and then the lid is lowered into place. Since heat is reflected off the lid as well as coming from underneath, the barbecue acts almost like a conventional oven, which means that the food doesn't need to be turned during cooking. This method is ideal for

cooking large joints of meat, such as whole chickens and legs of lamb. When using this method, try not to lift the lid too often because a lot of heat is lost this way. Add a little extra cooking time to compensate for each time you take a peek at the food.

SPIT ROASTING

Some charcoal and gas barbecues can accommodate spit-roasting attachments, or come with them already supplied. The meat is skewered on to the spit rod and held in place on either side with two adjustable spit forks. The rod is suspended over the heat (it is sometimes necessary to remove the rack first so that the food has enough room in which to turn) and the food is left to rotate slowly, powered either by a battery or an electrically driven motor.

SAFETY GUIDELINES

- Always read the manufacturer's instructions carefully before assembling and using a new barbecue.
- Always set a barbecue on a firm, level surface away from anything that could catch fire, such as fences, trees, hedges, etc.
- Always place portable barbecues on a heatproof surface or the ground.
- Never try to start a barbecue in high winds.
- Never use a barbecue indoors unless it has been specially designed for this purpose.
- Always open the lid of a gas barbecue before lighting.
- Once the barbecue is alight, never leave it unattended, and keep children and animals away from it.
- Never use charcoal on a gas barbecue. Charcoal burns very hot and in most cases will melt the shell of a gas barbecue. Also, charcoal burns to ash, which would mix with the cooking fats and clog up the gas burners.
- Never light a barbecue with paraffin, petrol or white spirit. Not only is this extremely dangerous, but it would also taint the food and render it inedible. Use only purpose-branded firelighters and fuels, and follow the manufacturer's instructions carefully.
- Keep matches well away from a lit barbecue.
- Never attempt to move a barbecue once lit.
- For gas barbecues, always check that the gas regulator is appropriate for the barbecue. Also check that the gas hose has not perished or cracked and that it is properly connected to the barbecue and the gas cylinder before lighting.
- Dress sensibly when cooking on a barbecue. Try to avoid long, loose clothing and wear an apron to avoid burns from spitting fats, etc.
- Always leave a barbecue to cool down completely before cleaning it and packing it away. This can take several hours.
- Never try to extinguish a barbecue by pouring cold water on to it. There is the possibility that the metal hearth could contract and crack, and porcelain-enamelled

surfaces might shatter.

CLEANING UP A BARBECUE

CHARCOAL BARBECUES

Remove the cooking rack once cold and scrub off as much residue as you can with a wire brush or crumpled piece of foil. Then wash it with an abrasive, soap-filled scouring pad. Use an oven cleaner, too, every once in a while. If you look after the rack, it will give you better service for much longer.

Remove the cold ashes from the hearth and brush out the fine dust.

Occasionally, clean the rest of the barbecue with an oven cleaner to get rid of any accumulated greases and dirt. Rinse thoroughly and make sure it is completely dry before you pack it away.

GAS BARBECUES

Always clean the rack, lid, any drip trays, gas burners, etc. before packing it away.

Lava rocks can be cleaned a couple of times during their life to get rid of old cooking fats and juices. Wash them in hot soapy water, rinse and leave to dry. However, they do need to be replaced every now and then, otherwise old cooking juices can flavour the new food next time you use it.

Giving the outside of the barbecue a good wash with warm soapy water now and then keeps it looking nice and helps it to last longer.

Useful barbecue equipment

1. Basting brush 2. Long-handled spatula 3. Long-handled fork 4. Long-handled tongs 5. Fine wire mesh rack 6. Long metal skewers 7. Single fish rack 8. Hinged wire rack for sausages, burgers, etc.

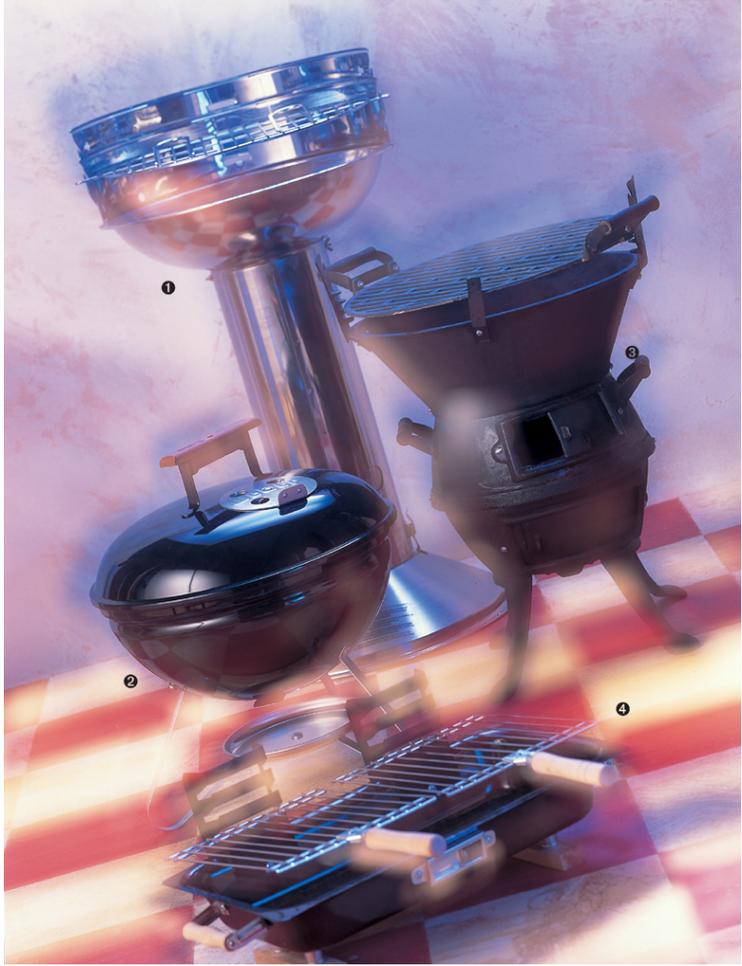
BARBECUE EQUIPMENT

ESSENTIAL

- Long-handled tongs, spatulas and forks are essential for turning foods and removing them from the cooking rack.
- A long-handled basting brush is essential for brushing glazes on to partly cooked meats.
- Oven mitts are a must for removing kebabs, etc. from the barbecue.
- You will need an assortment of skewers. Long, flat metal skewers are ideal for chunky meat and fish kebabs and for holding spatchcocked poultry and butterflied joints of meat flat during cooking. Long and short bamboo skewers are ideal for small, more delicate foods that require shorter cooking times. Small, fine metal trussing skewers are great for sealing in stuffings and holding rolled foods together during cooking. Cocktail sticks will do a similar job.

NON-ESSENTIAL BUT USEFUL

- Hinged wire racks are available for barbecuing large individual fish, more than one small fish, sausages, burgers and kebabs, etc. They make it much easier and quicker to turn the food over during cooking and help to prevent it from sticking to the rack.
- Fine wire mesh racks that rest on the bars of the main cooking rack are useful for cooking small items of food that would otherwise fall through the bars.
- A wire brush and scraper make the job of cleaning up the cooking rack a lot easier and are also useful for quickly removing large pieces of stuck-on food from the rack during cooking.
- A meat thermometer will help you to test the internal temperature of large joints of meat.
- Specially designed kebab racks enable you to suspend half a dozen skewers over the heat at once. As they do not come into contact with the rack during cooking, there is no problem with the kebabs sticking and they are also much easier to turn.
- Some barbecues enable you to attach a battery-or electrically-driven rotisserie, which is great for cooking whole chickens and large joints of meat.
- Plastic covers for both charcoal and gas barbecues will help protect them from dust and debris while they are in storage, and, in the short term, from the ravages of the weather outside.





TIPS & TECHNIQUES

To help you on your way, here are a few guidelines on some of the cooking techniques referred to in the recipes.

To chop onions or shallots finely. Peel the onion, leaving the root end intact. Sit your onion root-side down on a chopping board and thinly slice through the onion almost down to the root. The closer together you make the cuts, the finer your finished dice will be. Slice the onion in half through the middle cut, lay it flat-side down on the board and thinly cut up towards the root again. Now slice across the onion and it will miraculously fall away in neat little pieces. Throw away the root end.

To peel garlic cloves. A nifty way of quickly getting the papery skin off the outside of a garlic clove is to place it on a board and very lightly crush it under the blade of a large kitchen knife. The skin will drop off just like magic.

To chop herbs. You can of course do this on a chopping board with a sharp knife, but a crafty little trick is to pack the herbs loosely in a coffee mug and chop around inside the mug with a pair of scissors until they are done to your liking.

To seed and chop a fresh chilli. Some people like to wear rubber gloves to do this job. If not, you have to be careful not to touch your eyes, mouth, etc. for a while afterwards. You can simply cut the chillies in half lengthways and then scoop out the seeds with a teaspoon so that you don't touch the seeds, which are the most fiery bits. Then you just need to chop the flesh finely. You can, of course, leave the seeds in if you like things extra hot.

To skin, seed and dice a tomato. Cover the tomato in boiling water and leave for 30 seconds. Drain, cover with cold water and, when cool enough to handle, peel off the skin. Cut the tomato into quarters, discard the seeds and finely chop the flesh.

To skin peppers. Place the whole, barbecued, roasted or grilled pepper in a plastic bag and close tightly. Alternatively, place in a heatproof bowl and cover with a clean tea towel – the steam created helps lift the skin away from the flesh. Set aside for 5 minutes or so. Holding the pepper over a bowl, pierce a hole in the bottom, then gently squeeze the pepper to let out all the juices that have gathered inside (stir these tasty juices into dressings and sauces). Peel off and discard the skin, then cut the pepper open and scrape out the seeds. Slice or dice the flesh as required.

To pare the rind off a lemon or lime. Thinly peel off the coloured part of the skin using a really sharp potato peeler, making sure you don't take off too much of the underlying bitter white pith with it.

To roast whole spices. Roasting brings out all the wonderful flavour of spices. Heat a dry, heavy-based frying pan over a high heat until it is really quite hot. Add the spices and shake the pan over the heat until they start to smell aromatic and have darkened

very slightly. You can now either grind them up in a pestle and mortar or electric coffee grinder, or leave them whole.

To toast sesame seeds, pine kernels and other nuts. Spread them over a shallow baking tray, then slide them under a hot grill or into a hot oven and cook for a few minutes, shaking the tray every now and then, until they are lightly browned all over. Watch them like a hawk, though – they can burn in a matter of seconds.

To make dried breadcrumbs. Preheat the oven to 160°C/325°F/Gas mark 3. Remove the crusts from the bread and whizz the remaining parts in a food processor to make fine crumbs. Tip the crumbs on to a baking sheet and place in the oven for 10–15 minutes, shaking the pan from time to time until the crumbs are crisp and dried – don't worry if they turn a little golden. Allow to cool (if you're a real perfectionist, you can sieve them to remove any large bits), then store in an airtight jar until ready to use. Remember that fresh white bread will yield roughly half its original weight in dried crumbs.

To make fresh white breadcrumbs. Remove the crusts from slices of fresh white bread and whizz the remainder around in a food processor for a couple of minutes until they have broken down into crumbs.

To make ginger juice, finely grate a piece of root ginger, collect it up into a ball and squeeze the juice out into a bowl.

To bone and butterfly a leg of lamb, first find the place where the long bone running down the length of the leg appears to run quite close to the surface. Split open the meat along that bone and carefully peel it back from either side. At the fatter end of the leg there is a small group of smaller bones. Continue to cut the meat away from these bones until you have completely opened up the leg and can lift them out. You should now have a piece of meat shaped like butterfly wings, hence the name. Trim off any excess fat and neaten it up into a piece of meat about 4–5 cm (1½–2 in) thick all over. If this all sounds a bit too much, just get your butcher to do it for you!

To sterilize bottles and jars. Wash them out in soapy hot water and rinse them thoroughly. Dry them in a warm oven set at 140°C/275°F/Gas mark 1, then remove and leave to cool.

All the spoon measurements in this book are level unless otherwise stated. A tablespoon is 15 ml; a teaspoon is 5 ml.

Follow one set of measurements when preparing any of the recipes. Do not mix metric with imperial.

All the ingredients in the recipes are listed with the most important ingredient first, followed by the other ingredients in order of use. This will make things easier for you when you are following the recipes.

The eggs used in the recipes are medium sized, unless otherwise stated.

Pans can be placed on the barbecue rack in all recipes, unless otherwise specified.

Do not leave raw food out in the sun before cooking. Keep it cool (but at room temperature) and covered until you are ready to cook it.

Lightly brush the cooking rack with a little oil before cooking. This should help prevent food from sticking to it.

Have a spray bottle of water handy to put out any flames as they appear.

Try to scrape most of the marinade off the food before grilling as this is what causes the coals to flare up during cooking.

Baste food with a sugary glaze only during the last 10 minutes or so of cooking, otherwise it tends to burn.

When cooking foil parcels of food, always use an extra-thick, heavy-duty foil.

Always soak bamboo and wooden skewers in water for about 30 minutes before using or they will catch fire during cooking.

Flat metal skewers for kebabs help to stop the food from spinning around as you turn them. A good trick is to thread the food on to pairs of parallel skewers, which will hold it firmly in place.

Try not to pack food on to a skewer too tightly. Leave some gaps around each piece so that they can cook thoroughly.

A sturdy griddle pan can take the place of a barbecue for many of these recipes if you plan to bring your cooking indoors.

An oven preheated to 200°C/400°F/Gas mark 6 can be used in place of a kettle barbecue, but cooking times may need to be adjusted accordingly.

Kebabs, steaks, chops and fillets of fish can all be cooked under a hot grill.

COOKING TIMES

This chart will give you an idea of how long it takes to cook most types of fish and meat on a barbecue. However, these timings are only approximate because they do not only depend on the thickness of the food (a 2.5 cm/1 in thick piece of steak will take approximately the same time to cook through, whether it weighs 225 g/ 8 oz or 450 g/1 lb), but also on the heat of each individual barbecue, the distance of the rack from the coals and the weather (on a cold day things will take a little longer to cook).

When dealing with a large joint of meat, the easiest way of telling if it is done to your liking is to push a meat thermometer into the thickest part of the meat to register the internal temperature, so as well as approximate cooking times, I have given internal temperatures as well. As with all roasts, it is important to remove large joints of meat from the barbecue on to a board, cover tightly with a piece of foil and leave them to rest for 5–10 minutes before carving (during which time the internal temperature will rise by approximately another 10°C/25°F). Resting time allows the meat to relax and the juices, which have been bubbling up to the surface during cooking, to soak back down into the meat, making it more moist and tender.

All these timings are for foods cooked over a medium-hot barbecue using the direct method ([see here](#)), unless otherwise stated.

THE TOUCH TEST

Another simple way of testing meat for readiness is to press it lightly with your finger.

Rare: The meat will give easily and no juices will appear on the surface.

Medium: The meat will still be slightly springy but a few juices will start to appear on the surface.

Well done: The meat will be very firm to the touch and the surface will be covered with juices.

FISH

As a general rule, allow 10 minutes per 2.5 cm (1 in) thickness of fish. Be very careful not to overcook it as it will dry out very quickly and become tasteless.

00–225 g (7–8 oz) fish steaks (about 2.5 cm/1 in thick)

–5 minutes each side

5–100 g (3–4 oz) fish fillets

½–3 minutes each side, depending on the thickness

75–350 g (10–12 oz) whole fish

–7 minutes each side

.5 kg (3 lb) large whole fish

2–15 minutes each side, or until the internal temperature reaches 50°C (125°F)

Large, raw prawns

–3 minutes each side

CHICKEN

All chicken must be well cooked but not dried out. As a general rule, white breast meat will take less time to cook than the darker meat such as the thighs and drumsticks.

75 g (6 oz) boneless chicken breasts

–8 minutes each side

75 g (6 oz) boneless thighs

–5 minutes each side

75–300 g (10–11 oz) breasts on the bone

5 minutes, turning regularly

25 g (8 oz) drumsticks and thighs on the bone

5–20 minutes, turning regularly

50 g (9 oz) chicken quarters

5–30 minutes, turning regularly

50 g (1½ lb) chicken halves

5–40 minutes, turning regularly

50 g (1 lb) whole poussins

0 minutes or until the internal temperature reaches 85°C (185°F)

.5 kg (3 lb) whole chickens, cooked over indirect heat

allow 15 minutes per 450 g/1 lb, plus 15 minutes) 1 hour or until the internal temperature reaches 85°C (185°F)

Large chicken wings

0–25 minutes, turning regularly

Chicken kebabs

0 minutes, turning regularly

BEEF

With steaks, it is best to sear them first on each side and then continue to cook them to your liking.

.5–4 cm (1–1½ in) thick rump or sirloin steaks

Rare: 3–4 minutes on each side

Medium: 5–6 minutes on each side

Well done: 7 minutes on each side

–5 cm (1½–2 in) thick fillet steak medallions

Rare: 4–5 minutes on each side

Medium: 7–8 minutes on each side

Well done: 8–9 minutes on each side

Large joints, cooked over indirect heat

Allow 18–20 minutes per 450 g/1 lb)

1 hour for a 1.25 kg (2¾ lb) rolled sirloin or cook until the internal temperature is 65°C (150°F)

–5–4 cm (1–1½ in) thick beefburgers

Rare: 3–4 minutes on each side

Medium: 5 minutes on each side

Well done: 6–7 minutes on each side

Beef kebabs

–10 minutes, turning regularly

LAMB

All these timings are for medium-rare lamb. Decrease the timings slightly if you like your lamb really pink and increase it a little if you prefer it well done.

–5 cm (1 in) thick loin lamb chops

–7 minutes each side

75 g (6 oz) lamb fillets

–5 minutes each side

–5 cm (1½ in) thick leg of lamb steaks

–7 minutes each side

Large joints, cooked over indirect heat

Allow 20 minutes per 450 g/1 lb)

1 hour 10 minutes for a 1.5 kg (3 lb) leg of lamb or cook until the internal temperature is 60°C (140°F)

Lamb kebabs

10–15 minutes, turning regularly

PORK

It is important that pork is well cooked but it is very easy to dry it out. These timings will give you well-done pork that is still juicy.

–2.5 cm (¾–1 in) thick boneless steaks

–8 minutes each side

.5 cm (1 in) thick chump or loin chops

–10 minutes each side

50 g (1 lb) pork fillets

5 minutes, turning regularly

larger joints, cooked over indirect heat

allow 25–30 minutes per 450 g/1 lb plus 25 minutes) 1¼–1½ hours for a 900 g (2 lb)
boned and rolled loin of pork or cook until the internal temperature is 75°C (170°F)

pork kebabs

2–15 minutes, turning regularly

SAUSAGES

–10 minutes, turning now and then



BARBECUE BASICS

Marinades

- Tomato and Chilli Marinade
- Fennel and Lemon Marinade
- Indian Yoghurt Marinade
- Moroccan Spiced Marinade
- Chinese Marinade
- Greek Garlic, Lemon and Oregano Marinade
- Thai Spiced Marinade
- Mexican Marinade
- Moscow Vodka Marinade
- Soy-Orange Marinade
- Ooh-La-La Red Wine Marinade

Recados & Rubs

- Devilish Mint Recado
- Garlic-Chilli Recado
- Barbecue Spiced Rub
- Cajun Spiced Rub
- Indian Spiced Rub
- Mixed Herb and Fennel Rub

Glazes

- Portuguese Piri-Piri Glaze
- Yummy Honey, Lime and Ginger Glaze
- Kash and Curry Apple Glaze
- Sweet-N-Spicy Mustard Glaze
- Sweet Mint Glossy Glaze
- Tom-Tom Maple Syrup Glaze

Sauces

- Ainsley's Sweet Chilli Sauce
- My Classic Barbecue Sauce
- Sweet and Sour Apricot Sauce
- Chiang-Mai Thai Dipping Sauce
- Potato Passata Wedge Dip
- Speckled Spicy Peanut Sauce
- Mellow Minty Yoghurt Sauce
- Best Ever Mustard French Dressing

Savoury Butters

- Italian Pesto Butter
- Sundried Tomato and Black Olive Butter

Shallot, Mustard and Black Peppercorn Butter
Betty Blue Cheese Butter

Flavoured Mayonnaises

Angela's Anchovy Mayonnaise
Crumbly Blue Cheese Mayonnaise
Brazilian Green Mayonnaise
Mashed Mustard-Garlic Mayonnaise

Salsas

Mango and Pineapple Salsa
Mexican Aztec Tomato Salsa
Italian Tomato Salsa
Roasted Sweetcorn, Red Pepper and Avocado Salsa
Cucumber and Caper Salsa
Sweet Mean Mango Salsa

Chutneys & Relishes

Beetroot Relish
Cucumber and Ginger Sambal
Summer Pickled Vegetables
Japanese-Style Cucumber and Red Onion Relish
Chilli Jam
Southern Sweetcorn Relish
Speedy Tomato and Red Pepper Chutney
Rich Rhubarb Chutney
Wilmington's Pickled Watermelon Rind

MARINADES

In this section of the book I have given lots of ideas on how to flavour fish and meats before or during cooking and a selection of butters, salsas, sauces and relishes to serve up on the side.

For a very simple barbecue recipe, all you have to do is choose which type of fish or meat you wish to cook, decide on how you want to flavour it, if at all, look at the cooking chart ([see here](#)) to see how long you will need to cook it and then choose something to serve with it. However, don't be tempted to try something from each section otherwise the flavours will get too complicated.

Simply grilled meats and fish will often taste just as nice with one of the savoury butters or a spoonful of one of the salsas, for example, so try to mix and match things quite carefully.

The most popular method of flavouring food for barbecuing is the marinade. Marinades are mostly oil-based mixtures used to flavour and tenderize fish and meats prior to cooking and to help keep them moist during cooking. It is very important to remember not to overdo the oil in a marinade as this is what causes a barbecue to flare up, resulting in that well-known blackened barbecue look.

- All these marinades are sufficient for 900 g (2 lb) of meat or fish.
- Make shallow cuts over the surface of the fish or meat before marinating if you wish. It will help the flavours to penetrate right into the food.
- Pour the marinade into a shallow, non-metallic dish, large enough to carry the food in one layer, and remember to give it a turn every now and then while it is marinating.
- Marinate red meats, poultry and game for 2 hours at room temperature or 24–48 hours in the fridge.
- Marinate fish, seafood and vegetables somewhere cool for 30 minutes or up to 2 hours in the fridge.
- Bring chilled foods back to room temperature before cooking.
- Scrape most of the excess marinade off the food before cooking to prevent the barbecue from flaring up.
- Never be tempted to re-use any leftover marinade on a fresh batch of meat or chicken as the risk of food poisoning is very high.

Tomato and Chilli Marinade

Go on, give your meat a spicy treat. This goes particularly well with chicken, pork, lamb or beef.

tablespoons sunflower oil
tablespoons red wine vinegar
tablespoons tomato purée
tablespoons minced red chilli from a jar
tablespoon Worcestershire sauce
teaspoons caster sugar
alt and freshly ground black pepper

Mix all the ingredients together and use as required.

Fennel and Lemon Marinade

This is ideal for delicately flavoured white fish and seafood. Fennel herb is not always easy to come by, so just substitute another herb with a slightly aniseed flavour such as tarragon or basil if need be.

tablespoon fennel seeds, crushed
tablespoons chopped fresh fennel herb, tarragon or basil
nely grated zest and juice of 1 small lemon
tablespoons olive oil
garlic cloves, crushed
alt and freshly ground black pepper

Mix all the ingredients together and use as required.



Fennel and Lemon Marinade and
Portuguese Piri-Piri Glaze

Indian Yoghurt Marinade

If you like it cool and spicy, this is a wonderful marinade for chicken, lamb and firm white fish such as cod or monkfish.

tablespoons natural yoghurt
garlic cloves, crushed
.5 cm (1 in) fresh root ginger, peeled and finely grated
juice of ½ lemon
teaspoons ground turmeric
green cardamom pods, lightly crushed
teaspoon ground cumin
teaspoon ground coriander
¼ teaspoon cayenne pepper
½ teaspoon salt

Mix all the ingredients together and use as required.

Moroccan Spiced Marinade

This is great for chicken, lamb and steaks. If you like it hot, hot, hot, add an extra teaspoon of harissa paste.

tablespoon olive oil
juice of 2 small lemons
teaspoon ground cumin
 $\frac{1}{4}$ teaspoon ground cinnamon
inch of ground cloves
 $\frac{1}{2}$ teaspoon ground turmeric
teaspoon harissa paste or minced red chilli from a jar
small onion, very finely chopped
garlic cloves, crushed
salt and freshly ground black pepper

Mix all the ingredients together and use as required.

Chinese Marinade

This one is so simple and the ingredients are easy to get. It's especially good with pork and chicken.

.5 cm (1 in) piece fresh root ginger, peeled
tablespoons dark soy sauce
tablespoons white wine vinegar
tablespoon dry sherry
inch of caster sugar
garlic cloves, very finely chopped
tablespoons clear honey
teaspoon five-spice powder

Finely grate the ginger, collect it up into a ball and squeeze out the juice into a bowl.
Stir in the other ingredients and use as required.

Greek Garlic, Lemon and Oregano Marinade

This is wonderful with lamb, chicken and stronger-flavoured fish such as swordfish and would also work well with vegetables or cubes of haloumi and black olives on soaked bamboo skewers. You could use 1 tablespoon of chopped fresh thyme in place of the oregano if you wish.

garlic cloves, crushed
nely grated zest and juice of 1 lemon
tablespoons chopped fresh oregano
teaspoon clear honey
tablespoons olive oil
alt and freshly ground black pepper

Mix all the ingredients together and use as required.

Thai Spiced Marinade

Now here's a trendy marinade that really gets the tastebuds buzzing. It goes really well with any meat or firm white fish.

400 ml (7 fl oz) canned coconut milk

2 tablespoons Thai fish sauce

Juice of 1 lime

2 kaffir lime leaves, very finely shredded or finely grated zest of 1 lime

1 stalk lemongrass, outer leaves discarded and core very finely chopped

2 cm (1½ in) fresh root ginger, peeled and very finely grated

2 red or green finger chillies, seeded and very finely chopped

2 spring onions, trimmed and very thinly sliced

1 salt and freshly ground black pepper

Mix all the ingredients together in a bowl and set aside for 2 hours to allow the flavours to infuse before using as required.

Mexican Marinade

This is best on steaks and other cuts of beef.

tablespoon chilli powder

tablespoon paprika

$\frac{1}{2}$ teaspoon ground cumin

$\frac{1}{2}$ teaspoon dried oregano

teaspoons caster sugar

teaspoon salt

tablespoons tequila

juice of 1 lime

tablespoons olive oil

garlic cloves, finely chopped

tablespoons chopped fresh coriander

Mix all the ingredients together and use as required.

Moscow Vodka Marinade

This is really good on nice firm-fleshed fish such as salmon, monkfish and tuna. Remember not to marinate the fish for longer than an hour or two.

tablespoons vodka
tablespoons olive oil
juice and grated rind of 1 lime
tablespoons chopped fresh dill
shallot, very finely chopped
tablespoon sugar
teaspoon salt

Mix all the ingredients together, then pour over the fish and marinate for 1 hour.

Soy-orange Marinade

This is perfect for pork and sausages.

juice and grated rind of 1 large orange
tablespoon soy sauce
garlic cloves, crushed
tablespoon hot chilli sauce
tablespoons chopped fresh coriander

Mix all the ingredients together and use as required.

Ooh-la-la Red Wine Marinade

A simple French-style red wine marinade is marvellous on meat and chicken.

50 ml (5 fl oz) red wine
tablespoons caster sugar
tablespoons olive oil
teaspoon salt
red onion, finely chopped
garlic cloves, finely chopped
teaspoons herbes de Provence

Mix all the ingredients together and use as required.

RECADOS & RUBS

Recados are a type of dried, spiced mix or paste peculiar to Mexico and Brazil. They are usually pretty powerful owing to the inclusion of garlic and chillies, so tend not to be left on the meat for much over an hour. Meat marinated in a recado is commonly served with a salsa.

Now we all like a good rub, so here's something else that you can put on to the outside of your food before barbecuing to help give it a different flavour. A spice rub is simply a different combination of dried spices ground together into a fine powder. They can either be put directly on to the meat or mixed into a paste with a little oil before using and they will give a deliciously crisp, drier finish to all types of barbecued meats and fish. Any leftover mixtures can be stored in an airtight container for later use, but they will gradually lose their intensity of flavour, so it's better if you can make them up just before you use them.

Herb rubs are a mixture of fresh herbs and spices, blended to a paste with a little oil and lemon juice. These will not keep so well, so they will need to be used as soon as they are made.

- All the spice and herb rubs are sufficient to coat 900 g (2 lb) of meat, poultry or fish.
- Remove the skin from chicken before adding the dry or wet rub.
- If you wish, make shallow cuts over the surface of the fish or meat before adding the rub so that the flavours can penetrate right into the food.
- Cover the meat or fish with the spice or herb rub and set aside for at least 1 hour before cooking.

Devilish Mint Recado

Great on seafood, especially firm white fish, such as cod.

mall bunch of fresh mint leaves
mall bunch of fresh coriander leaves
garlic cloves
small dried red chilli
tablespoons olive oil
teaspoon salt

Place all the ingredients in a liquidizer or food processor and whizz to make a rough paste. Brush on to the fish or chicken and leave to marinate for an hour or so before barbecuing.



Devilish Mint Recado

Garlic-chilli Recado

This is really quite pungent and should be left on the meat for 30 minutes and no more. I like it on red meat such as lamb chops or thick steaks.

dried red chillies, such as birdseye
head of garlic, cloves separated and peeled
teaspoons salt
teaspoon dried oregano

Whizz all the ingredients together to form a paste. Chill until ready to use.

Barbecue Spiced Rub

This is perfect for all meats, especially chicken, and when cooking on the barbie, it gives off the most delightful of aromas.

teaspoons paprika (hot or mild)
teaspoons dried chilli flakes
teaspoons caster sugar
teaspoons light soft brown sugar
teaspoon ground cumin
teaspoon cayenne pepper
teaspoons finely ground black pepper
teaspoons salt

Simply mix all the ingredients together.

Cajun Spiced Rub

This is the well-known spice mixture used for traditional 'blackened' dishes and it really livens up chicken, pork, lamb and meaty types of fish such as swordfish. You should find onion and garlic granules in most supermarkets alongside the other herbs and spices, but be careful not to pick up the flavoured salts by mistake, as they'll make your food too salty. If they don't have granules ask them to get some in. Remember, they want your business.

teaspoons hot paprika
teaspoon dried thyme
teaspoon dried oregano
teaspoon black peppercorns
teaspoon white peppercorns
teaspoon onion granules
teaspoon garlic granules
teaspoon salt
teaspoon cumin seeds

Grind all the ingredients to a fine powder in a coffee grinder or a mortar and pestle.

Indian Spiced Rub

This little rub will have them queuing all the way down the road. It goes wonderfully well with chicken, lamb and meaty white fish.

seeds from 12 green cardamom pods

teaspoons cayenne pepper

teaspoons cumin seeds

teaspoons coriander seeds

teaspoon black peppercorns

teaspoon ground turmeric

teaspoon coarse sea salt

Grind all the ingredients to a fine powder in a coffee grinder or a mortar and pestle.

Mixed Herb and Fennel Rub

You can rub this on your pork and all over your chicken, and even fish like a good dip in.

teaspoons fennel seeds, finely crushed
teaspoon coarse sea salt
teaspoons chopped fresh rosemary leaves
tablespoons chopped fresh flatleaf parsley
tablespoon chopped fresh sage
nely grated zest of 2 lemons
fat garlic cloves, crushed
teaspoons lemon juice
tablespoons olive oil
eshly ground black pepper

Mix all the ingredients together and use straight away.

GLAZES

For a sweet, sticky experience, here are some honey- or sugar-based mixtures that will add extra flavour to the outside of your barbecued meats. The sugar slowly caramelizes over the heat to give the meat a deliciously rich, sticky finish. It's best to brush them on halfway through or towards the end of cooking because glazes have a tendency to burn if you are not very careful. They are quick to prepare so are generally best made up when you need them. All these glazes are sufficient to coat 900 g (2 lb) meat or poultry.

Portuguese Piri-piri Glaze

This is not exactly an authentic recipe because in Portugal they do not use a sweet chilli sauce, but rather a fiery concoction made from chopped red chillies and lots of salt. Nevertheless, this version tastes fabulous, and although it is traditionally used mainly for chicken and poultry, especially if it's corn-fed, there's no reason why you can't use it on other meats too.

–3 red finger chillies, seeded and very finely chopped
tablespoons olive oil
tablespoons sweet chilli sauce
tablespoon dried oregano
alt and freshly ground black pepper

Mix the ingredients together and brush over the meat 10 minutes before the end of cooking.

Yummy Honey, Lime and Ginger Glaze

Get those juices flowing by brushing this delicious glaze over your chicken and pork.

cm (2 in) fresh root ginger, peeled
tablespoons clear honey
tablespoons dry sherry
coarsely grated zest and juice of 1 lime
salt and freshly ground black pepper

Cut the piece of ginger in half. Finely grate one piece, collect it up into a ball and squeeze out the juice into a small bowl.

Cut the rest of the ginger into small strips and stir it into the ginger juice with the rest of the ingredients.

Pour the mixture into a small pan and leave to simmer vigorously for about 3 minutes until reduced by about half.

Leave to cool until thick and syrupy. Brush over the meat 10 minutes before the end of cooking.

Kash and Curry Apple Glaze

Jazz up your chicken, pork, gammon or bacon. This is lip-lickingly good. You will be able to buy concentrated apple juice from any health food shop.

tablespoon korma or mild curry paste
tablespoons concentrated apple juice
tablespoons clear honey
tablespoons Dijon mustard
tablespoon sieved mango chutney
½ tablespoon cider vinegar
clove garlic, crushed
5 g (1 oz) butter

Put all the ingredients into a small pan and stir over a gentle heat until the butter has melted and you have a smooth sauce.

Leave to cool and thicken, then brush over the meat 10 minutes before the end of cooking.

Sweet-n-Spicy Mustard Glaze

This is great for red meats and poultry.

2 tablespoons Dijon mustard
1/2 small orange, finely grated zest
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves
2 tablespoons demerara sugar
1/2 teaspoon salt and freshly ground black pepper

Mix all the ingredients together and brush on to the meat 10 minutes before the end of cooking.

Sweet Mint Glossy Glaze

This is wonderful brushed over lamb.

tablespoons granulated sugar
50 ml (8 fl oz) water
tablespoons chopped fresh mint

Put the sugar and water together into a small pan and stir over a low heat until the sugar has dissolved.

Bring the mixture to the boil and boil vigorously until it has reduced and become quite syrupy.

Remove the pan from the heat and stir in the chopped mint.

Brush on to the meat 10 minutes before the end of cooking.

See also

Maple syrup glaze and Chinese spiced glaze, Maple-glazed Pork Spare Ribs [here](#)

Tom-Tom Maple Syrup Glaze

This is especially good with pork and beef. You could use a 200 g (7 oz) can of chopped tomatoes instead of fresh tomatoes if you prefer.

small onion, chopped
garlic cloves, crushed
tablespoon olive oil
25 g (8 oz) ripe plum tomatoes, skinned, seeded and chopped
alt and freshly ground black pepper
sprig of fresh thyme
bay leaf
0 ml (2 fl oz) maple syrup
tablespoon sundried tomato paste
tablespoon dark soy sauce
alt and freshly ground black pepper

Fry the onion and the garlic in the oil for 5 minutes until soft.

Add the tomatoes, salt, pepper and herbs and simmer vigorously for 5 minutes until very well reduced and thick.

Remove the herbs from the sauce, spoon it into a food processor and blend until smooth. Stir in the maple syrup, sundried tomato paste, soy sauce and seasoning and start to brush on to the meat halfway through cooking.

SAUCES

Grilled and barbecued food is cooked over a dry heat, so in some cases, a little sauce on the side can add extra moistness as well as a fresh burst of flavour to your dish. The sauces that require cooking can be made both indoors and out.

Ainsley's Sweet Chilli Sauce

This sauce is not as hot as one would expect, despite the amount of chillies. Used sparingly, it is a very refreshing accompaniment to almost any cooked meats and would go really well with anything from the Far East. It makes a great alternative dipping sauce for Orla's Bamboo Thai Prawn Satay with Griddled Limes [here](#), Million Meaty Satay Sticks [here](#) or Krungthep Crab and Coconut Cakes [here](#). So many uses for one delightful, easy-to-make sauce.

akes 175 ml (6 fl oz)

50 g (5 oz) caster sugar

100 ml (10 fl oz) water

lime

100 g (4 oz) red finger chillies, trimmed, seeded and very finely chopped
fresh mint leaves, finely chopped

Put the sugar and water into a pan and leave over a low heat until the sugar has completely dissolved.

Meanwhile, remove the zest of the lime with a potato peeler, taking care not to remove the bitter white pith from underneath. Cut it into very fine shreds, bunch them together and very finely chop. Squeeze out the juice from the lime.

Bring the mixture to the boil, add the lime zest and cook for about 3 minutes until the syrup lightly coats the back of a spoon.

Add the chillies, remove from the heat and leave to cool before stirring in the mint.

My Classic Barbecue Sauce

Bottled sauces and ketchups are always great with any grilled meats but home-made ones are even better. This one will nicely jazz up and 'wash down' almost any burger or plainly barbecued meat.

Yields 450 ml (15 fl oz)

2 tablespoons sunflower oil
1 onion, finely chopped
2 garlic cloves, crushed
400 g (14 oz) can chopped tomatoes
2 tablespoons tomato purée
1 tablespoon light soft brown sugar
1 tablespoon Worcestershire sauce
few drops of tabasco sauce
2 tablespoons white wine vinegar
1 tablespoon English mustard
salt and freshly ground black pepper

Heat the oil in a medium-sized pan. Add the onion and the garlic and fry over a medium heat for 7–8 minutes, stirring now and then, until the onions are soft and lightly browned.

Add the remaining ingredients to the pan and leave the sauce to simmer very gently for 10 minutes, giving it a stir every now and then, until it has slightly thickened.

If you want a smoother sauce, tip the mixture in a food processor and blend it for a few seconds. Serve hot or cold.

Sweet and Sour Apricot Sauce

This rich and dark, slightly tangy-tasting sauce is great with any barbecued meats, especially pork.

Yields 450 ml (15 fl oz)

2 tablespoons sunflower oil
1 onion, very finely chopped
2 cloves garlic, crushed
2 cm (2 in) fresh root ginger, peeled and finely grated
97 g can apricots in natural juice
2 tablespoons lemon juice
2 tablespoons light soft brown sugar
2 tablespoons dark soy sauce
5 ml (3 fl oz) white wine vinegar
2 tablespoons tomato purée
salt and freshly ground black pepper

Heat the oil in a medium-sized pan. Add the onion and fry for 5 minutes until soft and very lightly browned. Add the garlic and the ginger to the pan and fry for 1 minute.

Drain the canned apricots, reserving the juice. Put the apricots, 2 tablespoons of the juice and the lemon juice into a food processor and blend until smooth.

Add the apricot purée to the onions with the rest of the ingredients and leave the sauce to simmer for 25–30 minutes until reduced and thickened. Serve hot or cold.

Chiang-Mai Thai Dipping Sauce

These light, sweet and sour sauces are very popular all over the Far East and they are ideal for serving with plainly barbecued meats and fish. They are supposed to be quite spicy, but you can remove the seeds from the chillies before you slice them if you wish.

Yields 150 ml (5 fl oz)

tablespoons rice or white wine vinegar

tablespoons caster sugar

$\frac{1}{2}$ teaspoon salt

clove garlic, very finely chopped

red birdseye chillies, thinly sliced

teaspoon chopped fresh coriander

spring onion, trimmed and very thinly sliced

Mix together the vinegar and the sugar until the sugar has completely dissolved.

Now stir in the remaining ingredients and serve in little bowls as a dipping sauce or drizzled over simply grilled meats and fish.

Potato Passata Wedge Dip

Aside from, maybe, mayonnaise, this is the best dip a chip or barbecued potato wedge could ever dream of. At a real push a mixture of ketchup and horseradish makes a pretty decent dip too.

00 g (7 oz) passata or creamed tomatoes
teaspoons horseradish sauce
dash of Tabasco
alt and freshly ground black pepper

Mix together the passata and horseradish sauce. Season to taste with Tabasco, salt and pepper. Serve at once.

Speckled Spicy Peanut Sauce

This sauce is the classic accompaniment to the Million Meaty Satay Sticks [here](#) but it would also go very well with any plain grilled meats, especially, chicken, lamb and beef. It can also be made into a more liquid dressing with a little more coconut milk for any crunchy vegetable salad.

Yields 250 ml (8 fl oz)

100 g (2 oz) roasted salted peanuts
2 tablespoons groundnut or sunflower oil
2 shallots, very thinly sliced
2 garlic cloves, very finely chopped
2 red birdseye chillies, seeded and very finely chopped
100 g (2 oz) crunchy peanut butter
75 ml (6 fl oz) canned coconut milk
5 ml (3 fl oz) water
1 tablespoon palm or dark muscovado sugar
2 tablespoons lime juice
1 teaspoon sambal oelek or chilli sauce (optional, for those who like things extra spicy)
1 teaspoon Thai fish sauce
salt and cayenne pepper

Coarsely grind the roasted peanuts in a coffee grinder or mortar and pestle.

Heat the oil in a small pan, add the shallots and fry until richly golden. Lift out of the oil with a slotted spoon and set aside.

Add the garlic and chillies to the pan and fry until softened.

Add the ground peanuts, peanut butter, coconut milk, water and sugar and simmer gently for 4–5 minutes until slightly thickened.

Stir in the fried onions, lime juice, sambal oelek, Thai fish sauce and season to taste with a little salt and cayenne pepper. Pour into a small serving bowl and serve warm.

Mellow Minty Yoghurt Sauce

This refreshing no-need-to-cook sauce goes really well with barbecued lamb or chicken and is a classic accompaniment to any Indian or Middle Eastern meat dishes.

erves 4

75 g (6 oz) Greek or wholemilk natural yoghurt
tablespoons chopped fresh mint
teaspoon mint jelly, warmed
alt and freshly ground black pepper

Simply mix all the ingredients together and chill for at least 1 hour before serving.

Best Ever Mustard French Dressing

This is really useful for tossing through salad leaves, stirring into hot potatoes and adding extra flavour to other salad-like side dishes.

erves 8

tablespoons white wine vinegar
tablespoons Dijon mustard
tablespoons olive oil
alt and freshly ground black pepper

Mix the vinegar and mustard together in a small bowl.

Gradually whisk in the oil until thick and creamy. Season with salt and pepper and chill until required.

See also

Sally's Salmon Steaks with Fresh Basil Sauce [here](#)

Maddie's Bacon, Sage and Monkfish Wrap with Aioli [here](#)

SAVOURY BUTTERS

For a simple barbecue treat, what could be better than a savoury butter? All these can be made in advance and will keep for up to a week in the fridge or up to two months in the freezer. They are wonderful cut into thin slices and served on top of any simply barbecued meats or vegetables, especially sweetcorn and baked potatoes. Each of these butters will serve about 8 people.

Italian Pesto Butter

This will get you sucking your teeth, it's great! Try it with barbie'd chicken, lamb or white fish.

100 g (4 oz) slightly salted butter, softened
2 tablespoons pesto
2 heaped tablespoons chopped fresh basil
2 tablespoons finely grated Parmesan
1 clove garlic, crushed
salt and freshly ground black pepper

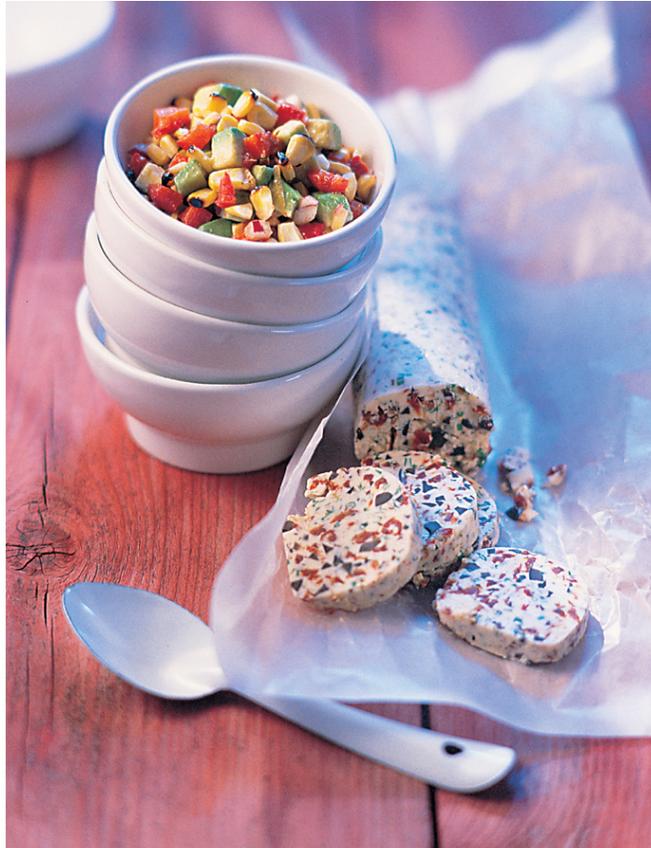
Mix the butter with the rest of the ingredients. Spoon on to a sheet of clingfilm or non-stick baking parchment, shape into a roll and wrap up tightly. Chill until firm or until required.

Sundried Tomato and Black Olive Butter

Adds colour and flavour to your barbecued chicken and steaks.

100 g (4 oz) slightly salted butter, softened
sundried tomatoes, very finely chopped
small clove garlic, crushed
1 tablespoon snipped fresh chives
5 g (1 oz) pitted black olives, drained and finely chopped
¼ teaspoon salt
1/8 teaspoon freshly ground black pepper

Mix the butter with the rest of the ingredients. Spoon on to a sheet of clingfilm or non-stick baking parchment, shape into a roll and wrap up tightly. Chill until firm or until required.



Roasted Sweetcorn, Red Pepper and Avocado
Salsa and Sundried Tomato and
Black Olive Butter

Shallot, Mustard and Black Peppercorn Butter

This is superb with any grilled meats, especially steaks.

teaspoon sunflower oil
shallots, very finely chopped
100 g (4 oz) slightly salted butter, softened
tablespoon black peppercorns, coarsely crushed
teaspoon Dijon mustard
 $\frac{1}{4}$ teaspoon salt

Heat the oil in a small pan, add the shallots and fry gently for 6–8 minutes until golden brown.

Leave to cool and then beat into the butter with the peppercorns, mustard and salt.

Spoon on to a sheet of clingfilm or non-stick baking parchment, shape into a roll about 4 cm (1½ in) thick and wrap up tightly. Chill until firm or until required.

Betty Blue Cheese Butter

Full of tempting flavours ready to ooze into succulent barbecued pork or chicken.

0 g (2 oz) slightly salted butter, softened

0 g (2 oz) blue cheese such as Roquefort, Stilton or Danish Blue

5 g (1 oz) full-fat soft cream cheese

tablespoon chopped fresh parsley

alt and freshly ground black pepper

Whizz the butter, blue cheese and cream cheese in a food processor until smooth.

Stir in the parsley and seasoning, shape into a roll and chill until firm or until required.

FLAVOURED MAYONNAISES

Like salsas, flavoured mayonnaises make delicious dips for anything from a stick of celery to a hot, salted chip. They are also marvellous with any barbecued fish and most chicken or cheesy dishes. Use ready-made mayonnaise. These recipes each serve 4 people.

Angela's Anchovy Mayonnaise

My friend Angela knows her onions when it comes to having a bit on the side. Her mayonnaise is delicious served with all manner of things, including barbecued chicken and most kinds of barbecued meat and fish.

anchovies
50 ml (5 fl oz) mayonnaise
garlic clove, crushed
freshly ground black pepper

Using a fork, mash the anchovies to form a paste. Stir into the mayonnaise with the garlic and a grinding of black pepper.

Crumbly Blue Cheese Mayonnaise

Serve with melba toast or slices of fresh fruit.

100 g (4 oz) blue cheese such as Roquefort or Stilton

50 ml (5 fl oz) mayonnaise

freshly ground black pepper

dash of Tabasco

Crumble the cheese over the mayonnaise and gently fold in with the pepper and Tabasco. Chill until ready to serve.

Brazilian Green Mayonnaise

This is quite like a classic tartare sauce and is equally good with fish.

salad onions, finely chopped
green chilli, seeded and finely chopped
tablespoon chopped fresh parsley
tablespoon snipped fresh chives
tablespoon chopped gherkin
hard-boiled egg, finely chopped
50 ml (5 fl oz) mayonnaise
juice of 1 lime

Stir together the salad onions, chilli, parsley, chives, gherkin, egg and mayonnaise. Squeeze in lime juice to taste, then chill until ready to serve.

Mashed Mustard-garlic Mayonnaise

This delicious 'mayonnaise with a kick' really is the tops.

head of garlic
tablespoon olive oil
50 ml (5 fl oz) mayonnaise
teaspoons grainy mustard

Halve the garlic bulb horizontally, place in a small roasting tin and drizzle with olive oil. Barbecue over medium coals or in a hot oven for 30 minutes until the garlic is tender. **Slip** the cloves out of their papery skins and mash well. Stir into the mayonnaise with the mustard, then chill until ready to serve.

SALSAS

This is the Spanish word meaning sauce. These are not the smooth, runny sauces we are familiar with, but rather a piquant mixture of finely chopped vegetables, herbs and sometimes fruit, which are very popular in Latin America, especially Mexico. They make a wonderfully refreshing accompaniment to all types of barbecued fish and meats. All of these salsas will serve 6–8 people, unless otherwise stated.

Mango and Pineapple Salsa

With its totally tropical taste, come rain or shine you'll always be smiling whilst munching this salad.

baby pineapple or 200 g (7 oz) canned pineapple in natural juice
small, ripe but firm mango
spring onions, trimmed and thinly sliced
red finger chilli, seeded and very finely chopped
.5 cm (1 in) fresh root ginger, peeled and finely grated
tablespoons lime juice
tablespoon chopped fresh mint
alt and freshly ground black pepper

If you're using a fresh pineapple, slice off the top and the bottom, place it cut-side down on a board, slice away the skin and all the little brown 'eyes'.

Cut the fruit into quarters, remove the core and cut the flesh into small dice. Simply drain and chop the canned pineapple if using.

Peel the mango, slice the flesh away from either side of the flat stone and cut it into small dice.

Mix the pineapple and mango in a bowl with the spring onions, red chilli, grated ginger, lime juice, chopped mint and some salt and pepper to taste. Chill for 1 hour before serving.

Mexican Aztec Tomato Salsa

The classic salsa, also called 'Salsa Ranchera', is always found on the table in any home or restaurant. They say the contents change as easily as the funds of an embezzled bank. But it's still delicious.

tomatoes, skinned, seeded and diced
medium red onion, finely chopped
cloves garlic, crushed
tablespoons freshly squeezed lime juice
green chillies, seeded and very finely chopped
tablespoons chopped fresh coriander
alt and freshly ground black pepper

Mix all the ingredients together, spoon into a bowl and chill in the fridge for 1 hour.

Italian Tomato Salsa

All the flavours of the Mediterranean are captured here for your delight.

ripe plum tomatoes, skinned and seeded
small bunch of fresh basil
5 g (1 oz) pitted black olives, thinly sliced
shallots, thinly sliced
garlic cloves, very finely chopped
tablespoon extra virgin olive oil
–3 teaspoons balsamic vinegar
alt and freshly ground black pepper

Cut the tomatoes into thin strips.

Discard the stalks from the basil, stack the leaves one on top of the other and very finely shred.

Gently mix together the tomatoes, basil, olives, shallots, garlic, olive oil, balsamic vinegar and some salt and pepper to taste. Spoon into a small bowl and serve straight away.

Roasted Sweetcorn, Red Pepper and Avocado Salsa

This salsa needs to be finished with the avocado just before serving because avocado soon discolours once it has been chopped. I often eat this on its own with barbecued ciabatta bread slices, it's so good.

ears sweetcorn, husks removed
large red pepper
sunflower or vegetable oil for grilling
lemon
red chillies, seeded and very finely chopped
small red onion, very finely chopped
small, ripe but firm avocados
alt and freshly ground black pepper

Brush the ears of sweetcorn and the red pepper with a little oil and barbecue or grill, turning now and then. The peppers will take about 10 minutes and the sweetcorn about 15, by which time they should both be tender and slightly blackened in places.

Drop the pepper into a plastic bag and seal. Leave to cool together with the sweetcorn.

Stand the sweetcorn upright in a large mixing bowl and drag the kernels off the cob with a fork. Alternatively, slice them away from the cob with a large knife.

Cut the grilled pepper in half and scoop out the seeds. Turn it over and scrape away the skin with a small sharp knife. Finely dice the flesh.

Thinly peel the zest off the lemon with a potato peeler, leaving behind the bitter white pith. Very finely chop the zest and then squeeze out the lemon juice.

Mix the sweetcorn, pepper and lemon zest with the red chilli, onion and 2 tablespoons of lemon juice. This mixture can now be covered and set aside in the fridge for 1 hour or until you are ready to serve.

Halve the avocados and remove the stones. Scoop out the flesh in as large pieces as possible and cut it into small dice about the same size as the sweetcorn kernels. Scrape out the avocado shells and set to one side.

Stir the avocado and some salt and pepper into the rest of the salsa.

Spoon the mixture back into the avocado shells and serve straight away.

Cucumber and Caper Salsa

It's refreshingly cool with a tangy twist. This is made using similar ingredients to the classic Italian sauce, Salsa Verde, and is the perfect accompaniment to all types of barbecued fish.

½ cucumber

tablespoon capers, drained and rinsed

garlic cloves, very finely chopped

cocktail gherkins, very finely chopped

large sweet white onion or red onion, very finely chopped

tablespoons roughly chopped fresh flatleaf parsley

tablespoon chopped fresh mint

tablespoon lemon juice

tablespoon extra virgin olive oil

alt and freshly ground black pepper

Halve the cucumber lengthways and scoop out the seeds.

Cut the flesh into small dice and mix in a small bowl with the remaining ingredients. Chill for 1 hour before serving.

Sweet Mean Mango Salsa

This is one of my all-time favourite salsas – the combination of sweet, juicy mango flesh with the hot, crunchy radish is a real winner.

Serves 4

large, ripe mango, skinned, seeded and finely diced

2 radishes, finely diced

juice of 1 lime

1 tablespoon olive oil

2 tablespoons chopped fresh coriander

few shakes of Tabasco

salt and freshly ground black pepper

Toss together the mango, radishes, lime juice, olive oil and coriander. Add Tabasco, salt and pepper to taste, then chill until ready to serve.

CHUTNEYS & RELISHES

The smoky flavour of barbecued foods can be transformed into something spectacular if you serve it with one of these delicious side dishes.

Beetroot Relish

This is a very unusual but very cooling yoghurt-style relish. There is no need to embark on the messy job of preparing fresh beetroot these days. You should find it already peeled and cooked on the salad counter of your local supermarket.

erves 6–8

25 g (8 oz) cooked and peeled beetroot

½ teaspoon cumin seeds

–3 teaspoons lemon juice

small onion, very finely chopped

½ tablespoon horseradish sauce (not creamed horseradish)

00 g (4 oz) wholemilk or Greek natural yoghurt

tablespoons chopped fresh mint

ayenne pepper and salt

Cut the beetroot into small dice and place in a bowl.

Heat a dry, heavy-based frying pan over a high heat. Add the cumin seeds and toss around for a couple of minutes until they start to smell aromatic and have darkened slightly.

Grind to a fine powder in a coffee grinder or a mortar and pestle.

Add the roasted cumin to the beetroot with the rest of the ingredients and stir together well. Cover and chill for 1 hour before serving.

Cucumber and Ginger Sambal

This Thai relish is quite spicy, so if you don't like things too hot, cut down on the number of dried chillies. This is best made and eaten the same day.

erves 6–8

cucumbers

onion, thinly sliced

red chilli, seeded and thinly sliced

tablespoons salt

small dried red chillies

garlic cloves, very finely chopped

shallots, finely chopped

.5 cm (1 in) galangal or fresh root ginger, peeled and chopped

00 g (4 oz) roasted, salted cashew nuts or peanuts

tablespoons groundnut or sunflower oil

teaspoon black mustard seeds

¼ teaspoon ground turmeric

tablespoons caster sugar

75 ml (6 fl oz) white wine vinegar

Cut the cucumbers into very thin slices. Place in a colander with the onion and the sliced red chilli, mix in the salt and set aside to drain for 2 hours.

Rinse off the salt and allow the water to drain away. Spread the mixture out on lots of kitchen paper or clean tea towels and dry really well.

Soak the dried red chillies in hot water for 10 minutes until softened. Drain and put into a food processor together with the garlic, shallots, galangal or root ginger and 25 g (1 oz) of the cashew nuts. Blend the mixture to a coarse paste.

Heat the oil in a frying pan. Add the mustard seeds and as soon as they begin to pop, add the spice paste and turmeric and fry for 5 minutes, stirring now and then.

Add the sugar and vinegar and simmer for 5–7 minutes until the mixture has reduced and thickened. Leave to cool.

Coarsely chop the rest of the cashew nuts.

Transfer the cucumber mixture to a bowl and stir in the spice paste and the chopped nuts. Stir together well, spoon into a bowl and serve.

Summer Pickled Vegetables

Lightly cooked vegetables preserved in vinegar make a great partnership with cooked meats. Make this a week in advance so the flavours can mature. If this amount is more than you need, it can be kept in a cool dark place for up to three months.

erves 8–10

00 g (4 oz) cauliflower
00 g (4 oz) celery
00 g (4 oz) carrots
00 g (4 oz) cucumber
00 g (4 oz) red peppers
0 g (2 oz) French beans
0 g (2 oz) mangetout
0 g (2 oz) baby sweetcorn
0 g (2 oz) button onions
00 ml (10 fl oz) white wine vinegar
allspice berries
black peppercorns
fresh bay leaves
inch of ground saffron or turmeric
garlic cloves, chopped
tablespoons light soft brown sugar
0 g (2 oz) cherry tomatoes
tablespoons olive oil
tablespoon chopped fresh dill
alt and freshly ground black pepper

Break the cauliflower into small florets.

Trim the celery and peel the carrots and cut them both diagonally into thickish slices.

Halve the cucumber, scoop out the seeds with a teaspoon and slice across into half-moons.

Halve the peppers, remove the seeds and cut the flesh into 1 cm (½ in) pieces.

Top and tail the beans, mangetout and sweetcorn and peel the button onions.

Put all the vegetables except the cherry tomatoes into a large pan with the vinegar, spices, garlic and sugar. Season with some salt and pepper, bring to the boil and simmer for just 5 minutes, carefully turning them over every now and then.

Transfer the mixture to a glass bowl, stir in the whole cherry tomatoes, olive oil and dill, cover and leave the mixture somewhere cool to marinate overnight.

The next day, spoon the vegetables into sterilized jars ([see here](#)) and seal. Store in a cool dark place for 1 week before eating. Store in the fridge once opened and eat within 1 week.

Japanese-style Cucumber and Red Onion Relish

Try this fresh Oriental relish with Crispy Chicken-thigh Brochettes ([see here](#)) or Clare's Chinese Crispy Bubbled Belly Pork ([see here](#)).

Serves 6

large cucumber

small red onions, thinly sliced

tablespoons rice wine vinegar

$\frac{1}{2}$ teaspoon salt

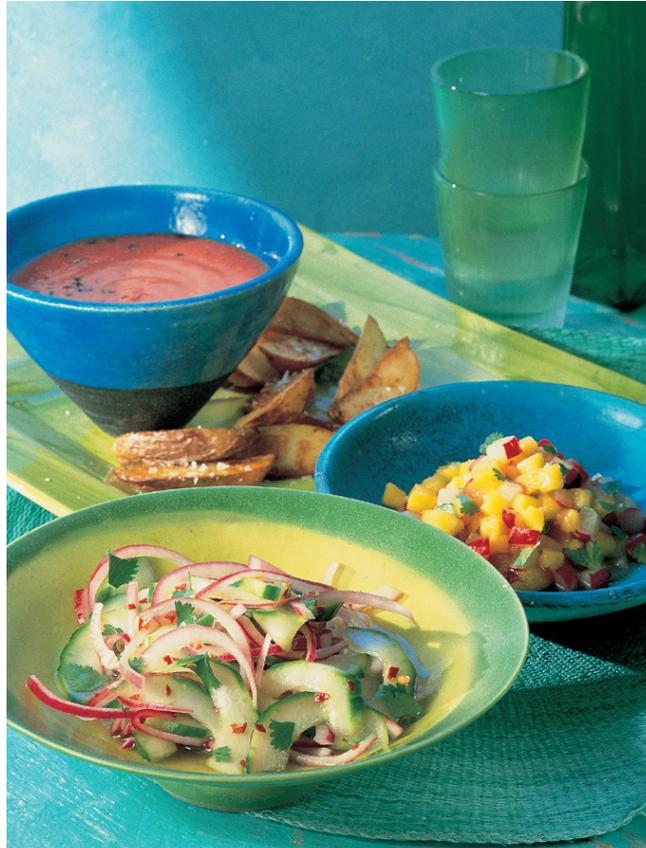
$\frac{1}{4}$ teaspoon dried chilli flakes

tablespoons finely chopped fresh coriander

Using a swivel-style peeler, remove alternate strips of peel from the cucumber so that it is striped with green and white. Halve the cucumber lengthways and use a teaspoon to scoop out the seeds.

Thinly slice the cucumber diagonally and place in a large bowl with the red onion, vinegar, salt and chilli flakes and set aside for an hour or so until the vegetables have wilted.

Drain the relish to remove any excess liquid, then stir in the coriander. Chill until ready to serve.



Potato Passata Wedge Dip, Sweet Mean Mango Salsa and Japanese-Style Cucumber and Red Onion Relish

Chilli Jam

This is always a winner. Once you've tried it, you'll be back for more – and it goes with absolutely anything.

erves 4

–2 tablespoons sunflower oil
onion, finely chopped
garlic cloves, finely chopped
red chillies, seeded and finely chopped
juice of 1 orange
tablespoon clear honey
tablespoon malt vinegar
tablespoons tomato ketchup

Heat the oil in a small pan and cook the onion for 2–3 minutes. Add the garlic and chillies and cook for a further 2 minutes until softened. Stir in the orange juice, honey, vinegar and tomato ketchup and simmer gently for 5 minutes. Serve warm or cold.

Southern Sweetcorn Relish

You can make this tangy American-style relish some time in advance because it will keep, very much like jam, for two to three months in a cool, dark place. This is just the thing to make a beefburger heaven.

erves 6–8

½ teaspoon salt
1 tablespoon plain flour
¼ teaspoon English mustard powder
good pinch of ground turmeric
100 g (1½ oz) caster sugar
50 ml (5 fl oz) distilled malt vinegar
500 g (3 oz) white cabbage, cored and finely shredded
½ small onion, thinly sliced
1 small red pepper, seeded and chopped
1 small green pepper, seeded and chopped
750 g (10 oz) can sweetcorn, drained

Sift the salt, flour, mustard powder and turmeric together into a pan.

Stir in the sugar and vinegar and cook over a low heat for a few minutes until the sugar has dissolved.

Bring the mixture to the boil, add the cabbage and the onion and simmer for 10 minutes.

Stir in the red and green pepper and simmer for 15 minutes, stirring now and then.

Add the sweetcorn and simmer for 2 minutes. Spoon the mixture into sterilized jars ([see here](#)), seal and leave to cool.

This will keep in a cool, dark place for up to 3 months. Store in the fridge once opened and use within 1 week.

Speedy Tomato and Red Pepper Chutney

This chutney is very quick and easy to make and goes exceptionally well with any sausages, especially the Herby Home-made Sausage Meat Patties [here](#).

erves 6–8

large onion, roughly chopped
large red pepper, seeded and chopped
5 g (½ oz) butter
tablespoon sunflower oil
½ teaspoon paprika
tablespoons demerara sugar
100 g (7 oz) can chopped tomatoes
tablespoon lemon juice
tablespoon Dijon mustard
tablespoon tomato purée
salt and freshly ground black pepper

Fry the onion and the red pepper in the butter and oil for 5 minutes until soft. Add the paprika and fry for 1 minute.

Add 1 tablespoon of the sugar and cook for a further 5 minutes, stirring now and then until the mixture has lightly caramelized.

Stir in the remaining ingredients, season with salt and pepper and leave the mixture to simmer for 10 minutes. You can serve this hot or cold with any barbecued meats.

See also

Red onion marmalade [here](#)

Rich Rhubarb Chutney

This is a lovely, soft chutney that's especially nice served with fish.

Makes 1 litre (1¾ pints)

kg (2¼ lb) fresh rhubarb, cut into 1 cm (½ in) lengths

75 ml (6 fl oz) freshly squeezed orange juice

large onions, finely chopped

cm (1½ in) piece root ginger, finely chopped

00 ml (1 pint) malt vinegar

00 g (14 oz) soft brown sugar

teaspoon allspice berries

teaspoon cumin seeds

teaspoon salt

teaspoon freshly ground black pepper

Place all the ingredients in a large pan. Bring to the boil, then cover and simmer gently for 1½ hours. Pour into a kilner jar, seal and leave to cool. Store in the fridge for up to a couple of weeks after opening.

For prolonged storage pack this chutney into a sterilized jar ([see here](#)) and store in a cool, dark place for at least a month. Once opened, keep in the fridge and eat within a couple of weeks.

Wilmington's Pickled Watermelon Rind

Now, this is most definitely the trendiest pickle going. It's a Southern American relish that's hitting all the latest London cafés and it really tastes great served with simple barbecued fish.

After you've eaten the watermelon, cut back the rind so there are just a few millimetres of red flesh left on it. The rind actually weighs quite a lot, so about a quarter of an average-sized watermelon will yield enough rind to make this quantity of pickle.

akes 500 ml (17 fl oz)

00 g (14 oz) watermelon rind

5 g (1 oz) salt

50 ml (5 fl oz) white wine vinegar

50 g (5 oz) caster sugar

teaspoon allspice berries

cinnamon stick

.5 cm (1 in) piece root ginger

Carefully slice the green skin off the watermelon, then cut the rind into 1 cm ($\frac{1}{2}$ in) dice. Place the diced rind in a large bowl and sprinkle over the salt. Leave for 3–4 hours until the rind releases lots of water.

Place the vinegar, sugar, allspice, cinnamon and ginger in a pan and bring to the boil, stirring until the sugar dissolves.

Drain the watermelon rind and rinse well. Add to the vinegar mixture and cook for 30 minutes until the rind is tender. Pour the mixture into a jar, allow to cool, then store in the fridge for up to 2 weeks.

APPETIZERS

Buffalo Chicken Wings with Blue Cheese Dip
Parker's Pear and Parma Ham Bruschetta
Fire-Roasted Red Pepper Guacamole
Dream Stuffed Mild Anaheim Chillies
Mamma Tahsia's Baked Greek Olives
Seared Scallops with Coriander and Garlic Oil Dressing
Million Meaty Satay Sticks
Orla's Bamboo Thai Prawn Satay with Griddled Limes
Melintanosalata with Cherry Tomato Sticks
Spicy Mean Bean Dip with Plantain Chips
Yakitori Skewers
Parma Fired Figs with Goats' Cheese Filling

Buffalo Chicken Wings with Blue Cheese Dip

Crispy chicken wings make a great pre-feast nibble and this is a tasty way of turning what is often thought of as an off-cut into something scrumptious. They are cooked until the skin is quite crisp and then tossed in a tangy tomato sauce and served with a creamy dip and crunchy sticks of celery. My children love them and because they're so cheap to buy it's a very affordable barbecue feast.

erves 6

4 large chicken wings
onion, finely chopped
garlic clove, crushed
0 g (1½ oz) butter
tablespoon light soft brown sugar
teaspoons English mustard powder
teaspoons chilli powder
50 ml (8 fl oz) tomato ketchup
20 ml (4 fl oz) red wine vinegar
tablespoon Worcestershire sauce
celery hearts, cut into chunky sticks

or the blue cheese dip

00 g (4 oz) Danish Blue
garlic clove, crushed
tablespoons mayonnaise
tablespoon lemon juice
tablespoons finely chopped onion
tablespoons soured cream
little chopped fresh parsley to garnish

2 long, flat metal skewers

For the blue cheese dip, put the cheese, garlic, mayonnaise and lemon juice into a food processor and blend until smooth. Stir in the chopped onion and soured cream.

Spoon the mixture into a bowl, sprinkle with the chopped parsley and set aside in the fridge until needed.

For the sauce, fry the onion and garlic in the butter for 5 minutes until soft. Add the rest of the sauce ingredients and simmer for 3 minutes until thickened. Keep warm.

Cut the tips off the chicken wings and then thread them on to pairs of parallel skewers, so that they rest across the two like the rungs of a ladder. This makes it easier to turn them during cooking.

Barbecue the wings over medium-hot coals for about 20–25 minutes, turning regularly, until golden.

Slide the wings off the skewers into the pot of sauce and toss together well. Lift them out on to a plate and serve with the dip and celery sticks.



Buffalo Chicken Wings with Blue Cheese Dip

Parker's Pear and Parma Ham Bruschetta

I cooked these in the middle of a fruit farm in Paarl, South Africa. Often the simplest recipes turn out to be the most spectacular and by the look of the crew's faces after tasting them, I knew I was on to an absolute winner.

erves 4

large ripe pears

slices rustic white bread

bout 1 tablespoon extra virgin olive oil

thin slices Parma ham

75 g (6 oz) Gorgonzola

00 g (4 oz) mixed green salad leaves

bout 2 tablespoons Best Ever Mustard French Dressing ([see here](#))

alt and freshly ground black pepper

Cut the pears into slices about 5 mm ($\frac{1}{4}$ in) thick and then cut out the core from each piece.

Place the pears onto the rack of the barbecue over medium-hot coals and cook for 2–3 minutes, turning once until they are heated through and lightly charred. Remove and set to one side.

Place the bread onto the barbecue and toast for 1–2 minutes. Turn over, drizzle with a little of the oil and then arrange 2 slices of the Parma ham on each piece. Top with a couple of pieces of the pear and then crumble the Gorgonzola on top.

Toss the salad leaves with the French dressing and some seasoning.

Divide between 4 shallow dishes, top with a piece of bread and serve at once, preferably with lots of sunshine and a glass of bubbly. Hmmmmm.

Fire-roasted Red Pepper Guacamole

Here's my version of that creamy Mexican avocado dip, which makes a great summertime starter with some crunchy tortilla chips. I've added a roasted red pepper to the mixture but you can leave it out if you wish.

Serves 6–8

large red pepper
large ripe avocados
small onion, very finely chopped
tomato, skinned, seeded and diced
green chillies, seeded and very finely chopped
–5 tablespoons chopped fresh coriander
juice of 1 lime
salt and cayenne pepper
tortilla chips to serve

Barbecue or grill the red pepper for about 20 minutes, turning now and then until the skin is really quite black. Drop it into a plastic bag, seal and leave to cool.

Remove the pepper from the bag, peel off the skin and discard the seeds. Very finely chop the flesh.

Cut the avocados in half, remove the stones and scoop the flesh into a bowl. Mash with the back of a fork into a smooth purée.

Stir in the roasted red pepper, onion, tomato, green chillies, coriander, lime juice and some salt and cayenne pepper to taste and serve with the tortilla chips.

TIP Leave the stone in the dip to prevent it from discolouring.

Dream Stuffed Mild Anaheim Chillies

Believe it or not these chillies are actually not that much hotter than the average green pepper and they take on a lovely sweet flavour when they are cooked, much like a pepper would. These are stuffed with a soft goats' cheese but a harder goats' cheese or an ordinary Cheddar will be just as tasty. Just cut the harder cheese into sticks about 10 cm (4 in) long and 1 cm (½ in) thick, ready for stuffing. When the locals tasted these chillies in Jamaica they said, 'Boy, dem chilli, dem taste wicked'.

erves 4

large Anaheim chillies

100–175 g (4–6 oz) soft goats' cheese

½ tablespoon olive oil

salt and freshly ground black pepper

Barbecue the chillies over medium-hot coals for 10–15 minutes, turning now and then, until the skin has blistered and charred and the flesh is just soft. Remove and leave to cool slightly and then carefully scrape off the skin with a small, sharp knife.

Make a cut lengthways down one side of each chilli and scoop out the seeds and the membranes with a teaspoon.

Spread a couple of tablespoons of the cheese into the centre of each one and then push them back into shape.

Brush the outside of the chillies with a little more oil, season well with salt and pepper and return them to the barbecue. Cook them for a few more minutes on each side until they are heated through and the cheese has melted. Serve straight away with perhaps some fresh crusty bread.

Mamma Tahsia's Baked Greek Olives

I first ate these when I visited a Greek friend's house, and that delicious taste has remained with me forever. Olives marinated in olive oil along with some other flavourings is nothing new, but this idea of serving them slightly warm is a little different and very tasty. All you have to do is ask Mamma Tahsia.

Serves 4

400 g (14 oz) pitted black, Greek Calamata olives
400 g (14 oz) pitted green olives
½ tablespoons crushed coriander seeds
strips pared lemon zest, halved
strips pared orange zest, halved
small bay leaves, halved
cloves garlic, sliced
10 leaves from 2 sprigs of fresh thyme
75 ml (6 fl oz) olive oil
2 tablespoons lemon juice
2 tablespoons orange juice
salt and freshly ground black pepper

Mix all the ingredients together in a bowl and set aside to marinate for at least 2 hours.

Shape 4 x 30 cm (12 in) squares of foil into little bowls and divide the olive mixture between them, making sure that each one gets a strip of lemon and lime zest and half a bay leaf.

Pinch the edges together to make well-sealed parcels and place to the side of the barbecue for 5 minutes until heated through. Remove, leave to cool slightly and serve with plenty of fresh crusty bread and wash down with chilled spicy white wine.

Seared Scallops with Coriander and Garlic Oil Dressing

This was the first recipe I cooked at the beginning of my television series. I was on top of Signal Hill in Newfoundland with the most amazing icebergs drifting by in the Atlantic Ocean behind me. Well, you may not have quite the same setting as I did when you get your barbie out for this dish, but the chances are that yours will taste every bit as good as mine did, and, boy, did they taste good ... And remember, if you buy scallops out of their shells, ask the fishmonger to give you the shells separately.

erves 4

tablespoons olive oil, plus extra for brushing
juice of 1 lemon
garlic cloves, finely chopped
tablespoons finely chopped fresh coriander
salt and freshly ground black pepper
2 fresh scallops, in their shells

Make the dressing by whisking together the olive oil, lemon juice, garlic, coriander and plenty of salt and pepper.

Holding the scallops flat-side up, slide a blade between the shells. Keeping the blade as close to the inside of the top shell as possible slice the ligaments so the shells open. Snap off the top shells and remove and discard the black stomach sac and lacy grey edging around the scallops. Cut the scallops away from the bottom shell, then wash the scallops and the bottom shells thoroughly.

Lightly brush the scallops with a little oil and cook over hot coals or in a hot griddle pan for just 1 minute on each side until well browned.

Return the scallops to the clean bottom shells and drizzle over the dressing. Eat warm.



Seared Scallops with Coriander and Garlic Oil
Dressing

Million Meaty Satay Sticks

The streets of Thailand, especially in Bangkok, are littered with stalls serving millions of satay made with chicken, pork, lamb or beef.

Satay can either be cut into cubes or strips, which are marinated and then threaded or woven on to soaked bamboo skewers. They never fail to impress and always go down a storm. These are traditionally served with the Speckled Spicy Peanut Sauce [here](#).

erves 6

50 g (1 lb) chicken breast fillet, lamb fillet, pork fillet or lean steak

teaspoon cumin seeds

teaspoon coriander seeds

½ teaspoon fennel seeds

stalk of lemongrass

shallots, very finely chopped

cloves garlic, finely chopped

tablespoons light soy sauce

teaspoon ground turmeric

½ teaspoon salt

tablespoon palm or light muscovado sugar

½ teaspoon mild or medium curry powder

tablespoons canned coconut milk

quantity Speckled Spicy Peanut Sauce ([see here](#)) to serve

2 x 15 cm (6 in) bamboo skewers soaked in cold water for 30 minutes

Cut the meat into 2 cm ($\frac{3}{4}$ in) cubes or long strips about 1 cm ($\frac{1}{2}$ in) wide.

Heat a dry, heavy-based frying pan over a high heat. Add the cumin and coriander seeds and shake over the heat for a couple of minutes until they start to smell aromatic and have darkened slightly.

Grind to a fine powder with the fennel seeds in a coffee grinder or mortar and pestle.

Remove the tough outer leaves from the lemongrass and roughly chop the tender core. Put into a food processor with the shallots, garlic and soy sauce and whizz to a smooth paste.

Scrape the mixture into a large bowl and stir in the ground spices, turmeric, salt and sugar. Stir in the meat, cover and set aside to marinate for 2 hours at room temperature or overnight in the fridge.

Thread the cubes or strips of meat on to the skewers. Mix the curry powder with the coconut milk.

Barbecue the satay sticks for about 7–8 minutes, turning and basting with the coconut milk mixture now and then, until they are lightly browned on the outside but still moist and juicy in the centre. Arrange on a large plate and serve with the peanut sauce.

Orla's Bamboo Thai Prawn Satay with Griddled Limes

These are so easy to prepare yet so colourful and visually appetizing. The local Thai fishermen were so impressed that they wanted me to share some of the local 'Hard Stuff'. Needless to say, that was the end of the day's filming.

erves 4

50 g (1 lb) raw, headless tiger prawns

stalk of lemongrass

limes

cloves garlic, finely chopped

20 ml (4 fl oz) canned coconut milk

tablespoons light soy sauce

teaspoons palm or light muscovado sugar

or the dipping sauce

baby cucumber or a 5 cm (2 in) piece of ordinary cucumber

0 ml (2 fl oz) rice wine or white wine vinegar

tablespoon caster sugar

red birdseye chilli, seeded and finely chopped

teaspoons chopped roasted peanuts

x 15 cm (6 in) bamboo skewers soaked in cold water for 30 minutes

Peel the prawns if necessary, leaving the last tail segment in place.

Remove the tough outer leaves from the stalk of lemongrass and finely chop the tender core. Finely grate the zest from one of the limes and squeeze out the juice. Cut the remaining limes into small wedges.

Put the lemongrass, lime zest, lime juice, garlic, coconut milk, soy sauce and sugar into a non-metallic dish. Add the prawns, mix together well and set aside to marinate at room temperature for about 15 minutes or for up to 2 hours in the fridge.

For the dipping sauce, cut the cucumber in half and scoop out the seeds with a teaspoon. Cut the remaining cucumber into very small dice. Mix with the vinegar, sugar and chilli until the sugar has dissolved and then spoon into small serving bowls. Sprinkle over the peanuts.

Thread 4 prawns on to each skewer in pairs together with 2 lime wedges. Pierce through the tail of one prawn, add a lime wedge and then skewer the head end of the prawn so that it wraps itself around the lime attractively. Do this once more and repeat for the rest of the skewers.

Barbecue the skewers over medium-hot coals for about 1 minute on each side or until just cooked through. Serve at once with the dipping sauce, garnished with the remaining lime wedges.

Melintzanosalata with Cherry Tomato Sticks

Almost every Greek cook has his or her version of this delicious aubergine dip and this is my one. (Not that I'm exactly Greek! But I do have many Greek friends.) You could make the whole thing in a food processor but I prefer the coarser texture that you achieve with a pestle and mortar. If you don't want to go to the trouble of making the tomato sticks to serve with the dip, serve as an accompaniment a range of crudités including radishes, cauliflower florets, carrot and cucumber batons and toasted pitta bread cut into fingers.

erves 6

large aubergine
juice of ½ lemon
–4 tablespoons extra virgin olive oil
good pinch of ground cumin
clove garlic, crushed
tablespoon chopped fresh flatleaf parsley
tablespoons Greek strained natural yoghurt
salt and freshly ground black pepper

or the tomato sticks

50 g (1 lb) cherry tomatoes
cloves garlic, thinly sliced
4 small bay leaves
tablespoons olive oil

2 x 15 cm (6 in) bamboo skewers soaked in cold water for 30 minutes

Pierce the aubergine near the stem end with a fork – this will prevent it from popping during cooking.

Place on to a medium-hot barbecue and cook for 20 minutes, turning now and then until the skin is really black and starting to blister and the flesh feels tender in the centre.

Meanwhile, for the cherry tomato sticks, thread 3 tomatoes on to the skewers, alternating them with a slice of the garlic and a bay leaf.

Cut the aubergine in half lengthways and scoop out the flesh into a pestle and mortar. Mash to a rough purée, then mix in the lemon juice.

Very gradually whisk in the olive oil as if you were making mayonnaise – the mixture will thicken very slightly. Stir in the ground cumin, garlic, parsley, yoghurt and seasoning to taste. Spoon into one or more bowls and drizzle with a little olive oil just before serving.

Brush the cherry tomato sticks with the olive oil and barbecue them over medium-hot coals for 4–5 minutes, turning every now and then, until they are just soft and the

skins have split. Season with a little salt and pepper and serve together with the dip and the Garlic Pitta Fingers [here](#).



Melintzanosalata with Cherry Tomato Sticks
and Garlic Pitta Fingers

Spicy Mean Bean Dip with Plantain Chips

Cooked beans are a very popular ingredient in Jamaica and here I have turned them into an unusual dip to be served with some crunchy plantain chips. Plantains belong to the same family as the banana but they must be cooked before they can be eaten. They are sold at various stages of ripeness and for these chips you need to use the green, unripe ones. You can either cook them on the barbecue or deep-fry them.

erves 6

97 g can red kidney or pinto beans
00 g (4 oz) soft cream cheese or goats' cheese
tablespoons soured cream
small red onion, very finely chopped
garlic clove, crushed
tomatoes, skinned, seeded and diced
red finger chillies, seeded and very finely chopped or 2 teaspoons minced red chilli from a jar
tablespoons chopped fresh coriander
teaspoon lemon or lime juice
alt and freshly ground black pepper

or the plantain chips

large green plantains
unflower oil
sea salt to taste

For the dip, tip the beans into a sieve and rinse off the starchy liquid. Drain them really well, tip them into a bowl and crush into a rough paste with a potato masher.

Mix in the rest of the ingredients, spoon the dip into a bowl, cover and chill until you are ready to serve.

For the plantain chips, score the skin of the plantains and peel away the skin. Slice the fruit thinly on the diagonal into a bowl and stir in a little sunflower oil and a little salt. Toss them around a bit with your hands so that all the slices get well coated in the oil.

To cook the chips on the barbecue, lay them side by side on a fine-meshed rack ([see here](#)) and cook in batches for about 10 minutes on each side, brushing with a little more oil now and then, until they are crisp and have turned a deep golden brown.

As each batch cooks, tip them into a bowl (using oven gloves to hold the mesh rack) and once they are cold, sprinkle them with a little more salt to serve alongside the spicy bean dip.

Alternatively, deep-fry the chips at 180°C (350°F) until crisp and golden. Drain on kitchen paper before sprinkling with the salt or a little sugar if you like a touch of sweetness.

Yakitori Skewers

These are the simplest of chicken kebabs with a very Japanese flavour. Unfortunately it is still not very easy to get hold of traditional Japanese ingredients. This is an authentic recipe for the marinade but you can substitute very dry sherry for the sake and dry sherry mixed with 1 teaspoon of caster sugar for the mirin if you wish. I've always got useful tips and alternatives for you so there's no excuse. Go on, have a go, you'll love 'em.

erves 6–8

50 g (12 oz) chicken breast fillets
tablespoons Japanese soy sauce
tablespoons mirin
teaspoons sake
teaspoons caster sugar
shiitake mushrooms
spring onions, trimmed

6 x 15 cm (6 in) bamboo skewers soaked in cold water for 30 minutes

Cut the chicken into 2 cm ($\frac{3}{4}$ in) pieces.

Put the soy sauce, mirin, sake and sugar into a small pan. Bring to the boil and simmer for a few minutes until it has reduced a little and become slightly syrupy.

Remove the stalks from the mushrooms and cut each cap into quarters.

Cut each spring onion into 4 x 2.5 cm (1 in) pieces.

Thread 3 pieces of chicken onto each skewer, alternating them with a piece of mushroom and a piece of spring onion.

Brush the skewers generously with the marinade and barbecue over medium-hot coals for about 7 minutes, turning and basting with the leftover marinade now and then. A bottle or two of ice-cold Japanese lager is the perfect accompaniment.

Parma Fired Figs with Goats' Cheese Filling

Use fully ripe, fragrant figs for this recipe. A true melt-in-the-mouth experience that adds a touch of passion to any barbie feast.

erves 4

ripe, black figs
5 g (3 oz) soft goats' cheese
sprigs of thyme
slices Parma ham
freshly ground black pepper

o serve

rocket leaves
olive oil
rock salt

Cut a deep cross in the top of each fig, cutting right down to, but not through, the base.

Cut the goats' cheese into quarters. Open out the figs, slip a wedge of cheese into each, season with plenty of black pepper, then close the figs back together. Place a thyme sprig on the side of each fig and wrap the Parma ham round each one, enclosing the thyme sprigs.

Cook over hot coals for 4–5 minutes, rolling the figs on their sides until the Parma ham is crispy and ruffled around the edges.

Arrange a small pile of rocket leaves in the centre of four serving plates and place a fig in the centre. Drizzle around a little olive oil and scatter over some rock salt and freshly ground black pepper.



Parma Fired Figs with Goats' Cheese Filling

MAIN COURSES

Poultry

Jamaican 'Roast It, Don't Poke It' Chicke
Crispy Chicken-Thigh Brochettes
Fuzzyless Jerk Chicken
Ostrich and Vegetable Sosaties
Munchie Mustard Chicken Escalopes
Griddled Chicken and Bacon Rolls
Coco-Chicken and Mango Skewers
Balinese Chicken
Spatchcocked Lemon Poussins
Chargrilled Pineapple Chicken Kiss-Kiss
Alabama Chicken Brummie Balti
Happy Cancun Chicken Chompers
Jim's Fire-Glazed Duck with Fresh Plum Dipping Sauce

Pork

Uncle's Pork Calypso
Cheesy Mush-Stuffed Pork Chops
Fragrant Thai Pork 'Roast'
Char Sui Lettuce Rolls
Maple-Glazed Pork Spare Ribs
Chinese Lattice Pork
Clare's Chinese Crispy Bubbled Belly Pork
Smouldering Smoked Chinese Roast Ribs

Lamb

St Giorgio's Kleftiko Parcels
Colourful Calabrian Lamb Patties
Luscious Lamb and Apricot Kebabs
Whizz and Drizzle Lamb Tattie Towers
Moroccan Spiced Lamb Kebabs
Mighty Mexican Lamb or Beef Fajitas
Mari-Masala Lamb Fillets
Spiced Mazatlán Meatballs
Butterflied Studded Leg of Lamb
Lamb Steaks with Tarragon Bean Parcels

Beef

Alan and Andy's Aussie Steaks
Rub 'n' Brush Barbecued Devilled Beef
Beef Peppa-Feta Rolls
Mustard and Sugar-Coated Beef with Soured Cream and Horseradish Dip

Pai-Thai Beef Salad
Surf and Turf Barbecue Skewers
Spiced Indian Kofta
Beef 'Bourguignon' Kebabs
Lynda's Lemon-Rub Steak with Charred Tomato Salsa

Sausages & Burgers

Classic Brilliant Beefburgers
Boss Barbecue Bangers
Venison Sausages with Red Onion Marmalade
Chicken and Sausage Hot Dogs with Fried Onions
Herby Home-Made Sausagemeat Patties
Cumberland Sausage Catherine Wheel
Monzarelli's Mediterranean Burgers

Seafood

Barbecued Lobster with Three Flavoured Butters
Portuguese Grilled Sardines
Salmon Butter Pit-Pocket Knots
Krungthep Crab and Coconut Cakes
Chargrilled Squid Stuffed with Spinach and Mint
Jim's Barbecued Tuna and Chips
Sally's Salmon Steaks with Fresh Basil Sauce
Maddie's Bacon, Sage and Monkfish Wrap with Aioli
Ainsley's Mulled Mussels
Sweet Chilli King Prawns
Indian Spiced Swordfish Steaks
Citrus Seafood Kebabs
Hua Hin Beach Red Snapper
Sardines with Minted Tomato and Orange Salad

Vegetarian

Jammin' Baked Pumpkin with Vegetable and Coconut Curry
Fire-Roasted Mediterranean Vegetables
Fire-Roasted Vegetable Loaf
Marinated Goats' Cheese in Vine Leaf Parcels
Aubergine Fold and Feta Rolls
Korma Courgette and Chickpea Burgers
Marinated Halloumi Cheese with Tang! Tang! Dressing
Spinach and Blue Cheese Mushroom Cups
Mexican Cheese Quesadillas
Chargrilled Asparagus and Spring Onion Bruschetta with Parmesan Flakes
Whole Grilled Aubergines with Tricolour Stuffing
Speedy Cornzales Cheesy Parcels
Oozing Oriental Stuffed Aubergine Slices

POULTRY

Jamaican 'Roast It, Don't Poke It' Chicken

This recipe can be used for large poussins, guinea fowl or small chickens, especially the corn-fed ones. You will just need to adjust the cooking times, allowing about 15 minutes per 450 g (1 lb) plus 15 minutes. You must have a covered barbecue for this recipe.

Serves 4

x 1.5 kg (3 lb) corn-fed chicken
teaspoon paprika
tablespoon mild curry powder
inch of ground cloves
inch of ground cinnamon
nely grated zest of ½ lemon
clove garlic, crushed
tablespoon chopped fresh coriander
¼ teaspoon salt
eshly ground black pepper
0 g (2 oz) butter, softened
fresh bay leaves

Remove the elastic from the legs and any giblets and excess fat from the chicken cavities.

Mix the paprika, curry powder, ground cloves, ground cinnamon, lemon zest, garlic, chopped coriander, salt and black pepper with the butter to make a smooth paste.

Loosen the skin over the breast of the chicken and spread about half of the curry butter over the breast meat in a thin layer.

Spread the rest of the butter inside the cavity of the chicken and then push in the bay leaves. Tie the legs back together with string and leave to stand for at least 1 hour.

Prepare your barbecue for the indirect method of cooking ([see here](#)).

Place the chicken directly over the tray, cover with the lid and cook for about 1 hour or until the juices run clear when the thickest part of the thigh is pierced with a thin metal skewer. Delicious with Peppy's Jamaican Rice and Peas [here](#). And for real authenticity a reggae disc of Bob Marley and a glass of Rum Pu-Punch [here](#).

Crispy Chicken-thigh Brochettes

Brochette is just a fancy name for a kebab, and these juicy skewers well deserve a snazzy title.

erves 4

boneless chicken thighs
6 fresh sage leaves
small red onions, each cut into 8 wedges
tablespoons olive oil
teaspoon balsamic vinegar
garlic cloves, crushed
½ teaspoon dried chilli flakes
alt and freshly ground black pepper

o serve

salad leaves
ruschetta-style Bread ([see here](#))

Quarter each chicken thigh and thread, skin-side out, on to 8 metal skewers, alternating each piece with a sage leaf or red onion wedge.

Whisk together the olive oil, balsamic vinegar, garlic, chilli flakes and plenty of salt and pepper. Brush the mixture over the brochettes and cook over medium-low coals or under a preheated grill for 20–30 minutes, turning occasionally, until the chicken is crusty and dark golden and the red onions are sweet and softened.

Serve on a bed of salad leaves with the Bruschetta-style Bread [here](#).

Fuzzyless Jerk Chicken

Everywhere you go in Jamaica you'll find jerking of some sort, whether it be pork, beef, fish or indeed chicken. Everyone's got their favourite recipe. In Boston Bay, Fuzzy, a jerk specialist, added over twenty different ingredients to his jerk pork. Wow! But somehow I think life's too short, so check out my recipe. Habaneros or scotch bonnet chillies are the hottest chillies in the world, so go easy. This recipe is quite hot though certainly not overpowering but you can adjust the amount of these chillies that you use, or just use a milder type of chilli – after a few goes, you'll soon find a happy medium. Lick it back with a tall glass of iced Mango and Pineapple Cooler [here](#).

erves 6

part-boned chicken breasts or 16 large chicken wings

or the jerked sauce

25 g (8 oz) onions, quartered

habaneros or scotch bonnet chillies, halved and seeded

0 g (2 oz) fresh root ginger, peeled and roughly chopped

½ teaspoon ground allspice

16 leaves from 15 g (½ oz) fresh thyme sprigs

teaspoon freshly ground black pepper

20 ml (4 fl oz) white wine vinegar

20 ml (4 fl oz) dark soy sauce

Put all the ingredients for the jerked sauce into a food processor and whizz until smooth.

Place the chicken in a large shallow dish, pour over the sauce, cover and leave to marinate in the fridge for 24 hours, turning the chicken every now and then.

Barbecue the chicken breasts over medium-hot coals for 25–30 minutes and the wings for 20–25 minutes, basting now and then with the leftover sauce. As it cooks the thick sauce will go quite black in places, but as it falls off it will leave behind a really well flavoured, crisp skin, with lovely moist tender meat underneath. Need I say that Peppy's Jamaican Rice and Peas [here](#) goes exceptionally well with the chicken and, for extra crunch, how about my Ultimate Creole Cabbage Salad [here](#)?

Ostrich and Vegetable Sosaties

This dish is regularly featured on Portia de Smidt's menu at her famous restaurant, 'The African Cafe', in Cape Town. She's a brilliant cook as you'll discover when you expose your tastebuds to this wonderful dish. These days ostrich is available in larger supermarkets but you can easily substitute chicken or lamb if you wish.

erves 4

kg (2¼ lb) ostrich fillet
large red, green and yellow pepper
ear of sweetcorn
baby marrows or courgettes
mini patty pan squash

or the meat and vegetable marinades

small bunch (25 g (1 oz)) of fresh coriander
teaspoons salt (or to taste)
00 ml (10 fl oz) olive oil
2 large garlic cloves
25 g (8 oz) apricot jam
teaspoons ground cumin
0 ml (2½ fl oz) South African Pinotage or other fruity red wine
50 ml (5 fl oz) lemon juice

x 25 cm (10 in) flat metal skewers

For the marinade, put half the coriander, the salt, oil and garlic into a food processor with all the jam, cumin and red wine and blend until smooth.

Cut the ostrich fillet into 4 cm (1½ in) cubes. Place them into a non-metallic bowl and stir in the jam-flavoured marinade.

Place the remaining coriander, salt, oil and garlic into a clean food processor with the lemon juice and blend until smooth.

Halve all the peppers, remove the seeds and cut them into rough 2.5 cm (1 in) cubes. Cut the ear of sweetcorn across into 2.5 cm (1 in) thick slices. Cut the baby marrow or courgettes across into 2.5 cm (1 in) thick slices and cut the patty pan squash into similar-sized pieces.

Place all the vegetables into another bowl and stir in the second marinade. Cover both bowls and leave to marinate in the fridge overnight.

The next day, thread the meat and the vegetables alternately on to the skewers and barbecue over medium-hot coals for 10–12 minutes. Turn now and then and baste with the leftover meat marinade.

Munchie Mustard Chicken Escalopes

The idea of this dish is to cover a chunk of toasted ciabatta with baby leaf salad (buy a bag of ready-prepared leaves if you wish), add a piece of the grilled chicken escalope and finish it off with a good dollop of mustard mayonnaise. Delicious! Happy munching.

erves 4

large chicken breast fillets
tablespoons olive oil
–3 tablespoons Dijon mustard
garlic clove, crushed
loaf of ciabatta
teaspoon lemon juice
nipped fresh chives to garnish
alt and freshly ground black pepper

or the salad

0 g (2 oz) baby spinach leaves
bunch of watercress, large stalks removed
½ small radicchio lettuce
tablespoons mayonnaise
tablespoon Dijon mustard

Place the chicken breasts one at a time between 2 large sheets of clingfilm and beat out gently with a rolling pin until they are about 5 mm (¼ in) thick and have almost doubled in size.

Mix 3 tablespoons of the oil with the mustard and the crushed garlic. Brush some of this mixture over both sides of the chicken, season with salt and pepper and set to one side.

For the salad, place the prepared leaves into a bowl and lightly toss together. Mix the mayonnaise with the mustard and set aside with the salad.

Cut the ciabatta in half lengthways as if you were going to make a sandwich and then across into 4 chunky pieces. Place cut-side down on the barbecue and leave for a couple of minutes until lightly toasted. Remove and set aside.

Barbecue the chicken over medium-hot coals for about 3 minutes on each side until golden on the outside but still juicy in the centre.

Whisk the rest of the olive oil, lemon juice and some salt and pepper into the remaining mustard mixture. Add to the salad leaves and toss together lightly.

Place a piece of ciabatta on to each plate and spread with a little mustard mayonnaise. Sprinkle over a few leaves, then put the chicken on top, followed by more leaves. Add another dollop of the mustard mayonnaise and sprinkle with a few snipped chives. Serve the awaiting munchers.



Munchie Mustard Chicken Escalopes

Griddled Chicken and Bacon Rolls

This is a very simple barbecue dish that can be prepared well in advance. You can vary the fillings very easily and those pick-and-mix portions of cheese from the supermarket are just the right size for one chicken breast. Oooh, now that sounds nice!

erves 6

chicken breast fillets
tablespoons tomato ketchup
Lincolnshire sausages, skinned
rashers rindless back bacon

fine metal trussing skewers or cocktail sticks soaked in cold water for 30 minutes

Place the chicken breasts one at a time between 2 large sheets of clingfilm and flatten very slightly with a rolling pin.

Spread the underside of each piece with the tomato ketchup and then lay one of the sausages across the fatter end of each one.

Fold the chicken around each sausage, wrap each one in a rasher of bacon and secure in place with a skewer or cocktail stick.

Barbecue over medium-hot coals for about 25 minutes, turning now and then, until golden. Remove the skewers or cocktail sticks before serving.

VARIATIONS

- Stuff the chicken with different flavoured sausages.
- Replace the tomato ketchup with mustard.
- Leave out the tomato ketchup and substitute the sausages for 25 g (1 oz) sticks of coarse pork pâté or cheese such as Cheddar, Gruyère or Danish Blue.
- Spread the chicken with pesto and stuff with a couple of basil leaves and a 25 g (1 oz) stick of mozzarella.



Griddled Chicken and Bacon Rolls with
Ainsley's Ultimate Creole Cabbage Salad

Coco-chicken and Mango Skewers

The smell of these chicken skewers is sensational and the orange of the mango and green of the peas make these into attractive as well as tasty kebabs, flavoured with Thai green curry paste and coconut milk. I bet you're licking your lips.

erves 4

50 g (1 lb) chicken breast fillets

large, ripe but firm mango

0 g (2 oz) mangetout (about 24)

or the marinade

20 ml (4 fl oz) canned coconut milk

tablespoon Thai green curry paste

teaspoon prepared minced lemongrass from a jar

teaspoon palm or light muscovado sugar

tablespoon Thai fish sauce

tablespoon groundnut or sunflower oil

inely grated zest of ½ lime

teaspoon lime juice

x 25 cm (10 in) bamboo skewers soaked in cold water for 30 minutes

Cut the chicken into 2.5cm (1 in) cubes.

Mix together all the marinade ingredients, stir in the chicken and leave it to marinate for 2 hours at room temperature or overnight in the fridge.

Peel the mango and then slice the flesh away from either side of the thin flat stone and cut it into 1 cm (½ in) pieces.

Drop the mangetout into a pan of boiling salted water. Bring them back to the boil, drain and refresh under running cold water.

Thread 3 pieces of chicken and 3 mangetout folded around 3 pieces of mango alternately on to each skewer.

Barbecue the skewers over medium-hot coals for 10 minutes, turning now and then and brushing with the leftover marinade, until the chicken is lightly browned. These would be nice served with the Nice Rice Noodle Doodle Salad [here](#).



Coco-Chicken and Mango Skewers with
Nice Rice Noodle Doodle Salad

Balinese Chicken

For this recipe, a thick spice and coconut paste is spread under the skin of the chicken instead of over the outside. This helps it to flavour the meat and prevents the tasty paste from over-browning and dropping off into the fire during cooking. Go easy when lifting the skin off the chicken and remember fingers only. No knives or you'll pierce the skin!

erves 6

part-boned chicken breasts

cm (2 in) galangal or fresh root ginger, peeled and chopped

garlic cloves, crushed

stalk lemongrass, roughly chopped

red birdseye chillies, seeded and chopped

teaspoons ground turmeric

tablespoons chopped fresh coriander

spring onions, trimmed and chopped

fresh kaffir lime leaves, finely shredded or the finely grated zest of 1 lime

5 g (3 oz) creamed coconut

fine metal trussing skewers or cocktail sticks soaked in cold water for 30 minutes

Put the galangal or root ginger, garlic, lemongrass, chillies, turmeric, coriander, spring onions and lime leaves or lime zest into a food processor and blend to a coarse paste.

Melt the creamed coconut in a small pan, stir in the paste and leave to cool slightly until thickened but not set hard.

Loosen the skin of each breast with your fingers, leaving it attached along one long edge. Spread the paste over the breast meat, lift the skin back into place and secure the open edge with a skewer or cocktail stick.

Barbecue the chicken over medium-hot coals for 25 minutes, turning regularly, until the skin is crisp and golden. Remove the skewers or cocktail sticks before serving. Serve with the Cool Carrot, Cumin and Lemon Salad [here](#).

Spatchcocked Lemon Poussins

A whole chicken is quite difficult to cook on a barbecue unless you are using a kettle, because they tend to blacken on the outside too much before they are cooked through in the centre. So here I have used little poussins instead which, once opened out flat, will cook in about 40 minutes.

Serves 4

x 450 g (1 lb) poussins

small lemons, thinly sliced

salt and freshly ground black pepper

For the lemon and thyme butter

100 g (2 oz) slightly salted butter, softened

finely grated zest of ½ small lemon

teaspoon fresh thyme leaves, roughly chopped

x 25 cm (10 in) flat metal skewers

To spatchcock the poussins, place them breast-side down on a chopping board. Cut down either side of the backbone with poultry shears or a sharp pair of kitchen scissors and lift it out.

Turn the poussins over, open them out and press down firmly along the breast bone until they lie flat.

Loosen the skin over the breast of each one with your fingers and push about 3 slices of lemon underneath so that they lie down the centre of the breast meat. Finally thread 2 skewers diagonally through the birds to help hold them flat during cooking. You can now set them aside until you are ready to cook.

Meanwhile, mix the butter with the lemon zest, thyme, ¼ teaspoon of salt and some pepper. Spoon the butter into the centre of a sheet of clingfilm or non-stick baking parchment, shape into a roll and chill in the fridge until firm or until required.

Barbecue the poussins, bone-side down, for 25 minutes until almost done. Then turn them over and cook for another 15 minutes until the skin is crisp and golden and they are cooked through. Season on both sides with a little salt and pepper.

Remove the butter from the fridge and cut it into thin slices. Place a couple of slices of butter on to the top of each poussin and cook for a further 2–3 minutes until the butter has melted. Serve with salad and a few bottles of ice-cold lager.

Chargrilled Pineapple Chicken Kiss-Kiss

Here is a very simple dish with a real taste of summer.

You will now find ready-prepared pineapples on the fruit section of most supermarkets. However, using fresh means you can use the skin of your pineapple to sit your cooked chicken on and it'll look great. Simply top and tail the pineapple, stand it upright and cut it into six to eight wedges. Lay it skin-side down on a board and cut between the skin and the flesh from top to bottom.

erves 6

large boneless chicken breasts, unskinned
25 g (8 oz) prepared fresh pineapple or canned pineapple in natural juice
–3 spring onions, trimmed and thinly sliced
tablespoons caster sugar
inch of chilli powder
alt and freshly ground black pepper

fine metal trussing skewers or cocktail sticks, soaked in cold water for 30 minutes

Cut a small shallow pocket into the side of the thickest part of each chicken breast.

Drain the pineapple and reserve the juice.

Finely chop the pineapple and mix with the spring onions and a little salt and pepper. Spoon the mixture into each pocket and secure in place with a skewer or cocktail stick.

Mix the pineapple juice and sugar together in a small pan and leave over a low heat until the sugar has dissolved. Bring the mixture to the boil and boil vigorously until it is syrupy and reduced to about 4 tablespoons. Stir in the chilli powder.

Barbecue the chicken over medium-hot coals for about 10 minutes, turning now and then, until it's about half-cooked. Then brush over some of the pineapple glaze and continue to cook for another 10 minutes, turning and brushing the chicken with more glaze, until it is cooked through and the skin is nice and golden. Once you've tasted it, you'll discover that 'kiss-kiss' appeal.

Alabama Chicken Brummie Balti

During the series I paid a visit to Birmingham, Alabama – I thought it might be fun to cook them our Birmingham's most famous dish – the balti. And boy, did they love it ... I could probably run for mayor, it got that many votes of approval.

erves 4

boneless, skinless chicken breasts, quartered
tablespoons vegetable oil
½ teaspoon chilli powder
½ teaspoon turmeric
alt and freshly ground black pepper
onion, finely chopped
garlic cloves, finely chopped
cm (1½ in) piece root ginger, finely chopped
tomatoes, roughly chopped
50 ml (5 fl oz) chicken stock
tablespoons balti curry paste
00 g can chick peas, drained

o serve

naan breads
–3 tablespoons double cream
tablespoons chopped fresh coriander
mon wedges

Brush the chicken with a little oil, then dust with chilli powder and turmeric and season with salt and pepper. Cook over medium coals or in a large frying pan for 3–4 minutes on each side until well browned.

Meanwhile, heat the remaining oil in a balti pan or wok and stir-fry the onion, garlic and ginger for 3–4 minutes until golden. Add the tomatoes, cook for a couple of minutes until they begin to soften, then stir in the stock, curry paste and chick peas.

Add the chicken pieces to the pan and simmer together for 5–8 minutes until the chicken is cooked through.

Briefly warm the naan breads over the barbecue or under a hot grill.

Stir the cream and coriander into the balti and check the seasoning. Divide between serving bowls and serve with lemon wedges and the warm naan.

Happy Cancun Chicken Chompers

These yummy little sticks always go down well at parties. You can prepare the chicken at least 8 hours in advance if you want. For convenience you might want to buy packets of mini chicken fillets instead of breast. The delicious chilli dipping sauce is the perfect accompaniment, so you might need to make extra. Happy chomping!

Serves 4

x 75–100 g (3–4 oz) skinless, boneless chicken breasts
ce noodles or plain boiled rice to serve

or the marinade

teaspoon black peppercorns
garlic cloves
tablespoons fresh coriander leaves, plus extra to garnish
teaspoon caster sugar
juice of 1 lime
teaspoon fish sauce
teaspoon light soy sauce
teaspoons sunflower oil

or the dipping sauce

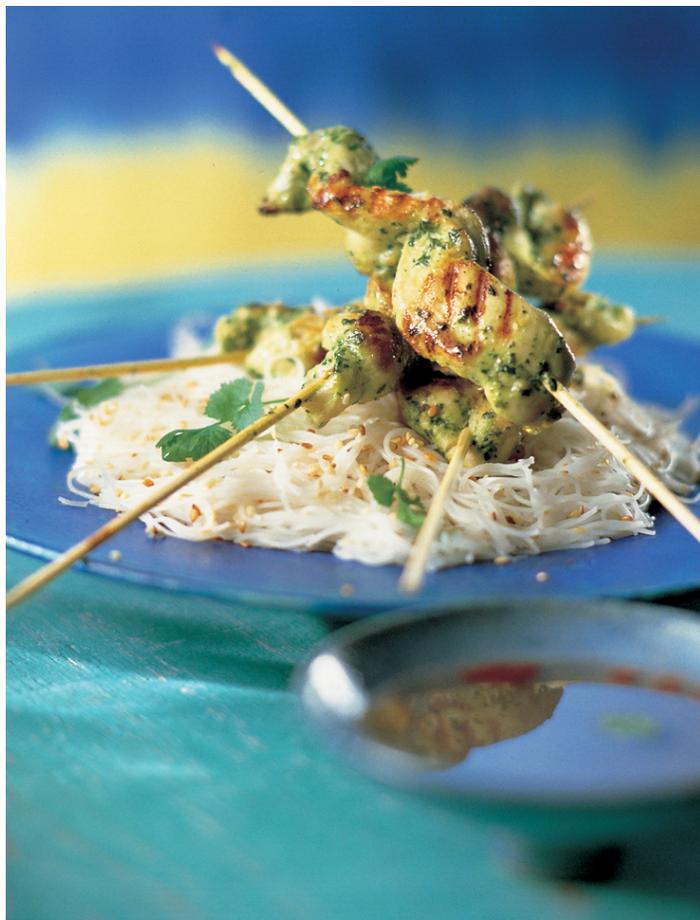
5 ml (3 fl oz) red wine vinegar
5 g (3 oz) caster sugar
chillies, seeded and finely chopped
¼ teaspoon salt

Using a pestle and mortar, grind the peppercorns, garlic and coriander to make a paste. Then mix in the sugar, lime juice, fish sauce, soy sauce and sunflower oil until well blended.

Halve each chicken breast horizontally. Beat each piece out with a rolling pin until 5 mm (¼ in) thick. Cut each piece lengthways into 3 cm (1¼ in) wide strips. Add to the marinade and set aside for about 1 hour.

Meanwhile, make the dipping sauce. Heat the vinegar and sugar together in a small pan, stirring until dissolved. Bring to the boil and simmer for 3–4 minutes, then remove from the heat, stir in the chillies and salt and allow to cool.

Thread the chicken strips on to soaked bamboo skewers and cook over hot coals for 4–5 minutes on each side until cooked through and well browned. Serve with rice noodles or plain boiled rice.



Happy Cancun Chicken Chompers

Jim's Fire-glazed Duck with Fresh Plum Dipping Sauce

This Oriental-style duck is delicious served with the fresh plum sauce. I cooked this in Canada using Quebec duck, which is particularly fatty. If the duck you use has a very thick layer of fat on it, cut it back so it's under 5 mm ($\frac{1}{4}$ in) thick.

If you don't have any plums, nectarines make a surprisingly good substitute. But Jim 'The Fixer' prefers plums.

erves 4

x 150–175 g (5–6 oz) boneless duck breasts

or the marinade

tablespoons maple syrup or clear honey

tablespoons soy sauce

teaspoon Chinese five-spice powder

or the dipping sauce

50 g (1 lb) halved and stoned plums or damsons

cinnamon stick, halved

50 ml (5 fl oz) white wine

bay leaf

tablespoon wine vinegar

–3 tablespoons light muscovado sugar

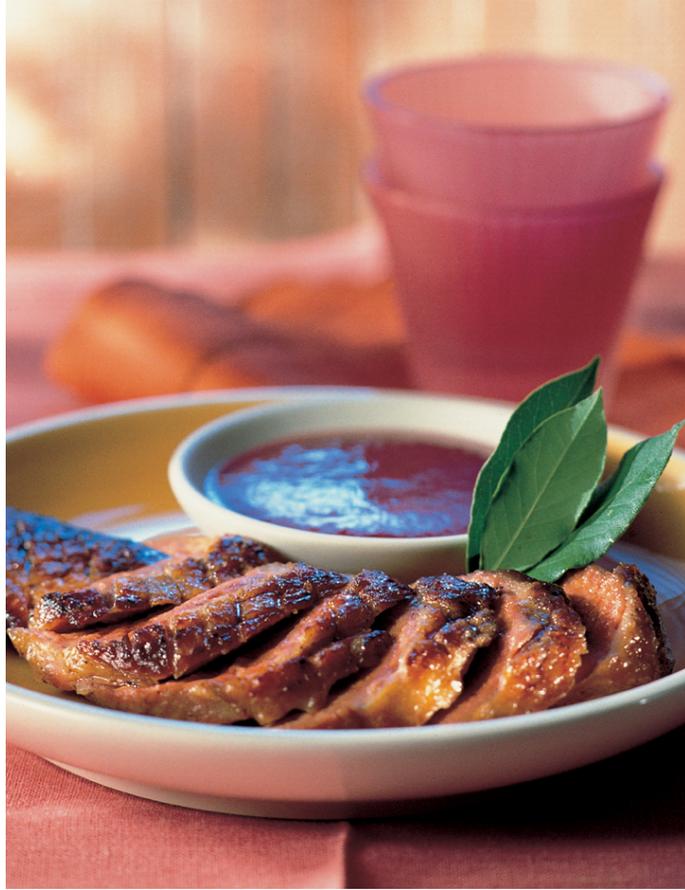
alt and freshly ground black pepper

In a shallow bowl, mix together the syrup, soy sauce and Chinese five-spice powder. Deeply score the duck skin and add to the marinade, turning to coat it, then set aside for 5 minutes.

Place the plums, cinnamon stick, wine and bay leaf in a small pan set over the coals. Simmer gently for 30 minutes until the plums are completely softened.

Meanwhile, cook the duck, skin-side down, first for 8–10 minutes on each side until well browned but still a little pink in the centre; set aside to rest for 5 minutes.

Sieve the sauce and stir in the vinegar, plus sugar, salt and pepper to taste. Spoon into small serving bowls. Carve the duck diagonally and serve with the warm dipping sauce. It's finger-lickin' good.



Jim's Fire-Glazed Duck with
Fresh Plum Dipping Sauce

PORK

Uncle's Pork Calypso

Boneless pork chops or steaks cooked in this spicy rum and sugar glaze take on a typically tropical taste that reminds me of when I was a young boy and we had summer parties in the garden. My uncles would walk through the front door, smell the cooking and call out 'Peppy (my Mum), the pork calypso smell sweeeeet!'. Make sure that the chops or steaks are about 2.5 cm (1 in) thick so that they stay nice and juicy during cooking.

erves 4

x 175 g (6 oz) boneless pork chops or steaks
.5 cm (1 in) fresh root ginger, peeled and finely grated
garlic cloves, crushed
tablespoons dark muscovado sugar
tablespoons sunflower oil
good pinch of allspice
tablespoons dark rum
tablespoons pineapple juice

Mix the ginger, garlic, sugar, oil, allspice, rum and pineapple juice together in a shallow dish.

Add the pork to the marinade, turn once or twice in the mixture, cover and leave to marinate at room temperature for 2 hours or overnight in the fridge.

Barbecue the chops over medium-hot coals for 6–7 minutes on each side, basting with the leftover marinade now and then. These would be nice served with Peppy's Jamaican Rice and Peas [here](#) or the Caribbean Mixed Bean and Cashew Nut Salad [here](#) plus some calypso music, several uncles and plenty of Rum Pu-Punch [here](#).

Cheesy Mush-stuffed Pork Chops

If you're one of those people who enjoy a good cheesy stuffing, you'll love these pork chops. Buy chops that are at least 2.5 cm (1 in) thick for this recipe so that you have enough meat in which to make a pocket for stuffing.

erves 4

x 200 g (7 oz) thick loin pork chops

alt and freshly ground pepper

or the cheese and mushroom stuffing

small onion, very finely chopped

tablespoon olive oil

00 g (4 oz) button or chestnut mushrooms, finely chopped

00 g (4 oz) Cheddar, finely grated

tablespoons chopped fresh sage

fine metal trussing skewers or cocktail sticks soaked in cold water for 30 minutes

Make a horizontal cut through the fatty side of each chop into the eye of the meat almost through to the bone. Open up the meat into a pocket with your fingers.

For the stuffing, fry the onion in the oil for 5 minutes until soft and lightly browned. Add the mushrooms and fry for another 3–4 minutes until all the juices have evaporated and you are left with a thick mixture. Scrape it into a bowl and leave to cool.

Stir the grated cheese, sage and some seasoning into the mushroom mixture.

Spoon some of the stuffing into the pocket of each chop and secure the edges with a skewer or cocktail stick.

Season the chops on both sides with salt and pepper and barbecue over medium-hot coals for 20 minutes, turning frequently, until the pork is cooked through and the cheese in the centre has melted. Yummy ... now, get ready for lift off.

Fragrant Thai Pork 'Roast'

This dish needs to be cooked in a covered barbecue using the indirect method ([see here](#)). Ask a butcher to prepare the right cut of pork for you because you will not be able to find it in an ordinary supermarket. Ask him for a skinned and rolled loin of pork made up of just the 'eye' of the meat. This does away with most of the fat, leaving a lean joint, which goes superbly with the Thai flavoured marinades. I know it's a little extravagant but boy, is it worth it!

erves 6

00 g (2 lb) boned, skinned and rolled loin of pork
tablespoons sunflower oil
½ teaspoon prepared tamarind from a jar
teaspoon prepared minced lemongrass from a jar
20 ml (4 fl oz) water
5 ml (3 fl oz) canned coconut milk
½ tablespoon palm or light muscovado sugar
¼ teaspoon salt

or the dry marinade

teaspoon chopped fresh coriander
teaspoon chopped fresh basil
teaspoon desiccated coconut
½ teaspoon ground turmeric
teaspoon hot chilli powder
teaspoon palm or light muscovado sugar
½ teaspoon salt

or the wet marinade

green finger chilli, seeded and roughly chopped
garlic cloves
shallots or ½ small red onion
5 g (1 oz) ground almonds
5 g (1 oz) fresh root ginger, peeled and roughly chopped
fresh kaffir lime leaf or 1 strip pared lime zest, chopped

Mix the dry marinade ingredients together in a large bowl. Add the pork and give it a few turns so that it becomes well coated in the mixture. Cover and set aside at room temperature for 1 hour.

Meanwhile, put the wet marinade ingredients into a food processor and blend to a smooth paste.

Heat the oil in a frying pan. Add the spice paste, tamarind and lemongrass paste and fry for about 3 minutes until the mixture splits away from the oil. Add the water and simmer for 2 minutes.

Add the coconut milk, sugar and salt and simmer for a further 2 minutes. Taste the sauce and adjust the seasoning if necessary.

Prepare your barbecue for the indirect method of cooking ([see here](#)).

Pour the wet marinade over the pork and turn the pork once or twice until well coated. Place the pork directly over the drip tray, cover the barbecue with the lid and cook the pork for 1–1¼ hours, spooning over the remaining wet marinade now and then, until the juices run clear when the centre of the pork is pierced with a thin skewer.

Transfer the pork to a board, cover with a sheet of foil and leave the meat to relax for 5 minutes. Carve it into thin slices and serve.

Char Sui Lettuce Rolls

Char sui is the Chinese name for that infamous 'red' roast pork dish that you can get in almost every Chinese restaurant. Here I have served it carved into very thin slices, rolled up inside lettuce leaves with crunchy spring onions and cucumber strips. You could either serve this up as a main course or it would make a lovely mid-course for about six people.

erves 4

x 450 g (1 lb) pork fillets
cm (2 in) fresh root ginger, peeled
large garlic clove, crushed
tablespoons Hoisin sauce
tablespoons dark soy sauce
teaspoons light soft brown sugar
teaspoon five-spice powder
tablespoons sunflower oil
–6 drops red food colouring (optional)
tablespoons clear honey

o serve

½ cucumber
spring onions, trimmed
large iceberg lettuce, broken into leaves
2 tablespoons Chinese plum sauce

Trim any fat and membrane off the outside of the pork fillets.

Finely grate the ginger and squeeze out the juice into a shallow non-metallic dish. Stir in the rest of the marinade ingredients.

Add the pork fillets and turn them over in the mixture until they are really well coated. Cover and set aside for at least 2 hours.

Cut the cucumber in half lengthways and scoop out the seeds with a teaspoon. Cut into thin strips about 7.5 cm (3 in) long. Halve the spring onions and cut lengthways into very thin shreds. Arrange on a serving plate in separate piles along with the lettuce leaves and a small bowl of the plum sauce.

Barbecue the pork fillets over medium-hot coals for about 20 minutes, turning now and then and basting with the leftover marinade, until the juices run clear when the meat is pierced with a skewer.

Transfer the pork to a board, carve it into very thin slices and then pile it on to a warmed serving plate. Instruct everyone to take a lettuce leaf and place a line of cucumber strips, shredded spring onion and sliced pork down the centre. Then spoon over a little plum sauce and roll the lettuce leaf up into a parcel to eat!



Char Sui Lettuce Rolls

Maple-glazed Pork Spare Ribs

Unfortunately most supermarkets sell single ribs, but if you can get them in racks from a butcher it will make things much easier and quicker when you come to turn them over. Pre-cooking them in the oven or boiling them in water with a teaspoon of mixed herbs before glazing them on the barbecue ensures that they will be really nice and tender at the end.

erves 4

kg (4 lb) meaty pork spare ribs in 2 or 3 racks if possible
50 ml (5 fl oz) maple syrup
¼ teaspoon cayenne pepper
½ teaspoon salt
½ teaspoon ground black pepper
garlic cloves, crushed
tablespoons tomato purée
tablespoon Dijon mustard
tablespoons lemon juice

Preheat the oven to 190°C/375°F/Gas mark 5. Lay the ribs in a large, foil-lined roasting tin and cook for 45 minutes until tender. The ribs can be set aside at this stage until you are ready to finish them on the barbecue if you wish.

Mix the remaining ingredients together in a bowl.

Brush the ribs with some of the glaze and barbecue over medium-hot coals for 10–15 minutes, turning them now and then and basting with more of the glaze, until they are tender and lightly browned.

Give them one last coating of glaze so that they are nice and sticky, remove them on to a board and cut between the bones into single ribs. Serve with plenty of napkins and finger bowls to hand but you'll be sucking those fingers regardless.

VARIATION

Chinese Glazed Ribs Mix 150 ml (5 fl oz) clear honey, 1 tablespoon five-spice powder, 1 teaspoon salt, 1 teaspoon ground Sichuan pepper, 2 crushed garlic cloves, 2 tablespoons ginger juice ([see here](#)), 2 tablespoons Chinese plum sauce and 2 tablespoons dry sherry together and use in place of the maple glaze.

Chinese Lattice Pork

This dish has a truly Oriental flavour, because although I have called it 'Chinese' it is made using a ready-made Japanese teriyaki sauce. This would be great served with some plain steamed rice and maybe the Oriental Mixed Vegetable Parcels [here](#).

erves 4

00 g (1½ lb) piece of belly pork once the skin and bones have been removed

.5 cm (1 in) fresh root ginger, peeled

5 ml (3 fl oz) bottled teriyaki marinade

tablespoon dark soy sauce

tablespoons clear honey

tablespoons chilli sauce

teaspoons sesame oil

garlic clove, crushed

Cut the belly pork into 4 pieces. Make shallow, diagonal cuts, no more than 3 mm ($\frac{1}{8}$ in) deep, across both sides of the meat.

Finely grate the ginger on to a plate and squeeze out the juice into a shallow non-metallic dish.

Stir in the rest of the marinade ingredients and then add the pork.

Turn it over a few times so that it is well coated in the marinade, cover and leave at room temperature for 2 hours or for up to 24 hours in the fridge, turning it every now and then.

Barbecue the pork over medium-hot coals for 6–8 minutes on each side, basting all the time with the leftover marinade, until it has taken on a rich, glossy brown colour on the outside but is still moist and juicy in the centre.

Clare's Chinese Crispy Bubbled Belly Pork

Now here's one of my wife Clare's favourites. This is an easy way to make lovely, crispy Chinese-style pork, which looks dramatic and exciting on the barbecue. Go on, burst some bubbles. You won't be disappointed.

erves 6

.5 kg (3 lb) sheet belly pork
pproximately 1.5 litres (2½ pints) boiling water
tablespoons salt
tablespoons soy sauce
teaspoons Chinese five-spice powder

or the sauce

tablespoons soy sauce
tablespoons dry sherry
tablespoon dark brown sugar
inch of dried chilli flakes
cm ($\frac{3}{4}$ in) piece root ginger, finely chopped
hite rice or noodles to serve

Pour a kettleful of boiling water over the skin of the pork and pat dry with kitchen paper. Rub the salt into the pork fat and leave to dry for 45 minutes.

Wipe the excess salt off the pork with kitchen paper, then, using a small, sharp knife, deeply score the pork skin in a criss-cross lattice. Turn the meat over and pierce the flesh in several places with a skewer. Rub the soy sauce and five-spice powder into the pork and set aside to marinate for an hour or so.

Cook over medium-hot coals, skin-side down first, for 30 minutes on each side until cooked through with a very crunchy crackling.

Meanwhile, make the sauce: heat the soy, sherry, sugar, chilli and ginger together in a small pan, stirring until the sugar dissolves. Remove from the heat and allow to cool.

Slap the crispy bubbled pork on to a chopping board and cut the pork into 2 cm ($\frac{3}{4}$ in) wide slices. Transfer to a platter, and serve with rice or noodles and the dipping sauce.



Clare's Chinese Crispy Bubbled Belly Pork
with Stir-Fried Udon Noodles

Smouldering Smoked Chinese Roast Ribs

Try this delicious marinade with any type of pork on the bone – the shoulder blade is particularly good. I like to serve these with udon noodles.

erves 4

sheet pork ribs (about 675 g/1½ lb)

garlic cloves, crushed

½ teaspoon salt

tablespoons caster sugar

tablespoon hoisin sauce

tablespoon yellow bean sauce or My Classic Barbecue Sauce ([see here](#))

tablespoons soy sauce

tablespoon Shaoxing rice wine or dry sherry

few drops of red food colouring

Mix together the garlic, salt, sugar, hoisin sauce, yellow bean sauce, soy sauce, rice wine and food colouring.

Place the ribs in a roasting tin and pour over the marinade. Refrigerate for an hour or so, basting occasionally with the mixture.

Cook the ribs over medium coals or under a preheated grill for about 40 minutes, turning occasionally and brushing over the remaining marinade, until cooked through. Carve between the ribs and serve.



Smoldering Smoked Chinese Roast Ribs

LAMB

St Giorgio's Kleftiko Parcels

The ancient Greek method of cooking in a sealed pit was supposed to have been developed by the Kleftes, a band of Greek guerrillas, who fought against the Turks during the nineteenth century, so that the smell of their cooking didn't give away their hideout. In this recipe the pit has been replaced with a foil parcel, but the principle of sealing in all the delicious flavours (and aromas) during cooking remains the same. Hence the neighbour won't know you're having a barbie? Good ole parcels. And for a change, why not try chicken (skinned and boned chicken thighs are great) instead of lamb?

Serves 4

50 g (1½ lb) boned leg of lamb, well trimmed
5 ml (2½ fl oz) extra virgin olive oil
Juice of 1 lemon (about 3 tablespoons)
2 teaspoons roughly chopped fresh oregano
2 teaspoons picked fresh thyme leaves
2 garlic cloves, finely chopped
2 small beef tomatoes, skinned, seeded and chopped
75 g (6 oz) Kefalotyri cheese or goats' cheddar or pecorino
2 small bay leaves
Salt and freshly ground black pepper

Place the lamb in a large bowl and pour over the olive oil, then add the lemon juice, oregano, thyme, garlic and salt and pepper. Mix together well and leave to marinate at room temperature for 2 hours or in the fridge overnight.

Shape 4 x 30 cm (12 in) squares of double thickness foil into little bowls. Sprinkle the tomatoes over the lamb mixture and then divide it between the pieces of foil. Arrange slices of cheese on top and stick a bay leaf in each parcel.

Pinch the edges of the foil together to make well-sealed parcels, remove from the bowls and barbecue over low-medium coals for 30–40 minutes until the lamb is completely tender and the cheese has begun to melt. These would be nice served with the Garlic Pitta Fingers [here](#) and a crisp green salad. Retsina, anyone?

Colourful Calabrian Lamb Patties

Cooking this on the famous flat rock in Hunter Valley overlooking spectacular vineyard views will live with me forever. Great food, great views and great company. The perfect barbecue ingredients alright, and loads of sunshine too. It was F.A.B.

erves 4

50 g (1 lb) lean minced lamb
tablespoons olive oil
small red onion, very finely chopped
garlic clove, crushed
0 g (2 oz) fresh baby spinach leaves
5 g (1 oz) sundried tomatoes in oil, drained and roughly chopped
5 g (1 oz) fresh white breadcrumbs
5 g (1 oz) pine kernels, lightly toasted
00 g (4 oz) Tomme de Chèvre, Fontina or Cheddar
tablespoons chopped fresh basil
alt and freshly ground black pepper

Heat the oil in a small pan. Add the onion and the garlic and cook for 5 minutes until soft.

Remove the stalks from the spinach and wash the leaves in cold water. Dry off well (a salad spinner would be ideal) and then bunch the leaves together and cut them into very fine shreds.

Stir the spinach into the onion mixture and cook for 1–2 minutes until it has just wilted. Spoon into a mixing bowl and leave until cold.

Add the rest of the ingredients, including the minced lamb, to the bowl and mix together well.

Shape the mixture into about 12 small patties and cook them over medium-hot coals for 2–3 minutes on each side or until completely cooked through and tender.

Luscious Lamb and Apricot Kebabs

The sweetness of both the lamb and the apricots is complemented beautifully by the tangy flavour of this unusual sweet and sour sauce. It's not from China as you might expect, but actually South Africa. The presence of the milk in the marinade might sound a bit odd, but it helps make the lamb unbelievably tender.

Serves 6

- kg (2 ¼ lb) boned leg of lamb
 - small garlic clove, peeled but left whole
 - fresh bay leaves, bruised
 - ¼ teaspoon ground ginger
 - ½ teaspoon ground coriander
 - 0 ml (2 fl oz) milk
 - ¼ teaspoon freshly ground black pepper
 - teaspoon salt
 - 5 g (3 oz) dried apricots (not the no-need-to-soak ones)
 - small onions
- or the sauce**
- dried apricots
 - 5 g (1 oz) butter
 - large onions, finely chopped
 - small red finger chilli, seeded and very finely chopped
 - tablespoon medium curry powder
 - ½ teaspoon ground turmeric
 - 50 ml (12 fl oz) lamb or vegetable stock
 - tablespoons caster sugar
 - 20 ml (4 fl oz) white wine vinegar
 - ½ teaspoon salt
 - teaspoons cornflour
- x 25 cm (10 in) metal skewers

The day before the barbecue, cut the clove of garlic in half and rub all over the inside of a large mixing bowl.

Trim the excess fat and the skin off the lamb and cut it into 4 cm (1½ in) cubes. Place it into the bowl with the remaining pieces of garlic, the bay leaves, ginger, coriander, milk, black pepper and salt and mix together well. Cover and leave in the fridge to marinate overnight.

Place the 6 dried apricots for the sauce into a small bowl, cover with water and leave to soak overnight.

The next day, make the sauce. Drain the soaked apricots and chop very finely. Melt the butter in a medium-sized pan. Add the onions and fry for 5–7 minutes until soft and lightly browned. Add the red chilli, curry powder and turmeric and fry for another minute.

Add the chopped apricots, stock and sugar, bring the mixture to the boil and leave it to simmer for 5 minutes. Stir in the vinegar and salt and leave it to go cold. Then stir the sauce into the marinating meat with the rest of the dried apricots, cover and leave for another 2 hours.

Meanwhile, peel the onions leaving the root intact. Cut each one into wedges through the root so that the slices stay together in one piece.

Thread the cubes of lamb, dried apricots and onion wedges on to the skewers. Pour the leftover marinade into a pan, bring it to the boil and leave it to simmer for 2 minutes. Mix the cornflour with 1 tablespoon of cold water, stir it into the sauce and simmer for a couple of minutes until very slightly thickened. Keep warm.

Barbecue the kebabs over medium-hot coals for 10–15 minutes, turning now and then, until nicely browned but still pink and juicy in the centre. Serve with the apricot sauce.

Whizz and Drizzle Lamb Tattie Towers

The combination of barbecued peppers, potatoes and tender pink lamb drizzled with a really scrumptious dressing will instantly become a party favourite. A bottle of Cabernet Sauvignon helps it along its way nicely.

erves 4

large potatoes, cut into 1 cm (½ in) thick slices

large red pepper, quartered and seeded

yellow pepper, quartered and seeded

olive oil for brushing

salt and freshly ground black pepper

lamb noisettes or small lamb chops

salad leaves to serve

or the dressing

small garlic clove

5 g (1 oz) pitted black olives

teaspoon fresh rosemary leaves

tablespoon roughly chopped fresh parsley

tablespoon freshly grated Parmesan

juice of 1 lime

tablespoons olive oil

Brush the potatoes and peppers with olive oil, season and cook over medium coals or in a griddle pan for 8 minutes on each side until tender and golden.

Brush the lamb with oil, season and cook for 4–5 minutes on each side until well browned but still a little pink in the centre.

Meanwhile, make the dressing: place the garlic, olives, rosemary and parsley in a food processor and whizz until well blended. Add the Parmesan, lime juice and olive oil and whizz again until well blended. Season to taste.

Pile the potatoes, peppers and lamb noisettes high on 4 serving plates. Drizzle over the dressing and serve warm with salad leaves.



Whizz and Drizzle Lamb Tattie Towers

Moroccan Spiced Lamb Kebabs

The spices in this dish are very typical of those found all over Northern Africa. Harissa paste is a fiery red chilli paste from this region but you can replace it with minced red chilli from a jar if you wish. This one really creeps up on you – an absolute winner everytime.

erves 4

00 g (2 lb) boned shoulder or leg of lamb

tablespoons olive oil

tablespoons lemon juice

teaspoon ground cumin

teaspoon ground coriander

$\frac{1}{2}$ teaspoon ground turmeric

$\frac{1}{2}$ tablespoon paprika

garlic clove, crushed

teaspoon harissa paste

small red onion

small lemon

alt and freshly ground black pepper

x 30 cm (12 in) flat metal skewers

Trim any excess fat off the outside of the lamb and then cut it into roughly 5 cm (2 in) chunks. Place it into a bowl with the olive oil, lemon juice, spices, garlic, harissa paste and some seasoning and mix together well. Cover and leave to marinate at room temperature for 2 hours or overnight in the fridge.

Peel the onion, leaving the root end intact and then cut it into 8 wedges, so that the slices of onion stay together at the root. Cut each lemon into 8 wedges.

Thread the lamb, lemon and onion wedges alternately on to the skewers and barbecue over medium-hot coals for about 10–15 minutes, turning them now and then, until they are nicely browned on the outside but still pink in the centre. These would be nice served with either the Spicy Casablanca Couscous [here](#) or the Tangier Mint Tabbouleh [here](#).



Moroccan Spiced Lamb Kebabs with
Spicy Casablanca Couscous

Mighty Mexican Lamb or Beef Fajitas

In Mexican restaurants, thin strips of beef, lamb or chicken, peppers and onions are cooked on a cast-iron skillet and brought sizzling to the table with a pile of warm flour tortillas, tomato salsa, lettuce and soured cream. Here I have marinated one large piece of meat, which keeps it more moist during cooking, but it is still served with the traditional accompaniments. This is a great dish to serve up to a large number of people.

erves 6–8

00 g (2 lb) thick piece of flank steak or boned leg of lamb

red peppers

yellow peppers

green peppers

large onions

unflower oil for brushing

or the marinade

garlic cloves, crushed

ice of 2 limes

tablespoons tequila

tablespoons olive oil

tablespoon chilli powder

tablespoon paprika

teaspoon ground cumin

teaspoon dried oregano

alt and freshly ground black pepper

o serve

2–16 flour tortillas

small iceberg lettuce, very finely shredded

quantity Mexican Aztec Tomato Salsa ([see here](#))

00 ml (10 fl oz) soured cream

–8 x 25 cm (10 in) flat metal skewers

Place the steak or lamb into a large shallow dish. Mix together the marinade ingredients, pour over the meat, cover and leave to marinate for 2 hours at room temperature or up to 24 hours in the fridge.

Cut the peppers in half, remove the seeds and cut across into 1 cm (½ in) thick slices. Peel the onions, leaving the root end intact and cut each one into thin wedges through the root so that the slices stay together in one piece.

Thread the pepper slices and the onion wedges on to parallel pairs of skewers so that they lie across the two like the rungs of a ladder. This will make it easier to turn them

during cooking.

Just before cooking, sprinkle each of the tortillas with a little water, stack 6 or 8 into a pile and wrap up into 2 foil parcels. Place the lettuce, salsa and soured cream into 3 serving bowls.

Lift the steak out of the marinade and barbecue over medium-hot coals for about 20 minutes for medium-rare, turning and basting with the leftover marinade now and then.

At the same time, brush the peppers and onions with a little oil and barbecue them alongside the steak for 10–15 minutes, turning once.

When the steak is ready, lift it onto a board, cover with a sheet of foil and leave to rest for 5 minutes.

Meanwhile, rest the foil tortilla parcels to the side of the barbecue and leave for 5 minutes to warm through.

When the vegetables are cooked, remove them from the grill and slide them off the skewers into another serving bowl.

Carve the steak into thin slices, arrange it on a warmed serving plate and instruct your guests to place some lettuce, steak, peppers, onions, salsa and soured cream down the centre of a tortilla. Roll it up tightly and eat straight away.

Mari-masala Lamb Fillets

If you marinate any meat in yoghurt it becomes unbelievably tender and when you add plenty of spices, garlic and chilli, it's incredibly tasty too. Here I have used little, sweet lamb fillets served with fried onions flavoured with mustard seeds, warmed naan bread, a tomato salad and some minty yoghurt sauce for a delicious meal in one.

erves 4

x 175 g (6 oz) or 2 x 350g (12 oz) lamb fillets, trimmed

tablespoon garam masala or mild curry paste

inch of ground cardamom (optional)

$\frac{1}{2}$ teaspoon salt

garlic cloves, crushed

tablespoon harissa paste or minced red chilli from a jar

teaspoon lemon juice

00 g (7 oz) Greek natural yoghurt

tablespoons sunflower oil

tablespoon black mustard seeds

onions, thinly sliced

alt and freshly ground black pepper

o serve

tomatoes, sliced

small red onion, thinly sliced into rings

teaspoon roasted cumin seeds ([here](#))

teaspoon lemon juice

mini naan bread or 2 large breads, cut in half lengthways

quantity Mellow Minty Yoghurt Sauce ([here](#))

Mix the garam masala or curry paste, ground cardamom, salt, 3 crushed garlic cloves, harissa or red chilli paste and lemon juice into the yoghurt.

Lightly score the outside of the lamb fillets, lay them in a shallow non-metallic dish and pour over the yoghurt mixture. Rub the mixture into the lamb really well, cover and leave to marinate at room temperature for 1 hour or overnight in the fridge.

Heat the oil in a large pan. Add the mustard seeds and as soon as they start to pop, add the onions and fry over a medium heat, stirring now and then, until they are richly golden. Stir in the rest of the garlic, season with a little salt and pepper and cook for 2–3 minutes. Set aside and keep warm.

Layer the tomatoes and red onions in a shallow dish, sprinkling each layer with some of the roasted cumin seeds, lemon juice, salt and pepper. Set to one side.

Cook the marinated fillets over medium-hot coals for 4–5 minutes on each side for medium-rare lamb.

Meanwhile, sprinkle the naan bread on both sides with a little water and leave to the side of the barbecue for 2–3 minutes, turning once, until heated through.

Remove the lamb fillets to a board and cut diagonally into thick slices. Place the lamb, naan bread and fried onions on to 4 plates and serve with the tomato salad and a spoonful of the minty yoghurt sauce. I bet there'll be plenty of people with a dribble of creamy yoghurt on their chins!

Spiced Mazatlán Meatballs

These delicious, moist little meatballs, delicately flavoured with spices from the Middle East, taste brilliant topped with yoghurt and red onion and rolled up in soft, warm flatbreads. In Mexico, they serve very similar meatballs called albondigas, which are barbecued or fried, then smothered in taco sauce and cooked in a hot oven for 5 minutes or so, until bubbling – yummy ...

erves 4

00 g (1 lb 2 oz) lean minced lamb
inch of salt
onion, finely chopped
teaspoons ground cumin
teaspoon ground allspice
¼ teaspoon cayenne pepper
tablespoons roughly chopped fresh coriander

o serve

Middle Eastern flatbreads or plain naan
red onion, thinly sliced
x 200 g (7 fl oz) carton Greek yoghurt
lemon, cut into wedges

Place the lamb, salt, onion, cumin, allspice, cayenne and coriander in a food processor and whizz until well blended. Using wet hands, shape the mixture into 20 meatballs and cook over hot coals or in a non-stick frying pan for 10 minutes, turning frequently until well browned.

Warm the flatbreads for 1–2 minutes on each side until softened and warmed through.

Scatter the red onion over the flatbreads and spoon a dollop of Greek yoghurt on each. Arrange the meatballs on top, then roll into a cone shape. Serve each with a lemon wedge.



Spiced Mazatlán Meatballs

Butterflied Studded Leg of Lamb

I cooked this recipe whilst I was in South Africa, using their local speciality called Karoo lamb. It has a very distinctive herby flavour, which comes from the herby pastures on which the sheep are raised. You can of course use any leg of lamb, although Welsh lamb is often considered to be our best, and the imported chilled New Zealand lamb is very good too. Make the citrus oil the day before the barbecue. Go on, get studding.

erves 6–8

–2.5 kg (4–4½ lb) leg of lamb
2 x 25 cm (10 in) stalks of woody rosemary
fat garlic cloves
–8 very small garlic cloves (optional)
tablespoons medium dry sherry
alt and freshly ground black pepper

or the citrus oil

lemon
small orange
large lime
00 ml (10 fl oz) olive oil
½ teaspoon black peppercorns

or the onion and rosemary skewers

8 small onions
ing sugar for dusting

Make the citrus oil: thinly pare the zest off the lemon, orange and lime and place it into a small pan with the oil and the peppercorns. Leave over a very gentle heat for about 5 minutes and then remove, pour into a heatproof glass bottle and leave to cool completely. Seal and leave for 24 hours.

Bone and butterfly the leg of lamb ([see here](#)).

Break the leaves off 2 of the stalks of rosemary in small clusters and strip the remaining pieces clean for the onion skewers. Leave the woody stalks to soak in cold water for 30 minutes. Cut the garlic into long thin slivers.

Make small, deep incisions all over both sides of the lamb and push in the sprigs of rosemary and slivers of garlic. (You could get small whole cloves in too if you're keen on garlic.)

Drizzle over the sherry, some of the citrus oil and season well with salt and pepper. Barbecue over medium-hot coals for about 40 minutes for medium-rare lamb, turning occasionally.

Meanwhile, cut the onions in half and thread 3 halves on to each rosemary stalk. Brush them with some of the citrus oil and place them on to the barbecue alongside

the lamb. Dust with the icing sugar and cook for 15–20 minutes, turning every now and then.

Lift the lamb on to a board, cover with a sheet of foil and leave to rest for 5 minutes while the onion skewers finish cooking. Then carve it into thin slices and serve with the onions and the Fire-roasted Red Pepper and Nectarine Salad [here](#) if you wish.

Lamb Steaks with Tarragon Bean Parcels

Lamb steaks cut from a small leg of lamb cook fantastically on the barbecue. I have also cooked alongside them little foil parcels of green beans, flavoured with fresh tarragon. Although the beans lose that lovely green colour when cooked this way they still taste absolutely wonderful.

erves 4

x 225 g (8 oz) leg lamb steaks
garlic cloves
shallots, finely chopped
tablespoons olive oil
5 ml (3 fl oz) red wine
alt and freshly ground black pepper

or the bean parcels

50 g (1 lb) French beans, topped, tailed and halved
0 g (2 oz) butter, melted
garlic clove, very finely chopped
tablespoon chopped fresh tarragon
plum tomatoes, skinned, seeded and chopped

Make small, deep incisions here and there over both sides of the lamb steaks. Cut one of the garlic cloves into thin slivers and push one piece into each cut.

Crush the second clove of garlic into a large, shallow non-metallic dish and mix in the shallots, oil, wine and some seasoning.

Add the lamb steaks to the dish, cover and leave to marinate for 2 hours at room temperature or overnight in the fridge, turning them every now and then.

For the bean parcels, simply mix together all the ingredients with some seasoning in a bowl. Divide between 4 x 30 cm (12 in) squares of extra-thick foil and pinch the edges together into well-sealed parcels.

Barbecue the bean parcels over medium-hot coals for 10 minutes. Then add the lamb to the rack and cook for a further 15 minutes, turning the lamb once. You can either tip the beans out of the foil or leave them in their parcels to serve alongside the lamb.

BEEF

Alan and Andy's Aussie Steaks

Another recipe prepared in stunning Australia and eaten by Alan, the cameraman, and Andy, the sound engineer, quicker than you can say 'fair dinkum'. These steaks really are quite delicious and mighty satisfying too. If they're not in the supermarket ask at the customer service desk or go to a good butchers' shop.

Serves 4

x 275 g (10 oz) T-Bone steaks, cut about 2.5–4 cm (1–1½ in) thick

x 75 cl bottle Australian red wine such as a Shiraz

whole head of garlic

tablespoon mixed peppercorns (black, white, pink and green)

tablespoon fresh rosemary leaves

leaves from 3–4 sprigs of fresh thyme

salt and freshly ground black pepper

Pour half the bottle of wine into a large, shallow, non-metallic dish. Cut the garlic horizontally in half and add to the wine.

Coarsely crush the peppercorns in a pestle and mortar or in a mug using the end of a rolling pin and add to the wine with the rosemary and thyme leaves.

Add the steaks, turn once or twice in the mixture and leave to marinate for 2 hours at room temperature or up to 24 hours in the fridge, remembering to turn them every now and then.

Lift the steaks out of the marinade and shake off any excess.

Barbecue over medium-hot coals for 3–4 minutes each side for rare, 4–6 minutes for medium or about 7 minutes each side for well done. This will really depend on how thick your steaks are and how hot the coals are, so keep testing them until they are done to your liking.

Season on both sides with some salt and pepper and serve. These would be really nice served with the Shallot, Mustard and Black Peppercorn Butter [here](#). Now, might I suggest a few glasses of the remaining Shiraz wine ... oooh.

Rub 'n' Brush Barbecued Devilled Beef

This very English spicy mixture, usually containing mustard and cayenne pepper, dates back to the Victorian era and it makes an excellent marinade for steak. The meat is first rubbed with a dry mixture and then brushed with a wet mixture just before cooking. Sounds exciting, looks exciting, tastes superb.

Serves 4

x 175–225 g (6–8 oz) fillet or sirloin steaks, cut about 2.5–4 cm (1–1½ in) thick
teaspoons English mustard powder
¼ teaspoon ground allspice
½ teaspoon ground black pepper
½ teaspoon salt
50 g (5 oz) light soft brown sugar
tablespoons tomato ketchup
tablespoons Worcestershire sauce
tablespoon made English mustard (or mustard powder mixed to a paste with a little water)
½ teaspoon Tabasco sauce
tablespoons white wine vinegar
teaspoon paprika

Mix the English mustard powder, ground allspice, black pepper, salt and 1 tablespoon of the sugar together in a small bowl. In another bowl mix the remaining sugar with the rest of the ingredients into a smooth paste.

Rub the dry spiced sugar mixture on to both sides of the steaks and set them aside for at least 45 minutes or until you are ready to cook.

Brush the steaks with some of the devilled glaze and barbecue over medium-hot coals for about 8 minutes for medium-rare steak, turning and basting them with more of the devilled mixture now and then.

Beef Peppa-feta Rolls

These one-person-sized parcels are shaped a little bit like beef olives. They are made from thin slices of steak, which are stuffed, rolled up and in this case secured with fine skewers or cocktail sticks instead of string. Make sure that you turn them around quite a bit during cooking so that they cook right through to the centre.

erves 4

x 150 g (5 oz) sirloin steaks
red peppers
100 g (4 oz) feta cheese, sliced
5 g (1 oz) pitted black olives, sliced
beef tomato, skinned, seeded and cut into strips
tablespoons chopped fresh basil
tablespoon olive oil

fine metal trussing skewers or cocktail sticks soaked in cold water for 30 minutes

Barbecue or grill the peppers over medium-hot coals for about 20 minutes, turning now and then, until the skins are quite black all over. Drop them into a plastic bag, seal tightly and leave to cool.

Cut the peppers in half and remove the seeds. Then turn over each piece and gently scrape away all the charred skin with a small sharp knife.

Place the steaks between two large pieces of clingfilm or non-stick baking parchment and carefully flatten them until they are about 5 mm ($\frac{1}{4}$ in) thick, taking care not to break the meat apart when you're doing this. You don't want any holes!

Lay the steaks out flat on a board and cover each one with one flat piece of grilled red pepper.

Now place some cheese, black olives, tomatoes and chopped basil along one short edge of each steak. Roll up tightly and secure in place with skewers or cocktail sticks.

Brush the outside of the rolls with the oil and barbecue over medium-hot coals for 8–10 minutes, turning now and then, until browned all over and cooked through in the centre.

Mustard and Sugar-coated Beef with Soured Cream and Horseradish Dip

For a quick barbecued alternative to roast beef and horseradish sauce this is the perfect recipe. Come Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, it'll be gone. Reminds me of a song ...

erves 4

50 g (1 lb) fillet steak, cut into 4 cm (1½ in) cubes

tablespoons light soft brown sugar

teaspoons English mustard powder

alt and freshly ground black pepper

or the dip

50 ml (5 fl oz) soured cream

–2 tablespoons horseradish sauce (not creamed horseradish)

teaspoon snipped fresh chives

x 25 cm (10 in) flat metal skewers

Mix the soured cream with the horseradish sauce and chives and set aside.

Place the cubes of steak into a shallow dish and season with a little salt and pepper.

Mix the sugar and mustard powder together and sprinkle over the beef, turning the pieces as you go so that they all get an even coating.

Thread the steak on to the skewers and barbecue over medium-hot coals for 4–5 minutes, turning now and then, until the sugar has caramelized but the steak is still rare in the centre. Serve with the horseradish and soured cream dip and start licking the lips.

Pai-Thai Beef Salad

The people of Thailand and neighbouring countries are very fond of those semi-clear, slightly spicy sauces and this one is drizzled over thin slices of tender, medium-rare steak and served with a crunchy lettuce salad. You will need to ask your butcher to cut the steak especially for you but it will have been worth the extra journey, I promise!

Serves 4

500 g (1½ lb) piece of sirloin steak, cut 5 cm (2 in) thick

Juice of 1 lime

2 teaspoons palm or light muscovado sugar

Salt and ground Sichuan pepper

For the salad

1 head crisp lettuce such as Cos, Romaine or iceberg

½ cucumber

2 tomatoes, skinned, quartered and seeded

1 red onion, halved and thinly sliced

3 leaves from a small bunch of fresh coriander

For the dressing

2 tablespoons lime juice

2 tablespoons Thai fish sauce

2–3 red birdseye chillies, seeded and thinly sliced

1 stalk of lemongrass, outer leaves removed and the core very finely chopped

2 garlic cloves, very finely chopped

2 spring onions, trimmed and very thinly sliced

2 tablespoons chopped fresh mint

1 tablespoon palm or light muscovado sugar

Break the lettuce for the salad into leaves, wash and dry well. Tear them into large pieces and place into a salad bowl.

Peel the cucumber, cut it in half lengthways and scoop out the seeds with a teaspoon. Slice across into thin half-moons.

Cut the tomatoes into thin crescent-shaped strips.

Add the cucumber, tomatoes, red onion and coriander leaves to the lettuce and toss together lightly. Spread over the base of a large oval serving plate and set aside in the fridge to chill.

Mix together all the ingredients for the dressing and set aside.

Sprinkle the steak on both sides with the lime juice and sugar and then season with some salt and Sichuan pepper.

Barbecue over medium-hot coals for 25–30 minutes, turning frequently, until well browned on the outside but still rare and juicy in the centre. Remove to a board, cover with a sheet of foil and leave to rest for 10 minutes.

Carve the steak into thin slices and arrange in the centre of the chilled salad leaves. Spoon over the dressing and serve immediately.



Pai-Thai Beef Salad

Surf and Turf Barbecue Skewers

This unusually named dish comes from Australia, where they serve prawns from the 'surf' or sea, together with steak reared on the 'turf'. Unlikely as it may seem, they actually go together really well, especially when they are both smothered with a yummy garlic and parsley butter. Now, anyone for a swim, or a stroll in the grass?

Serves 4

50 g (12 oz) piece of sirloin or rump steak, cut 2.5 cm (1 in) thick

2 headless raw tiger prawns

tablespoons olive oil

garlic cloves, crushed

teaspoon paprika

$\frac{1}{4}$ teaspoon Tabasco sauce

$\frac{1}{2}$ teaspoon Worcestershire sauce

salt and freshly ground black pepper

For the garlic and parsley butter

50 g (2 oz) butter

garlic cloves, crushed

tablespoons chopped fresh parsley

freshly grated zest of $\frac{1}{2}$ lemon

tablespoon lemon juice

x 25 cm (10 in) bamboo skewers, soaked in cold water for 30 minutes

Cut the steak into roughly 16 x 2.5 cm (1 in) cubes. Peel the prawns, leaving the last tail segment in place.

Mix the olive oil with the garlic, paprika, Tabasco, Worcestershire sauce and plenty of salt and pepper. Dip the prawns into the marinade, lift out and set aside on a plate.

Stir the cubes of steak into the marinade and leave for 15 minutes.

Thread 4 pieces of steak and 3 prawns alternately on to the skewers and barbecue over medium-hot coals for 5–10 minutes, turning every now and then, until the steak is done to your liking and the prawns are just cooked through.

Meanwhile, put the butter and garlic into a small pan and leave to the side of the barbecue to melt. Add the chopped parsley, lemon zest and lemon juice.

As soon as the kebabs are cooked, lift them onto 4 plates, spoon over the garlic butter and serve with the Damper Beer Bread [here](#) if you wish.



Surf and Turf Barbecue Skewers with Damper
Beer Bread

Spiced Indian Kofta

This mixture can either be divided into small pieces and shaped around wooden skewers or you could simply flatten them into disc-like patties as a nice change from the usual beefburger.

erves 4

50 g (1 lb) lean minced beef

garlic clove, crushed

.5 cm (1 in) fresh root ginger, peeled and finely grated

spring onions, trimmed and finely chopped

½ teaspoon salt

teaspoon ground cumin

teaspoon ground coriander

½ teaspoon garam masala

inch of cayenne pepper

tablespoons chopped fresh coriander

green chilli, seeded and very finely chopped

tablespoons Greek natural yoghurt

little sunflower oil for brushing

lemon wedges and extra Greek natural yoghurt to serve

x 15 cm (6 in) bamboo skewers, soaked in cold water for 30 minutes

Simply put everything except the oil for brushing into a bowl and mix it together well with your hands.

Divide the mixture into 8 and then shape each piece into a long sausage around each skewer.

Brush the koftas with a little oil and barbecue over medium-hot coals for 8–10 minutes, turning now and then, until lightly browned and cooked through. Serve with the lemon wedges and the natural yoghurt, and maybe some naan bread warmed through on the barbecue.

VARIATION

Substitute minced lamb for the minced beef and chopped mint for the chopped coriander. Divide the mixture into 16 and shape into little egg-shaped balls around 1 cm (½ in) cubes of feta cheese (you will need to buy about 100 g/4 oz). Thread the balls on to 4 soaked 25 cm (10 in) bamboo skewers before cooking and serve with perhaps the Mellow Minty Yoghurt Sauce [here](#) and the Garlic Pitta Fingers [here](#).

Beef 'Bourguignon' Kebabs

For these kebabs I've simply taken all the essential ingredients from that classic French stew and threaded them on to skewers ready for barbecuing. They take a little time to prepare, but they can be done in advance and are very quick to cook once you're ready to eat.

Serves 6

800 g (2 lb) sirloin or rump steak, cut into 4 cm (1½ in) cubes

25 g (8 oz) rindless smoked streaky bacon

8 button onions, peeled

4 button mushrooms, wiped

olive oil for brushing

salt and freshly ground black pepper

For the marinade

2 tablespoons red wine

2 tablespoons olive oil

2 tablespoons tomato purée

2 shallots, finely chopped

2 garlic cloves, crushed

2 tablespoons chopped fresh parsley

2 small fresh bay leaves

2 x 25 cm (10 in) flat metal skewers

Mix together the ingredients for the marinade and pour it into a non-metallic dish. Stir in the steak, cover and leave to marinate at room temperature for 2 hours or in the fridge overnight.

The next day stretch the bacon rashers on a board with the back of a knife. Cut each rasher in half and roll up tightly.

Drop the button onions into a pan of boiling water and cook for 2–3 minutes until just tender. Drain and refresh under cold water.

Thread the cubes of beef, the onions, bacon rolls, mushrooms and bay leaves from the marinade alternately on to the skewers. Brush the mushrooms and the onions with a little extra olive oil and then season the kebabs well with salt and pepper.

Barbecue the kebabs over medium-hot coals for 6 minutes, turning and basting with the leftover marinade now and then.

Lynda's Lemon-rub Steak with Charred Tomato Salsa

One of my series' directors Lynda made me film this at least four times in Chicago because she adored the taste – I'm sure you will too.

erves 2

x 175 g (6 oz) sirloin steaks
rated rind of 1 lemon
garlic cloves
½ teaspoon black peppercorns
½ teaspoon cumin seeds
teaspoon dried oregano
½ teaspoon cayenne pepper
½ teaspoon coarse sea salt

or the salsa

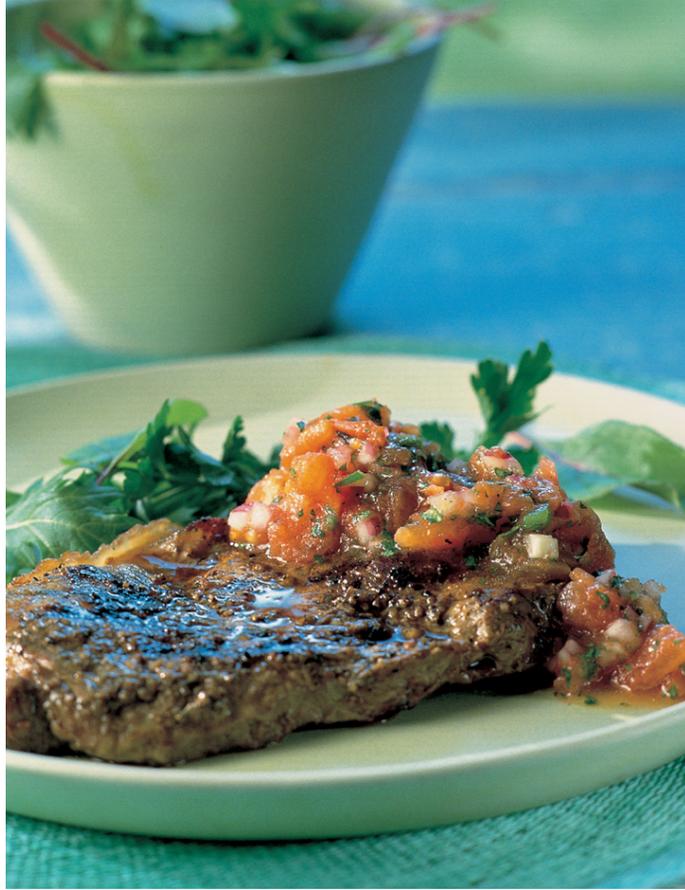
plum tomatoes
small bunch of fresh coriander
small bunch of fresh mint
red onion, finely chopped
fresh green chilli, finely chopped
tablespoons olive oil
juice of ½ lemon
rock salt and freshly ground black pepper
leafy salad to serve

Using a pestle and mortar, a mini food processor or a coffee grinder, grind the lemon rind, garlic, peppercorns and cumin seeds together until well blended. Add the oregano, cayenne and salt and grind again.

Rub the mixture into the meat and set aside for an hour or two.

Meanwhile, halve the tomatoes lengthways and place on the barbecue, cut side down, for 5–8 minutes until softened and a little charred. Slip off the skins and roughly chop the flesh. Finely chop the herbs and mix with the tomato, onion, chilli, olive oil and lemon juice. Season well to taste.

Barbecue the steaks for 3–4 minutes on each side for a nice medium to medium-rare cooked steak. Serve each with a good dollop of charred tomato salsa and a leafy green salad. Wow!



Lynda's Lemon-Rub Steak with
Charred Tomato Salsa

SAUSAGES & BURGERS

Classic Brilliant Beefburgers

A really good beefburger has to be made from really good minced beef. If you can, ask a butcher to mince some rump, blade or chuck steak for you but make sure that it has a 20 per cent fat content as this will prevent them from drying out during cooking. Otherwise buy ordinary minced beef from the supermarket, but don't buy extra-lean mince because it will become tough during cooking. Serve in soft baps or muffins with an all-in-one lettuce-mayonnaise topping that will stay put in the bun while you eat it!

erves 4

50 g (1½ lb) minced beef
garlic cloves, crushed
small onion, finely chopped
tablespoons double cream
tablespoon chopped fresh parsley
alt and freshly ground black pepper

or the lettuce mayonnaise

tablespoons mayonnaise
00 g (4 oz) iceberg lettuce, finely shredded
0 g (2 oz) cocktail gherkins, finely chopped
tablespoons finely chopped onion
teaspoon mild American-style mustard

o serve

sesame bread rolls or baps, halved
tomatoes, thinly sliced

Simply mix all the ingredients for the burgers together in a bowl or blitz quickly in a food processor until the meat starts to hold together.

Divide the mixture into 4 and shape into 10 cm (4 in) flat discs, either by hand or by pressing the mixture into a metal pastry cutter.

Brush the burgers with a little oil and barbecue over medium-hot coals for about 5 minutes on each side for medium.

Meanwhile for the topping, mix the mayonnaise with the rest of the ingredients and season to taste with a little salt and pepper.

To serve, lightly toast the rolls on the barbecue for 1–2 minutes. Assemble with a couple of slices of tomato underneath the burger and the lettuce and mayonnaise on top.

VARIATIONS

Chilli Cheeseburgers Cut 50 g (2 oz) of Cheddar into 4 cubes. Mix 1 seeded and chopped red chilli and 1 tablespoon of chopped fresh parsley into the basic mixture and shape around each piece of cheese. Serve in buns with some Fire-roasted Red Pepper Guacamole ([see here](#)) or Mexican Aztec Tomato Salsa ([see here](#)) and soured cream.

Pork and Apple Burgers Use minced pork instead of beef and add 1 peeled and grated Cox's apple and 1 tablespoon of chopped fresh sage. Barbecue over medium-hot coals for 6–7 minutes on each side until well done and serve in buns with lettuce and a dollop of wholegrain mustard mayonnaise.

Pork and Mozzarella Burgers Mix 1 tablespoon of chopped fresh oregano and 1 tablespoon of sundried tomato paste with the minced pork and shape around 15 g (½ oz) cubes of Mozzarella. Barbecue over medium-hot coals for 6–7 minutes on each side until well done and serve in buns with salad and garlic mayonnaise.

Lamb Tikka Burgers Use minced lamb instead of beef and mix in ¼ teaspoon each of ground coriander and cumin, cayenne pepper, turmeric powder, 1 crushed garlic clove and 1 teaspoon of grated ginger. Barbecue over medium-hot coals for 5–6 minutes on each side and serve in buns or mini naan breads with lettuce, tomatoes, mango chutney and Mellow Minty Yoghurt Sauce ([see here](#)).

Chicken and Bacon Burgers Use minced chicken instead of beef and add 6 very finely chopped rashers of rindless streaky bacon. Barbecue over medium-hot coals for 6–7 minutes on each side until well done and serve in buns with lettuce, extra grilled bacon, sliced tomatoes and mayonnaise.



Classic Brilliant Beefburger with My Classic Barbecue Sauce and New Potato Salad with Gherkins, Chives and Soured Cream

Boss Barbecue Bangers

Here is a very simple but very tasty way of turning barbecued sausages into something a little different. The sausages are started off under the grill before they're stuffed so that they only take a few minutes to cook through when you're ready.

erves 8

00 g (2 lb) good quality, meaty pork sausages or jumbo frankfurters

5 g (3 oz) cheese such as Cheddar, Gouda or Gruyère

no-need-to-soak prunes

25 g (8 oz) rindless streaky bacon

Lightly brown the sausages under the grill, turning now and then, for about 5 minutes until half cooked. Set aside and leave to go cold.

Cut a slit in each sausage and stuff half of them with the cheese and the other half with the prunes. The frankfurters taste best with just the cheese.

Stretch the rashers of bacon on a chopping board with the back of a knife and then wind 1 rasher around each sausage, leaving gaps in between so that the filling shows through. These can now be set aside until you are ready to cook them.

Barbecue the 'bangers' over medium-hot coals for about 7 minutes, turning now and then, until the bacon is crisp and the cheese has melted.

Venison Sausages with Red Onion Marmalade

I've suggested venison sausages here but you could use absolutely any well-flavoured, good quality sausage. Most supermarkets now have a great selection or you could seek out a local butcher who makes his own.

erves 6

2 venison sausages

or the red onion marmalade

5 g (1 oz) butter

50 g (1 lb) red onions, halved and sliced

tablespoon light soft brown sugar

50 ml (8 fl oz) red wine

0 ml (2 fl oz) red wine vinegar

alt and freshly ground black pepper

For the onion marmalade, melt the butter in a medium-sized pan.

Add the onions and sugar and cook over a medium heat, stirring, until soft and lightly caramelized.

Add the wine and vinegar and leave to cook for about another 10 minutes until all the liquid has evaporated and the onions are very soft. Season with salt and pepper and keep hot.

Pierce the sausages here and there with a fine skewer and barbecue over medium-hot coals for 8–10 minutes, turning now and then, until golden. Serve with the red onion marmalade.

Chicken and Sausage Hot Dogs with Fried Onions

Here's a twist on that well-known British street food. It tastes much better too, thanks to the tangy barbecue sauce that's used to flavour the chicken and frankfurters. Kids love 'em.

erves 4

chicken breast fillets
jumbo frankfurters
5 g (3 oz) butter
tablespoon oil
onions, thinly sliced
teaspoon granulated sugar
20 ml (4 fl oz) spicy tomato ketchup
tablespoon English mustard
tablespoon tomato purée
tablespoon Worcestershire sauce
¼ teaspoon barbecue seasoning
hot dog rolls

x 30 cm (12 in) bamboo skewers soaked in cold water for 30 minutes

Heat 25 g (1 oz) of the butter and the oil in a medium-sized pan. Add the onions and fry over a gentle heat for 15 minutes, stirring now and then until very soft. Add the sugar and cook for another 15 minutes, still stirring until they have lightly caramelized. Set aside and keep warm.

Cut each chicken fillet lengthways into 4 strips and cut each frankfurter into 4 pieces.

Roll each piece of chicken up into a spiral. Thread 3 pieces of chicken and 4 pieces of frankfurter alternately on to each skewer.

Melt the rest of the butter in a small pan. Stir in the tomato ketchup, mustard, tomato purée, Worcestershire sauce and barbecue seasoning.

Brush the kebabs liberally with the sauce and barbecue over medium-hot coals for about 20 minutes, turning and basting with the leftover sauce now and then. Brush with the rest of the barbecue sauce right at the end of cooking so that they are nice and gooey.

To serve, halve the hot dog rolls and spoon in some of the fried onions. Rest a kebab on top of the onions, close the bun tightly and slide out the skewers.

Herby Home-made Sausagemeat Patties

These are a bit like home-made sausages, without the skins. They are mega-quick to make and taste absolutely fab with the Speedy Tomato and Red Pepper Chutney [here](#), served in buns if you like.

erves 4

50 g (1½ lb) good quality pork sausagemeat
shallots or ½ small onion, very finely chopped
tablespoon chopped fresh marjoram or oregano
teaspoons chopped fresh thyme or sage
½ tablespoons Dijon mustard
alt and freshly ground black pepper

Just mix all the ingredients together in a bowl and then roughly shape the mixture into 8 x 10 cm (4 in) flat discs – they don't need to be too neat.

Barbecue the patties over medium-hot coals for 4 minutes on each side until golden and cooked through in the centre.

Cumberland Sausage Catherine Wheel

Ideal for a bonfire barbie and a great way of cooking enough sausages to feed lots of people without having to spend hours turning over individual ones as they brown. One long string of untwisted sausages is coiled into a spiral and secured in place with skewers like the spokes of a wheel so that it can be cooked in one piece. It is then smothered in a spicy tomato sauce and cut into wedges between the skewers to serve. If you've got fewer people to feed than I've suggested, just use a shorter string of sausage. If you can, go to a butcher and ask him to make you one long untwisted sausage. Otherwise buy a twisted string, untwist it, and squeeze the meat back into the spaces before shaping.

erves 12–14

.75 kg (4 lb) untwisted Cumberland pork sausage in one length
large onion, very finely chopped
garlic cloves, crushed
5 g (1 oz) butter
tablespoons tomato ketchup
tablespoons sweet chilli sauce (ready made or [see here](#))
tablespoon freshly squeezed lemon juice
alt and freshly ground black pepper
–2 tablespoons chopped fresh parsley

2–14 x 25 cm (10 in) fine metal skewers or bamboo skewers soaked in cold water for 30 minutes

Tightly curl the long sausage into a spiral and then push 12–14 fine metal skewers at regular intervals through the sides of the coil into the centre, so that they look like the spokes of a wheel. Set it aside in the fridge until you are ready to start cooking.

For the sauce, fry the onion and the garlic in the butter for 6–7 minutes until soft and lightly browned. Add the tomato ketchup, chilli sauce, lemon juice and seasoning to taste and simmer for 3 minutes until quite thick.

If you can, clamp the 'Catherine wheel' into a hinged wire rack ([see here](#)) and then barbecue over medium-hot coals for 30 minutes, turning it regularly, until it is lightly browned and cooked through.

Transfer it on to a large serving plate or board, spread it with the spicy tomato sauce and then sprinkle with the chopped parsley. Cut the wheel into wedges between each of the skewers and serve with plenty of crusty bread.



Cumberland Sausage Catherine Wheel

Monzarelli's Mediterranean Burgers

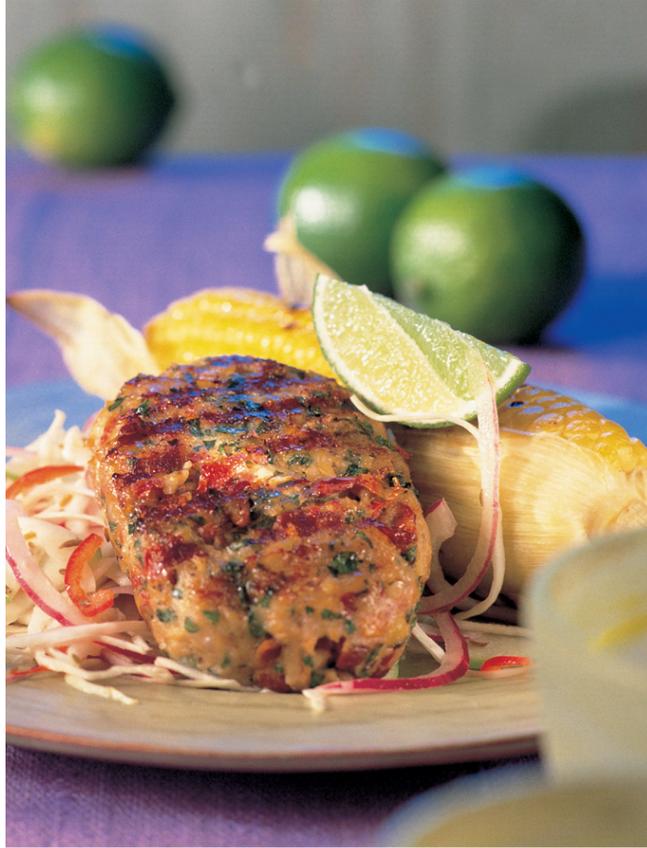
This dish has all my favourite Mediterranean flavours in it: pine nuts, basil, sundried tomatoes, garlic and Parmesan – delicious.

erves 4

00 g (1 lb 2 oz) good-quality sausagemeat
sundried tomatoes in oil, very finely chopped
garlic cloves, finely chopped
tablespoons freshly grated Parmesan
tablespoons toasted pine nuts, roughly chopped
tablespoons shredded fresh basil
tablespoons chopped fresh parsley
alt and freshly ground black pepper

Place the sausagemeat in a large bowl and stir in the sundried tomatoes, garlic, Parmesan, pine nuts, basil, parsley and plenty of seasoning.

Using damp hands, shape the mixture into 4 even-sized burgers. Cook over medium coals for 5–6 minutes on each side until well browned and completely cooked through. Serve with nice Italian bread such as ciabatta, and hearty red wine.



Monzarelli's Mediterranean Burgers with Spicy
Lime-Charred Corn on the Cob and Crazy
Crunchy Crispy Coleslaw

SEAFOOD

Barbecued Lobster with Three Flavoured Butters

The sight of butter, slowly melting on to freshly barbed lobster and glistening in the sun is something to behold. These butters will make far more than you will need for four people but they will keep in the fridge for up to a week and can be frozen for up to two months. They would be great served with any grilled fish.

erves 4

x 750 g–1 kg (1½–2¼ lb) uncooked lobsters or crayfish
lemons

alt and freshly ground black pepper

or the tarragon, shallot and white wine butter

50 ml (5 fl oz) dry white wine

shallots, very finely chopped

00 g (4 oz) slightly salted butter, softened

tablespoons chopped fresh tarragon

or the caper, garlic and parsley butter

00 g (4 oz) slightly salted butter, softened

garlic cloves, crushed

tablespoon drained capers, finely chopped

tablespoons chopped fresh flatleaf parsley

or the chilli and orange butter

00 g (4 oz) slightly salted butter, softened

½ tablespoons extra virgin olive oil

red chillies, seeded and very finely chopped

nely grated rind of ½ large orange

First make the butters. For the tarragon, shallot and white wine butter, put the wine and shallots into a pan and boil vigorously until the wine has almost disappeared. Leave the mixture to cool, then gradually beat it into the butter, followed by the tarragon, ¼ teaspoon of salt and some black pepper.

For the caper, garlic and parsley butter, just mix all the ingredients together and season with ¼ teaspoon of salt and some pepper.

For the chilli and orange butter, mix all the ingredients together with ¼ teaspoon of salt and some pepper. Chill the mixture in the fridge for 10–15 minutes until firm because the oil makes it quite runny.

Now shape and roll all the butters in a piece of clingfilm or non-stick baking parchment to give them a cylindrical shape and chill them in the fridge until firm.

Place the lobsters on to a board, belly-side down and cut them in half lengthways using a large sharp knife. Remove and discard the long dark vein running along the

length of the tail. Crack the claws (if there are any) with the back of a large knife or a hammer.

Place the lobsters on to a medium-hot barbecue, flesh-side down, and cook for just 30 seconds to seal in all the juices. Then turn them over and cook for another 6–8 minutes until the flesh has become white and firm and the shells have turned bright red.

Meanwhile, cut each lemon into 8 wedges. Place on the barbecue and cook alongside the lobsters, turning them now and then.

Take a few slices off the butter of your choice and lay them along the flesh of each lobster half. Continue to cook for about another minute until the butter just begins to melt.

Lift the lobsters on to 4 plates and serve at once with the barbecued lemon wedges, plenty of napkins and finger bowls. All go equally well with some crisp Australian Chardonnay. Memories are made of this.

Portuguese Grilled Sardines

Sometimes the simplest is just the best. These plainly grilled sardines are to be found perched over converted oil-barrel barbecues all over Portugal, served sprinkled with just a little lemon juice and coarse sea salt. Delightfully delicious.

Serves 4

4 fresh sardines

to serve

coarse sea salt

lemon wedges

rusty white bread

You will only need to gut the fish if they weigh more than 65 g (2½ oz) and so are more than 13 cm (5 in) long. Otherwise you can just leave them as they are.

Rub off the scales under running cold water and then lay the sardines in a fish grilling rack if you wish. This just makes them easier to turn over (all in one go) during cooking.

Barbecue the sardines over medium-hot coals for 3–4 minutes on each side.

Transfer them on to a plate, sprinkle with a little sea salt and serve with the lemon wedges and chunks of fresh crusty white bread.

Salmon Butter Pit-pocket Knots

Sometimes a recipe can tickle your tastebuds even before you've prepared it ... This one easily falls into that salivating category.

If you can't get long chives, tie shorter ones together.

erves 2

x 150 g (5 oz) thick salmon fillets
5 g (1 oz) butter at room temperature
garlic cloves, finely chopped
black olives, finely chopped
teaspoon sundried tomato paste
alt and freshly ground black pepper
large sage leaves
Parma ham slices
–6 long chives
Lemon wedges to serve

Mix together the butter, garlic, olives, sundried tomato paste and plenty of seasoning until well blended.

Cut a deep, 5 cm (2 in) long slash across the centre of each salmon fillet, taking care not to cut right through. Spread the butter mixture into the slit, then smooth the surface evenly.

Arrange the sage leaves over the slash, enclosing the butter. Place each salmon fillet sage-side down in the centre of the ham and fold over the edges. Knot a chive round each parcel to secure.

Cook the salmon over hot coals for 4 minutes on each side until the Parma ham is crispy and the salmon is just cooked through. Serve with lemon wedges for squeezing over.

Krungthep Crab and Coconut Cakes

Because the mixture for these little cakes is quite soft, they really need to be cooked on a fine-meshed rack like the one pictured [here](#) or a heavy metal plate that sits on top of the barbecue. This helps to hold them together until they firm up and also stops the mixture from sticking to the bars. Turn them over carefully when cooking, using a spatula or similar utensil.

erves 4

50 g (12 oz) white crab meat, squeezed to remove any excess moisture

50 g (5 oz) firm white fish such as cod, haddock or coley, skinned and boned

tablespoon Thai fish sauce

tablespoon oyster sauce

garlic cloves, crushed

medium egg, beaten

5 g (1oz) unsweetened desiccated coconut

red finger chilli, seeded and thinly sliced

spring onions, trimmed and thinly sliced

tablespoons chopped fresh coriander

sunflower oil for brushing

salt and freshly ground white pepper

quantity of Chiang-Mai Thai Dipping Sauce ([see here](#)) or bottled chilli dipping sauce to serve

Cut the fish into chunks and check that no bones have been left behind. Place the fish into a food processor with the Thai fish sauce, oyster sauce, garlic and some salt and pepper and process for a few seconds until it has formed a rough paste.

Add the crab meat and the egg and process once more for just a few seconds until well blended.

Scrape the mixture into a bowl and mix in the coconut, chilli, spring onions and coriander.

Shape the mixture into 8 x 7.5 cm (3 in) patties. Brush them lightly with some sunflower oil and barbecue over medium-hot coals for 3–4 minutes on each side until golden brown. Serve immediately with the Chiang-Mai Thai Dipping Sauce ([see here](#)) or bottled chilli dipping sauce.



Krunghiep Crab and Coconut Cakes

Chargrilled Squid Stuffed with Spinach and Mint

Barbecued food in Greece is always fresh and exciting, and comes in all shapes and sizes, just like squid. For this dish you need squid with pouches about 22 cm (10 in) long. Use your own judgment when it comes to scoring them. If they look a bit thin, don't bother – it's better to do away with the fancy look, rather than have the filling fall out during cooking. Remember, you don't want it falling out!

erves 4

prepared squid, about 22 cm (10 in) long
tablespoons olive oil
small onion, very finely chopped
garlic clove, crushed
25 g (8 oz) fresh spinach, washed and large stalks removed
tablespoons lemon juice
5 g (3 oz) cooked long-grain rice
tablespoon chopped fresh mint
½ teaspoon caster sugar
00 ml (10 fl oz) passata (sieved tomatoes) or sieved fresh tomatoes if you prefer
tablespoons chopped flatleaf parsley
alt and freshly ground black pepper

fine metal trussing skewers or cocktail sticks soaked in cold water for 30 minutes

Rinse the squid in cold water and drain really well. Score the outside of the pouches in a criss-cross pattern with a small sharp knife if you wish.

Heat 1 tablespoon of the olive oil in a medium-sized pan. Add the onion and garlic and cook gently for 5 minutes until soft and lightly browned. Scoop half the mixture into a bowl and set aside.

Heat the rest of the oil in a large pan. Add the spinach and stir-fry over a high heat until it has wilted into the bottom of the pan. Tip it into a colander or sieve and press out all the excess liquid.

Coarsely chop the spinach and add it to the bowl of onions together with 1 tablespoon of the lemon juice, the cooked rice, the mint and some salt and pepper. Mix together well.

Spoon some of the stuffing into each squid pouch and secure the end with a skewer or cocktail stick. Set aside.

Add the sugar to the remaining fried onions in the pan and cook for another minute or so. Then add the passata and cook for a few minutes until slightly thickened. Stir in the parsley and lemon juice and season to taste with salt and pepper.

Brush the outside of the squid with a little olive oil and season generously, then barbecue over medium-hot coals for about 4–6 minutes, turning now and then, until

they are firm and opaque and the stuffing has heated through. Serve with the tomato sauce and a wedge of lemon.

Jim's Barbecued Tuna and Chips

Most of the tuna caught off the South African coast is exported and nobody knows the reason why. Well, they didn't until they tasted my heavenly fish and chips. The fishermen lapped it up and I have a feeling that the odd one or two will now end up on the barbie, or as they say in South Africa, the braai.

erves 4

x 175 g (6 oz) tuna steaks
x 275 g (10 oz) red-skinned sweet potatoes, cut into chunky wedges
garlic cloves, peeled but left whole
teaspoon coarse sea salt
long red finger chillies
00 g (4 oz) mayonnaise
heaped tablespoon chopped fresh flatleaf parsley
tablespoons olive oil
tablespoons mixed peppercorns (black, white, pink and green)

Drop the wedges of sweet potato into a pan of lightly salted water and cook for about 10 minutes until just tender.

Meanwhile, put the garlic cloves on to a board and flatten them with the blade of a large knife. Sprinkle over the salt and continue to crush them with the blade of the knife until they form a smooth paste.

Cut the chillies in half, remove the seeds and thinly slice. Stir into the mayonnaise with the garlic and chopped parsley and set to one side.

Drain the sweet potatoes and toss them in the oil until well coated. Arrange them on a meshed wire rack, season with a little salt and barbecue over medium-hot coals for 6–8 minutes, turning every now and then, until they are lightly golden.

Crush the peppercorns in a pestle and mortar or in a coffee mug using the end of a rolling pin. Press them firmly on to the outside of each tuna steak. Add the tuna to the barbecue and cook for about 2 minutes on each side, or a little longer if you don't like your fish too rare. Season with a little salt.

Pile the chips into the centre of 4 plates and place a tuna steak on top. Add a good dollop of the red chilli mayonnaise to each plate and serve the rest separately in a small bowl. Get dunkin'.

Sally's Salmon Steaks with Fresh Basil Sauce

Unlike pesto sauce, which is quite rich and made with Parmesan and pinenuts, this fresh-tasting sauce is just made with lots of basil, lemon juice and olive oil and it goes perfectly with some simply barbecued salmon.

erves 4

x 200 g (7 oz) salmon steaks

tablespoon olive oil

or the fresh basil sauce

5 g (1½ oz) fresh basil

tablespoon freshly squeezed lemon juice

tablespoons olive oil

alt and freshly ground black pepper

First of all make the sauce. Set aside 4 sprigs of the basil for a garnish. Remove any large stalks from the remainder and place it into a food processor with the lemon juice and a little salt and pepper.

Turn on the machine and once the basil has blended to a paste, very slowly pour in the olive oil. Check the sauce for seasoning and set to one side.

Brush the salmon steaks on both sides with a little olive oil and season with some salt and black pepper. Barbecue over medium-hot coals for 4–5 minutes on each side until golden on the outside but still moist and juicy in the centre. Serve with the fresh basil sauce and plenty of sparkling white wine. Go on then, champagne all round.



Sally's Salmon Steaks with Fresh Basil Sauce and Char-Roasted New Potato Skewers

Maddie's Bacon, Sage and Monkfish Wrap with Aioli

'Allo, 'allo, 'allo. Fish and bacon might not be your idea of a good flavour combination but believe me, it's heaven. The firm white flesh of the monkfish is almost meaty once cooked and all this would need is a crisp leaf salad and maybe a few boiled new potatoes to make it into an extra special summertime meal.

erves 4

x 350g (12 oz) monkfish fillets taken from a medium-sized 900 g (2 lb) tail
tablespoons olive oil
tablespoon chopped fresh parsley
teaspoon chopped fresh sage
teaspoon chopped fresh rosemary
teaspoon chopped fresh thyme
alt and freshly ground black pepper
–10 rashers rindless smoked streaky bacon
large fresh sage leaves
or the aioli
garlic cloves, peeled
–2 teaspoons lemon juice
00 g (4 oz) mayonnaise

fine metal trussing skewers or cocktail sticks soaked in cold water for 30 minutes

Trim any membrane off the outside of the monkfish fillets and lay them in a shallow dish.

Mix the olive oil with the chopped herbs and some salt and pepper, pour over the monkfish and turn it once or twice in the mixture. Leave to marinate at room temperature for 30 minutes or for up to 2 hours in the fridge.

Meanwhile make the aioli sauce. Lightly crush the cloves of garlic on a board with the blade of a large knife. Sprinkle them with a little salt and then continue to crush them with the side of the blade until they turn into a smooth paste.

Stir the garlic paste and lemon juice into the mayonnaise. Spoon the mixture into a small bowl, cover and chill until required.

Stretch the rashers of bacon on a board with the back of a large knife. Lift the monkfish fillets out of the marinade, lay 3 sage leaves along the top of each one and wrap each fillet in half the bacon rashers, overlapping them slightly. Secure them at either end of each fillet with a skewer or cocktail stick so that they stay in place during cooking.

Barbecue the monkfish over medium-hot coals for 8–10 minutes, turning every now and then, until the bacon is crisp and the fish is only just cooked through in the centre. If you've got a thermometer it should read no more than 50°C (92°F).

Lift each one on to a board, carve them diagonally into thick slices and serve with the aioli sauce.

Ainsley's Mulled Mussels

Whilst having a casual drink with the chef at Cape Town's 'Victoria Junction Hotel' we came up with this simple idea for barbecuing fresh mussels. It's a recipe that combines all the flavours of Cape Cuisine – fresh seafood, fruit and the influence of the subtle spices from Cape Malay – and I'm sure it's on the menu by now.

Serves 4

.75 kg (4 lb) live mussels
5 g (3 oz) no-need-to-soak dried apricots, thinly sliced
2 tablespoons freshly squeezed orange juice
2 tablespoons freshly squeezed lemon juice
1 finely grated zest of 1 lemon
2 tablespoons dry white wine
2 garlic cloves, very finely chopped
1 x 2.5 cm (1 in) cinnamon sticks
1 cm (1½ in) fresh root ginger, peeled and thinly sliced
20 g (2 oz) butter
2 tablespoons chopped fresh coriander
2 tablespoons snipped fresh garlic chives or ordinary chives
salt and freshly ground black pepper

large squares of turkey-sized foil

Take 2 squares of foil and place one on top of the other. Working your way around the edges, fold the foil over until you have created a boat-shaped container that is about 25 cm (10 in) long, with sides that are at least 4 cm (1½ in) high. Repeat this process to make another 3 boats.

Scrub the mussels and pull out the fibrous beards protruding from between the closed shells. Discard any open mussels that won't close when you lightly tap them on the work surface.

Divide the mussels between the boats and sprinkle over the sliced apricots.

Add 1 tablespoon each of orange and lemon juice, a quarter of the lemon zest, 2 tablespoons of white wine, a quarter of the chopped garlic, a piece of cinnamon and a few slices of ginger to each boat, making sure that everything is pushed in amongst the mussels so that the flavours can permeate them during cooking.

Dot the mussels with 15 g (½ oz) of the butter, season with some salt and pepper and place over a medium-hot barbecue for 10–15 minutes until they have opened. Discard any mussels that remain closed.

Sprinkle some chopped coriander and chives over each boat, remove from the rack on to plates and serve with either ciabatta or foccacia bread, warmed through on the side of the barbecue for a few minutes, to mop up all the juices.

Sweet Chilli King Prawns

Everyone loves to have prawns as a special treat, and these ones are truly special. You could either use large raw king prawns that still have their heads on or the raw, headless tiger prawns that you can now get from most supermarkets, either from the fresh fish counter or the freezer cabinet.

Serves 6

6 raw freshwater king prawns or 72 headless raw tiger prawns

2 tablespoons vegetable oil

1 tablespoon clear honey

1 tablespoon chilli sauce

1 finely grated zest and juice of ½ lime

4 garlic cloves, crushed

1 salt and freshly ground black pepper

12 x 25 cm (10 in) fine metal skewers

Peel the prawns leaving the last tail section in place. Make a shallow cut along the curved back of each one and lift out the dark, thread-like intestine.

Mix the rest of the ingredients together in a large bowl. Stir the prawns into the mixture and leave them to marinate in the fridge for up to 2 hours.

Thread the prawns on to the skewers. If you are using king prawns you will be able to thread 6 prawns on to 1 skewer for each person. If you are using tiger prawns you will need to do 2 skewers per person.

Barbecue the prawns over medium-hot coals for about 3–4 minutes, turning them now and then, until they have become firm and opaque. Eat them straight away while they're still hot. Finger licking permitted.



Sweet Chilli King Prawns and Cool Carrot,
Cumin and Lemon Salad

Indian Spiced Swordfish Steaks

Swordfish usually comes ready-cut into steaks and is a dark, meaty type of fish that works really well with strong spicy flavours. Take great care not to overcook it because it will dry out very easily.

erves 4

x 175–225 g (6–8 oz) swordfish steaks
tablespoons olive oil
red onion, finely chopped
red finger chilli, seeded and finely chopped
green finger chilli, seeded and finely chopped
teaspoons mild curry powder
½ teaspoon ground cumin
teaspoon cayenne pepper
nely grated zest of 1 lemon
tablespoons lemon juice
ea salt

Place the swordfish steaks into a shallow dish.

Heat the oil in a pan, add the onion and the chillies and cook gently for about 6 minutes until soft but not brown.

Add the curry powder, cumin and cayenne pepper and cook for another 2–3 minutes, stirring continuously.

Remove the pan from the heat and stir in the lemon zest, lemon juice and a little salt. Pour the mixture over the swordfish, turn once and leave it to marinate for 1 hour.

Barbecue the steaks over medium-hot coals for about 10 minutes, turning and basting with the leftover marinade now and then, until they are browned on the outside but still moist in the centre.

Citrus Seafood Kebabs

The combination of lemons and limes always goes well with fish. Don't leave the fish to marinate in the fruity mixture for any longer than I've suggested or you will find that the citrus juices will start to 'cook' the fish and make the texture much too soft.

erves 4

6 prepared scallops or queens with their corals
6 raw peeled tiger prawns
50 g (1 lb) monkfish fillet, cut into 2.5 cm (1 in) cubes
tablespoons olive oil
tablespoons lemon juice
tablespoons chopped fresh chervil or parsley
small orange, halved and thinly sliced
lemon, thinly sliced
lime, thinly sliced
alt and freshly ground black pepper

x 25 cm (10 in) fine metal skewers

Mix the oil, lemon juice, chopped chervil or parsley and some salt and pepper together in a large bowl.

Add the scallops, prawns and monkfish and mix together well.

Cover and leave to marinate at room temperature for 30 minutes or for up to 2 hours in the fridge.

Thread the scallops, prawns and monkfish on to the skewers, alternating them with folded slices of orange, lemon and lime.

Barbecue the kebabs over medium-hot coals for 8–10 minutes, turning and basting with the leftover marinade now and then.

Hua Hin Beach Red Snapper

I cooked this at Hua Hin on the beach of the head-shaped stones to the delight of many local fishermen and their families. It's an experience they, and I, will never forget. Just wait 'til you taste it. Substitute red snapper with grey snapper, salmon, trout or sea bass if you wish.

erves 4

x 350 g (12 oz) red snapper
heaped tablespoons Thai red curry paste
heaped tablespoons coconut milk powder
limes
garlic cloves, peeled
spring onions

anana leaves or extra-thick foil and cocktail sticks soaked in cold water for 30 minutes

Clean the snapper, remove the scales by scraping them from the tail end to the head with a large blunt knife and then cut off the fins. Cut several deep slashes into both sides of each fish and place them in the centre of a banana leaf or a large square of foil.

Mix the red curry paste and coconut milk powder together into a thick paste and rub it into the fish, making sure that some of it goes right down into the slashes.

Cut 2 of the limes into thin slices. Push one piece into each of the slashes along one side of each fish.

Thinly slice the garlic and spring onions and sprinkle over the top of each fish. Wrap the leaves or foil over the fish to make well-sealed parcels, secure with the cocktail sticks and barbecue over medium-hot coals for 15–20 minutes, turning occasionally, until the snappers are completely cooked through and tender.

Remove the cocktail sticks and serve each fish straight from its leaf or foil container with the remaining limes cut into wedges. Allow each person to open their own parcel, as the aroma is sensational.



Hua Hin Beach Red Snapper

Sardines with Minted Tomato and Orange Salad

If you are using fresh vine leaves, remove the stems and cook the leaves in boiling, salted water for 4–5 minutes; cool under running water and they're ready to wrap.

erves 4

2 x 75 g (3 oz) fresh sardines, cleaned

lemon, thinly sliced

lime, thinly sliced

–2 tablespoons olive oil

2 preserved or fresh vine leaves ([see recipe introduction](#))

alt and freshly ground black pepper

rusty bread to serve

or the salad

large oranges, peeled and sliced

large tomatoes, sliced

red onion, thinly sliced

tablespoons olive oil

juice of ½ lemon

tablespoon chopped fresh mint, parsley or basil

Brush the lemon and lime slices with olive oil and cook over hot coals for 1–2 minutes on each side until lightly charred.

Place the vine leaves in a large bowl and cover with boiling water. Leave for a couple of minutes, then cool under cold running water.

Lay the vine leaves out flat and place a lemon or lime slice on each leaf. Sit a sardine on top and season generously. Place another citrus slice on each sardine, then drizzle over a touch of olive oil.

Wrap the leaves around the fish to make parcels and secure each with a short, soaked bamboo skewer or cocktail stick. Cook over hot coals for 3–4 minutes on each side until cooked through.

Meanwhile, arrange the oranges, tomatoes and red onion on 4 large serving plates.

Whisk together the olive oil, lemon juice, herbs and a little seasoning.

Arrange the sardines on top of the salad bed and spoon over the dressing. Serve with crusty bread for mopping up all the lovely juices.



Sardines with Minted Tomato and Orange Salad

VEGETARIAN

Jammin' Baked Pumpkin with Vegetable and Coconut Curry

I made this on the street in Port Antonio, Jamaica. The band was playing, I started swaying and the barbecue was glowing white. There they would probably use things such as green mangoes and papaya, aubergines, christophenes, taro, yams and plantains in the curry – so if you have an Afro-Caribbean grocer nearby, simply substitute the vegetables below with whichever ones take your fancy. It is quite mild but you can adjust the amount of red chilli to suit your taste if you wish. P.S. Don't forget the music.

erves 4

small pumpkin or acorn squash, weighing about 2 kg (4½ lb)
tablespoons vegetable oil
large onion, chopped
garlic cloves, crushed
.5 cm (1 in) fresh root ginger, peeled and finely grated
red chillies, seeded and finely chopped
tablespoons medium curry powder
whole cloves
fresh bay leaves
50 g (1 lb) sweet potato, peeled and cut into 2.5 cm (1 in) chunks
large red pepper, seeded and cut into 2.5 cm (1 in) chunks
small aubergine, cut into 2.5 cm (1 in) chunks
50 ml (15 fl oz) vegetable stock
97 g can black-eyed peas, red kidney beans or pigeon peas (gungo peas), drained and rinsed
00 g can coconut milk
0 g (2 oz) callaloo or fresh spinach, washed and large stalks removed
alt and freshly ground black pepper

Trim the stalk from the pumpkin so that it can stand upright. Then take a 5 cm (2 in) slice off the top and scoop out the seeds and the fibrous part with a spoon and discard.

Season the inside of the pumpkin really well and then replace the lid and wrap in 2 large, oiled sheets of extra-thick foil.

Nestle it into the embers of a medium-hot barbecue and cook for 45 minutes to 1 hour, turning it frequently. After 30 minutes go easy as you turn it, as it will have become tender and you don't want it to break. The skin will be quite dark at the end of cooking, but don't worry, this is how it should be.

Meanwhile for the curry, heat the oil in a large saucepan. Add the onion and fry for 5 minutes until soft.

Add the garlic, ginger and chillies and fry for 1 minute. Add the curry powder, cloves and bay leaves and fry for a further minute.

Add the sweet potato, red pepper and aubergine, stir in the stock and bring everything up to a gentle simmer. Cover and cook gently for 15 minutes.

Add the black-eyed peas and the coconut milk and simmer for another 5–10 minutes until everything is tender.

Stir in the callaloo or spinach and cook for 1–2 minutes until it has wilted down into the sauce. Season well with some salt and pepper.

Remove the pumpkin from the fire and carefully unwrap it. Lift off the lid, spoon in the curry and replace the lid if you wish. Serve straight away with any leftover curry and plenty of cooked rice or warmed roti-style bread. Keep that music playing.

Fire-roasted Mediterranean Vegetables

These can be served as they are, warm straight from the barbecue, allowed to go cold and then lightly drizzled with a little lemon juice or balsamic vinegar for a salad, or turned into the most delicious picnic-style loaf (see following recipe) for later on or the following day. Stunningly colourful, delightfully delicious.

Serves 4–6

red peppers
yellow peppers
medium aubergine, topped and tailed
small courgettes, topped and tailed
red onions, sliced into thick rounds

or the marinade

garlic cloves, crushed
tablespoon chopped fresh basil
tablespoon chopped flatleaf parsley
50 ml (8 fl oz) olive oil
alt and freshly ground black pepper

Mix the ingredients for the marinade together in a large shallow dish.

Cut the peppers into quarters and remove the seeds. Cut the aubergine into 1 cm ($\frac{1}{2}$ in) thick rounds and cut the courgettes lengthways into slices.

Add the peppers, courgettes and onions to the dish, turn until well coated in the marinade and set aside for 1 hour if you wish.

At the last minute, toss the aubergines with the rest of the vegetables so that they don't absorb too much of the oil. Lift them on to the barbecue and cook over medium-hot coals for about 6–8 minutes, turning now and then and basting with any leftover marinade, until they are soft and richly coloured. Remove to a dish and sprinkle with a little more seasoning if you wish.

Fire-roasted Vegetable Loaf

Begin preparations for this the day before your barbecue. You can add almost any flavours to this kind of loaf. Red or green pesto, spinach, watercress and different cheeses would all work well together with the grilled vegetables.

quantity roasted vegetables (see previous recipe)
rustic round loaf measuring about 25 cm (10 in) across
–4 tablespoons tapenade (black olive paste)
0 g (2 oz) rocket leaves
25 g (8 oz) Mozzarella, very thinly sliced
small bunch of fresh basil, finely shredded
alt and freshly ground black pepper

Cut a 1 cm ($\frac{1}{2}$ in) slice off the top of the loaf. Hollow out the bread with your fingers to leave a case with walls about 1 cm ($\frac{1}{2}$ in) thick.

Brush the inside of the case with a little of the leftover marinade and then spread lightly with some of the tapenade. Line the inside of the loaf with the rocket leaves.

As soon as the vegetables are cooked, remove them from the grill and layer them up inside the loaf, sprinkling each layer with a little shredded basil and seasoning – first the aubergine, then the sliced Mozzarella, the red peppers, yellow peppers, onions and courgettes and then finely spread over the remaining tapenade. The warmth of the vegetables will slightly melt the cheese and wilt the rocket.

Replace the top of the loaf and wrap the whole thing in a sheet of greaseproof paper and then a large sheet of clingfilm.

Put the loaf between 2 wooden boards and weight down – lots of unopened cans will do the trick – and leave somewhere cool overnight.

Unwrap the loaf and simply cut it into thick wedges to serve.

Marinated Goats' Cheese in Vine Leaf Parcels

This dish needs to be made with those small, individual goats' cheeses with a rind. Crotin de Chavignol is a name to look out for.

The vine leaves provide a protective coating, hold in all the marinade flavours and impart a lemony flavour to the cooked cheese. If you are lucky enough to be able to get hold of fresh vine leaves then great, but otherwise use vine leaves that have been vacuum-packed in brine, which are available from most delicatessens and larger supermarkets.

This dish is quite rich (the quantities below will make two small parcels per person) but do double the quantities if you don't think there's going to be enough for a main course.

erves 4

large or 16 smaller vine leaves
x 100 g (4 oz) individual goats' cheeses
tablespoons olive oil
red finger chillies, seeded and finely chopped
teaspoons chopped fresh oregano
2 fresh basil leaves, finely shredded
garlic clove, finely chopped
½ teaspoon black peppercorns, coarsely crushed
coarse sea salt
small fresh bay leaves
ruschetta-style Bread [here](#) to serve

cocktail sticks soaked in cold water for 30 minutes

If you are using fresh vine leaves, remove the tough part of the stem, drop them into a pan of lightly salted water and cook for about 4 minutes. Drain and refresh under cold water. If you are using preserved vine leaves, soak them in hot water, rinse in cold water and drain.

Cut the goats' cheeses in half horizontally into 2 smaller discs.

Mix the olive oil with the chopped chilli, oregano, basil, garlic, crushed pepper and a little salt.

Place a vine leaf on a plate (overlap 2 if they're quite small) and put a bay leaf and a little of the marinade into the centre.

Place a disc of goats' cheese on top, rind-side down, and then spoon over a bit more of the marinade, making sure that lots of the bits are covering the cut face of the cheese. Fold over the sides of the leaves and secure in place with one or more cocktail sticks. Repeat 3 more times.

Place the parcels in a shallow dish, pour over any oil left on the plate and set aside for 1 hour.

Brush the outside of the vine leaf parcels with a little more olive oil if necessary and barbecue over medium-hot coals for about 2½ minutes on each side.

Lift the parcels on to plates, remove the cocktail sticks and fold back the leaves. Serve with the Bruschetta-style Bread [here](#).



Marinated Goats' Cheese in Vine Leaf Parcels

Aubergine Fold and Feta Rolls

These can either be served as a wonderful vegetarian main course or as an exciting side dish with any barbecued meats. The creamy, salty texture of the feta combined with the aubergine, sundried tomatoes, basil and a hint of garlic oil gets me salivating.

erves 4

large aubergine, about 500 g (1lb 2oz)

20 ml (4 fl oz) extra virgin olive oil

garlic cloves, crushed

inely grated zest of 1 lemon

small beef tomato

75 g (10 oz) Greek feta cheese

large fresh basil leaves

sundried tomatoes in olive oil, drained and finely sliced

alt and freshly ground black pepper

fine metal trussing skewers or cocktail sticks soaked in cold water for 30 minutes

Trim off the stalk end of the aubergine and then cut lengthways into 8 x 5 mm (¼ in) thick slices discarding the ends.

Arrange the slices in a single layer on a large baking tray, sprinkle lightly with some fine salt and set aside for 30 minutes to 1 hour – this will make them easier to roll later on as well as draw out some of the water.

Rinse the aubergines in cold water and then pat them really dry with kitchen paper.

Mix the olive oil with the garlic, lemon zest and some seasoning. Brush over both sides of each aubergine slice and then season with plenty of pepper. Place on the barbecue over medium-hot coals and barbecue for 2–3 minutes on each side until lightly charred. Set aside and leave to cool a little. Cut the tomato into 4 thick slices, discarding the ends, and then cut each slice in half again to make 8 slices.

Cut the feta cheese into 8 slices. Place the aubergine slices on the work surface and place a piece of tomato in the middle of each slice. Arrange a slice of feta on top, then roughly tear the basil and scatter on top. Sprinkle over the sundried tomatoes and season with plenty of freshly ground black pepper. Flip over both ends to enclose the filling and secure with a cocktail stick.

Brush the outside of the rolls with the rest of the garlic and lemon oil and barbecue over medium-hot coals for 1–2 minutes on each side or until they are heated through and slightly golden. Serve at once.

Korma Courgette and Chickpea Burgers

There's no reason why vegetarians should miss out on all the best barbecue-style dishes. These burgers are so good I bet even the meat-eaters will be envious! 'Who's gonna eat all the beefburgers then?'

erves 4

onion, finely chopped
5 g (1 oz) butter
garlic clove, crushed
medium-sized courgettes, finely diced
25 g (8 oz) carrots, coarsely grated
97 g can chickpeas, drained and rinsed
5 g (3 oz) fresh wholemeal breadcrumbs
teaspoons mild or Korma curry paste
tablespoons crunchy peanut butter
medium egg yolk
tablespoons chopped fresh parsley
alt and freshly ground black pepper

o serve

wholemeal or ciabatta bread rolls, halved
tablespoons mayonnaise
tablespoons chopped fresh coriander
few crisp green salad leaves
tomatoes, thinly sliced

Fry the onion in the butter for 5 minutes until soft and lightly browned. Add the garlic, courgettes and carrots and fry for 5 minutes over a high heat until soft. Leave to cool.

Blend the chickpeas in a food processor until smooth. Scrape them into a bowl and mix in the cooked vegetables and the remaining ingredients.

Shape the mixture into 4 x 10 cm (4 in) flat discs, either by hand or by pressing the mixture into a metal pastry cutter. Cover and chill for at least 2 hours or until required.

Brush the outside of each burger with a little oil and barbecue over medium-hot coals for 6–7 minutes on each side.

Lightly toast the bread rolls, cut-side down, on the barbecue for a couple of minutes. Mix the mayonnaise with the coriander and spread a little over the bottom half of each bun. Cover with the salad leaves, sit a burger on top and finish with a few slices of tomato and the rest of the mayonnaise.

Marinated Halloumi Cheese with Tang! Tang! Dressing

Halloumi is a waxy Cypriot cheese that will not melt during cooking, which makes it perfect for slapping on the barbecue. It lacks flavour so it needs to be marinated first and then served with a fresh tangy dressing and lots of crunchy bread to mop up all the juices. 750 g (1½ lb) of cheese might seem like a lot but it is quite a dense, heavy cheese and it will give everyone three thin slices, which is just about right for a main course.

Serves 4 as a main course or 8 as a starter

500 g (1½ lb) Halloumi, cut into 12 x 1 cm (½ in) thick slices

4 tablespoons olive oil

1 teaspoon balsamic vinegar

4 tablespoons lemon juice

1 tablespoon chopped fresh thyme

salt and freshly ground black pepper

For the Tang! Tang! dressing

4 tablespoons extra virgin olive oil

1 plum tomato, skinned, seeded and diced

2 spring onions, trimmed and thinly sliced

½ small red onion, very finely chopped

4 tablespoons chopped fresh flatleaf parsley

½ tablespoon balsamic vinegar

½ teaspoon crushed black peppercorns

20 g (2 oz) Calamata or other black olives to garnish

For the marinade, mix the oil, vinegar, lemon juice, thyme and some salt and pepper together in a large shallow dish. Add the slices of cheese, turn once or twice in the mixture and leave to marinate at room temperature for 1 hour.

Just before you are ready to cook the cheese, mix together all the ingredients for the dressing.

Lift the slices of cheese out of the marinade and barbecue in batches over medium-hot coals for 3 minutes or until they are golden, flipping them over with a fish slice halfway through. Stir any leftover marinade into the dressing.

Place 3 slices of cheese on to each plate, spoon over the dressing and garnish with a few black olives. Serve with plenty of crusty fresh bread.



Marinated Halloumi Cheese with Tang! Tang! Dressing

Spinach and Blue Cheese Mushroom Cups

Mushrooms release quite a lot of liquid when you cook them on a barbecue so the trick is to start them off gill-side down until they are almost tender. Then just flip them over and cover with a cooked topping that just needs to be heated through.

erves 4

50 g (1 lb) fresh leaf spinach
tablespoons olive oil
garlic clove, crushed
tablespoon freshly squeezed lemon juice
evenly-sized large field mushrooms, wiped
tomatoes, thinly sliced
00 g (4 oz) Roquefort or Danish Blue, sliced
alt and freshly ground black pepper

Remove any large stalks from the spinach and wash it really well in plenty of cold water. Shake off the excess water (or give it a whizz in a salad spinner if you have one).

Heat 1 tablespoon of the olive oil in a large pan. Add the garlic and fry for a few seconds without letting it brown.

Add the spinach and stir-fry it over a high heat until it just wilts into the bottom of the pan. Add the lemon juice and some seasoning and toss together well.

Tip the spinach into a colander and press out the excess liquid. Transfer it to a board and roughly chop.

Remove the stalks from the mushrooms, brush both sides with a little olive oil and season well with some salt and pepper.

Barbecue the mushrooms gill-side down over medium-hot coals for 4 minutes. Slide to the front edge of the barbecue, flip them over and quickly top with the spinach, sliced tomatoes and blue cheese. Cook for another 4–5 minutes until the spinach is hot and the cheese has just started to melt. Eat straight away.

Mexican Cheese Quesadillas

Who wants meat when you can have something that tastes this good?! 'Roll-up, roll-up, roll-up for a Que-sa-dillas', that's what you gonna do.

erves 4

25 g (8 oz) Cheddar, coarsely grated
–4 green chillies, seeded and finely chopped
tomatoes, skinned, seeded and diced
spring onions, trimmed and sliced
0 g (2 oz) pinenuts, toasted
tablespoons chopped fresh coriander
2 x 20 cm (8 in) soft flour tortillas

Mix the Cheddar with the chillies, diced tomatoes, spring onions, pinenuts and coriander.

Spoon some of the mixture in a line along one side of each tortilla and carefully roll them up.

Lay 3 rolls, side by side, in the centre of 4 large squares of extra-thick foil. Bring the sides together over the top and fold and pinch the edges together to make well-sealed parcels.

Rest the packets to the side of a medium-hot barbecue and cook for 10 minutes, turning frequently, until they have heated through and the cheese has melted. Unwrap and eat straight away.

Chargrilled Asparagus and Spring Onion Bruschetta with Parmesan Flakes

The flavour of both these long slender vegetables is amazingly enhanced when cooked on a barbecue and they are beautifully complemented by the saltiness of the cheese. These would also make a nice starter for a special three-course barbecue 'meal'.

Serves 4

50 g (1 lb) asparagus
bunches (about 16) spring onions
juice of ½ lemon
2 tablespoons olive oil
4 garlic cloves, chopped
20 g (2 oz) Parmesan
1 loaf of ciabatta
1 garlic clove, peeled but left whole
salt and freshly ground black pepper

Trim the asparagus and spring onions and place in a shallow dish with the lemon juice, olive oil, chopped garlic and some seasoning. Leave them to marinate for 15 minutes. Peel thin shavings off the piece of Parmesan with a sharp potato peeler and set aside on a plate ready for sprinkling later.

Cut the ciabatta in half lengthways like you would a bread roll and then across into 4. Lightly toast the pieces over the barbecue or under the grill for a couple of minutes until golden. Remove, rub the cut side of each slice with the whole garlic clove and set aside on 4 plates.

Lift the asparagus out of the marinade and barbecue over medium-hot coals for about 2–3 minutes, turning now and then. Now add the spring onions to the rack and continue to cook both vegetables for a further 3–4 minutes, until they are tender and lightly browned on all sides.

Divide the spring onions and asparagus between the prepared bruschetta, spoon over a little more of the garlic and lemon oil and season with a little salt and pepper. Sprinkle the tops with the Parmesan shavings and eat straight away while the vegetables are still warm.



Chargrilled Asparagus and Spring Onion Bruschetta
with Parmesan Flakes

Whole Grilled Aubergines with Tricolour Stuffing

Aubergines are probably one of the most versatile and successful vegetables that you can cook on the barbecue. Here, whole ones have been partly cooked and then stuffed with a rich tomato and herb sauce. You could finish them off with some grated cheese at the end if you wish.

Serves 4

x 225 g (8 oz) long, slim aubergines
tablespoons olive oil
onions, finely chopped
garlic cloves, crushed
plum tomatoes or 397 g (14 oz) can premium plum tomatoes, roughly chopped
tablespoons tomato purée
tablespoons chopped fresh flatleaf parsley
juice of ½ lemon
salt and freshly ground black pepper
Garlic Pitta Fingers [here](#) to serve

Rub a little oil over the outside of the aubergines and pierce near the stem ends with a fork so that they don't pop off during cooking. Barbecue over medium-hot coals for 10–12 minutes, turning them now and then, until lightly browned. Remove and leave to cool slightly.

Meanwhile heat the rest of the oil (there should be about 3 tablespoons) in a frying pan. Add the onion and garlic and fry gently for 6–7 minutes until soft but not browned.

Add the tomatoes and the tomato purée, increase the heat and simmer quite vigorously for 4–5 minutes until reduced to a thick sauce. Stir in the parsley and lemon juice and season well with salt and pepper.

Make a deep slit lengthways into each aubergine and open them up into a pocket. Spoon in the tomato sauce, place each one into the centre of a 46 cm (18 in) square of extra-thick foil and pinch the edges together to make a well-sealed parcel.

Return the parcels to the barbecue and cook for a further 14–16 minutes until tender. Unwrap and serve with the Garlic Pitta Fingers [here](#).

VARIATION

If you wish, 5 minutes before the aubergines are ready, open up the foil parcels and fold back the foil slightly. Sprinkle the tomato stuffing with a little crumbled cheese (soft yoghurt cheese, feta, Kefalotyri, Halloumi or Cheddar) and finish cooking until the cheese has melted. Naughty ... but very nice.

Speedy Cornzales Cheesy Parcels

I made these delicious parcels in the main square, the Zócalo, in Oaxaca surrounded by locals and the local police! There was the small problem of needing a filming permit, which had been sent to the wrong address. So yours truly was incredibly speedy before we cheesed off the Bill!

For this recipe I use dried corn husks and canned sweetcorn, but you can always buy whole corn on the cob, save the husks and cook the corn yourself.

erves 4

dried corn husks
400g can cannellini beans, rinsed and drained
400 g (7 oz) sweetcorn
4 tablespoons mayonnaise
bunch of salad onions, finely chopped
4 garlic cloves, finely chopped
4 tablespoons chopped fresh parsley
salt and freshly ground black pepper
few drops of Tabasco
50 g (5 oz) Cheddar, grated, or mozzarella, roughly diced
sauce to serve

Soak the corn husks in hot water for 15 minutes until soft and pliable. Meanwhile, mash the cannellini beans and mix with the sweetcorn, mayonnaise, salad onions, garlic and parsley. Add salt, pepper and Tabasco to taste.

Open out 4 of the husks and divide half of the bean mixture between them. Scatter over the cheese, then top with the remaining bean mixture. Fold the edges in to enclose the filling and form a neat, square parcel. Tear the remaining husk into strips 5 mm ($\frac{1}{4}$ in) wide and tie these around the centre of each parcel to hold it securely.

Barbecue over medium coals or under a preheated grill for 5–7 minutes on each side until the parcels are warmed through and the husks well browned. Serve with lots of crunchy green salad.

Oozing Oriental Stuffed Aubergine Slices

It looks good, it tastes great and it's ideal for that special barbecue date. Get all Oriental – get stuffing.

erves 4

large aubergines
unflower oil for brushing
alt and freshly ground black pepper
0 g (2 oz) glass noodles, or other thin rice noodles
large carrot, cut into matchsticks
0 g (2 oz) bean sprouts
cm ($\frac{3}{4}$ in) piece root ginger, finely chopped
handful of fresh coriander leaves
tablespoon toasted sesame seeds
tablespoon hoisin sauce
tablespoon soy sauce

o serve

oiled rice
oy sauce

Diagonally cut the aubergine into 16 oval slices, 1 cm ($\frac{1}{2}$ in) large.

Brush the aubergine slices with oil on one side only, season and place on the barbecue rack for 4–5 minutes over medium-hot coals until golden brown.

Meanwhile, place the noodles in a bowl and cover with boiling water. Set aside for 2–3 minutes, or according to packet instructions, then drain.

Mix together the carrot, bean sprouts, ginger, coriander leaves, sesame seeds, hoisin sauce, soy sauce and drained noodles.

Place 8 slices of the aubergine, cooked side uppermost, on a flat surface and spoon the noodle mixture into the centre of each. Top with the remaining aubergine slices, ensuring that the uncooked surface is on the outside.

Using soaked 12 cm ($4\frac{3}{4}$ in) bamboo skewers pin each aubergine sandwich closed along the long edges, to enclose the filling. Brush with a little more oil and cook for 2–3 minutes on each side until the aubergine is cooked and golden.



Oozing Oriental Stuffed Aubergine Slices

SIDE DISHES

Barbecue Vegetables

- Oriental Mixed Vegetable Parcels
- Char-Roasted New Potato Skewers
- Salt 'n' Pepper Fire-baked Tatties
- Sweet Grilled Onions with Balsamic Splash
- Husky Jacket Corn on the Cob with Chilli and Spring Onion Dressing
- Chunky Caramelized Shallot Chutney
- Cumin-Crusted Butternut Squash
- Sweet and Sour Minted Aubergines
- Spicy Lime-Charred Corn on the Cob
- Best Barbecue Boulangère Potatoes
- Chargrilled Sweet Potatoes, Pumpkin and Parsnips
- Marvellous Mediterranean Fire Tomatoes
- Rosemaried Sweet Potato Parcels

Salads & Accompaniments

- Nice Rice Noodle Doodle Salad
- Tangier Mint Tabbouleh
- Caribbean Mixed Bean and Cashew Nut Salad
- Ainsley's Ultimate Creole Cabbage Salad
- Puy Lentil, Red Onion and Sundried Tomato Salad
- Creamy Crisp Green Salad with Guacamole Dressing
- New Potato Salad with Gherkins, Chives and Soured Cream
- Fire-Roasted Red Pepper and Nectarine Salad
- Spicy Casablanca Couscous
- Peppy's Jamaican Rice and Peas
- Minted Cucumber and Cherry Tom Tom Salad
- Cool Carrot, Cumin and Lemon Salad
- Stir-Fried Udon Noodles
- Crazy Crunchy Crispy Coleslaw
- Syd's Chicory, Blue Cheese and Walnut Salad

Barbecue Breads

- The Best Traditional Garlic Butter Bread
- Garlic Pitta Fingers
- Bruschetta-Style Bread
- Damper Beer Bread
- Slap Hand Brazilian Cheese Buns

BARBECUE VEGETABLES

Oriental Mixed Vegetable Parcels

Pop these little packets to the side of the rack and serve them with anything with a faintly Oriental flavour. You could also serve them with some steamed rice for a light vegetarian main course.

erves 4

50 g (1 lb) mixed mushrooms such as shiitake, chestnut, oyster and small field mushrooms
spring onions, trimmed
00 g (4 oz) fresh beansprouts
tablespoons light soy sauce
tablespoons dry sherry
tablespoons sunflower oil
teaspoon clear honey
cm (2 in) fresh root ginger, peeled and finely chopped
garlic cloves, finely chopped
green cardamom pods, cracked

Wipe the mushrooms and thickly slice. Cut each spring onion into 2.5 cm (1 in) lengths.

Pile the mushrooms, spring onions and beansprouts into the centre of four 30 cm (12 in) squares of extra-thick foil and then bring the sides of the foil up around the sides of the vegetables.

Mix the soy sauce with the rest of the ingredients. Divide the mixture equally between the parcels and then pleat the edges of the foil together to seal.

Cook the parcels to the side of the barbecue over medium-hot coals for 8 minutes until the vegetables are tender. These would go wonderfully with the Chinese Lattice Pork [here](#).

Char-roasted New Potato Skewers

Everyone knows that you can finish off baked potatoes on a barbecue, but you can also do new potatoes too, simply threaded on to skewers first. They become nicely roasted on the outside and make a great side dish to any barbecued meats or fish such as Sally's Salmon Steaks [here](#).

Serves 4

50 g (1½ lb) new potatoes, scrubbed
tablespoons olive oil
coarse sea salt and freshly ground black pepper

x 15 cm (6 in) bamboo skewers soaked in cold water for 30 minutes

Cook the potatoes in boiling salted water for about 12–15 minutes or until almost tender.

Drain them well and then tip them back into the pan and add the oil, salt and black pepper. Toss together well.

Thread 4 potatoes on to each skewer and barbecue over medium-hot coals for 7–8 minutes, turning regularly, until golden.

VARIATION

Stretch 16 rashers of rindless streaky bacon with the back of a knife and then cut each one in half. Wrap a piece of bacon around each potato, thread on to skewers and cook as above.

Salt 'n' Pepper Fire-baked Tatties

Whole potatoes are really almost impossible to cook fully on a barbecue, firstly because the skins tend to get too black before the insides are done, and secondly they would need about 1½ hours and most charcoal barbecues don't stay hot for that long. I always start mine off in the oven and then nestle them in amongst the coals to crisp up and finish cooking. Alternatively, cook them in the microwave for about 8–10 minutes before finishing on the coals.

erves 4

x 275 g (10 oz) baking potatoes or sweet potatoes

tablespoons olive oil

teaspoon coarse sea salt

teaspoon freshly ground black pepper

Scrub the potatoes if necessary, dry well and bake in the oven at 200°C/400°F/Gas mark 6 for about 40 minutes until almost tender.

Rub the outside of the potatoes with plenty of olive oil, sprinkle on all sides with plenty of salt and pepper – about ¼ teaspoon of each – and then wrap each one tightly in a triple-thickness square of extra-thick foil.

Push the potatoes in amongst the coals of a medium-hot barbecue and cook for another 30–40 minutes, turning frequently so that they cook evenly and don't burn, until they are cooked all the way through and the skins are crispy.

Unwrap the potatoes, cut them open and serve with plenty of butter, one of the savoury butters [here](#), soured cream and chives, some grated cheese or spicy baked beans.

Sweet Grilled Onions with Balsamic Splash

Onions are a bit tricky to cook on a barbecue because they are quite dense, and they tend to brown too much before they are really tender. I've found that the trick is to cook them partly first and here I've simmered them in a little sugar syrup to enhance their sweetness and help them to caramelize even more. The mild acidity of the balsamic vinegar helps to cut through the sweetness and the combination of the two flavours is heaven.

erves 4

large onions, unpeeled

tablespoons granulated sugar

20 ml (4 fl oz) water

salt and freshly ground black pepper

few dashes of balsamic vinegar and olive oil to serve

x 18–25 cm (6–8 in) flat metal skewers (they need to fit into your largest frying pan or shallow casserole dish)

Quarter the onions leaving the root end intact and then pull off the layers of skin. The wedges will stay together in one piece.

Put the sugar and water into a large, deep frying pan or shallow casserole dish and leave it over a low heat until the sugar has dissolved. Bring the mixture to the boil and boil for 2 minutes.

Meanwhile thread a skewer diagonally from the root end of each onion wedge up through the onion to the point. This will help to keep them in shape during cooking.

Lower the onion skewers into the sugar syrup, cover and simmer for 7–8 minutes until softened. Carefully lift out on to a plate and set aside until you are ready to finish them on the barbecue.

Barbecue the onions over medium-hot coals for 5 minutes, turning and brushing them with the leftover sugar syrup, until they are richly browned.

Transfer them to a serving plate and pull out the skewers. Sprinkle with a little salt and pepper, add a splash of balsamic vinegar and a little olive oil and serve hot.

Husky Jacket Corn on the Cob with Chilli and Spring Onion Dressing

Sweetcorn cooked on a barbecue in their husks become really tender because they almost steam in their own juices. The trick is to soak them in cold water for at least 1 hour beforehand so that the husks don't catch fire during cooking. They're flaming lovely!

erves 4–6

–6 ears of sweetcorn in their husks

75 g (6 oz) butter

teaspoons chilli oil (or more if you dare)

green chillies, seeded and very finely chopped

spring onions, trimmed and thinly sliced

teaspoons lemon or lime juice

alt and freshly ground black pepper

Soak the sweetcorn in cold water for at least 1 hour.

Remove the corn from the water, drain away the excess and barbecue them over medium-hot coals for 30 minutes, turning them every now and then.

Meanwhile, put the butter into a pan and leave over a low heat until melted. Spoon any scum off the surface and then pour the clear butter into a bowl, leaving behind the milky white liquid.

Just before the sweetcorn is ready, heat the chilli oil in a small clean pan, add the green chillies and fry for 1 minute. Remove from the heat and add the clarified butter, spring onions, lemon juice and plenty of seasoning.

Pull away the browned husks from the outside of the corn, transfer the ears on to plates and spoon over the warm dressing. Eat with plenty of crusty bread to mop up all the juices.



Husky Jacket Corn on the Cob with Chilli and Spring Onion Dressing

Chunky Caramelized Shallot Chutney

Cooked like this, in one large foil parcel, these shallots almost turn into a sweet onion-style chutney. Cut a deep cross in the top of them if they're quite large to help them cook through more quickly and soak up all those lovely flavours.

erves 4

50 g (1 lb) shallots

fresh bay leaves

tablespoons demerara sugar

5 g (1 oz) butter

alt and freshly ground black pepper

Peel the shallots and pile them with the bay leaves into the centre of one large square of extra-thick foil. Pleat the edges together over the top and then fold up the sides to make a well-sealed parcel.

Place the parcel to the side of a medium-hot barbecue and cook for 30 minutes until the shallots are soft.

Carefully open up the parcel and sprinkle them with the brown sugar. Stir them around a little, dot here and there with the butter, season with salt and pepper and reseal them.

Return the parcel to the barbecue for another 10 minutes during which time the sugar and the butter will caramelize them to a rich golden brown.

Serve them while they are still hot with any barbecued meats.

Cumin-crusted Butternut Squash

In the townships of Cape Town, South Africa, it seems that everyone goes to the butcher, buys their meat, then steps out the back and cooks it free of charge on the butchers glowing barbecue in a warm, friendly, taverna-style manner. You might say it's a 'buy and braai' shop (braai means barbecue in South Africa). I wanted to give them a veggie alternative and the wonderful aroma emanating from the coals got them all buzzing, especially when they tasted them.

erves 4

large or 2 small butternut squash

garlic cloves, crushed

teaspoons ground cumin

–3 tablespoons olive oil

$\frac{1}{2}$ lemon

alt and freshly ground black pepper

Cut the butternut squash in half and scoop out all the fibres and seeds. Cut each half into 3 wedges and make shallow criss-cross cuts into the flesh of each piece with a small, sharp knife.

Put the crushed garlic, cumin, olive oil, a good squeeze of lemon juice and some salt and pepper into a bowl and mix together well.

Rub the mixture over the fleshy side of each wedge of squash and cook over medium-hot coals for 2–3 minutes on each side, until lightly browned.

Now flip the pieces over on to their backs and cook skin-side down for a further 6–8 minutes, basting every now and then with any leftover cumin mixture, until the flesh is tender when you pierce it with a skewer. Serve at once.

Sweet and Sour Minted Aubergines

This dish would go really well with some plainly barbecued chicken or lamb so that the fresh minty flavour of the sauce doesn't get too lost. It can be made with long slender aubergines, cut diagonally across into oval-shaped slices or those baby, egg-shaped ones, which will just need to be split in half lengthways.

Serves 4

50 g (1 lb) aubergines, topped and tailed
garlic cloves, very finely chopped
tablespoons olive oil
75 ml (6 fl oz) white wine vinegar
tablespoons caster sugar
alt and freshly ground black pepper
tablespoons chopped fresh mint

Gently fry the garlic in 1 tablespoon of the olive oil for 1–2 minutes to cook out the raw garlic flavour, but do not let it brown.

Add the vinegar and sugar to the pan and cook over a low heat until the sugar has completely dissolved.

Bring the syrup to the boil and boil for 7–8 minutes until it has reduced by half. Set to one side.

Cut the aubergines into 1 cm (½ in) thick slices if large and in half lengthways if small. Brush both sides generously with the remaining olive oil, season well with salt and pepper and barbecue over medium-hot coals for about 5 minutes on each side until browned and tender.

Transfer the aubergines to a shallow serving dish. Stir the mint into the sauce, spoon over the aubergines and serve glowingly hot or chillingly cold. Either way, they're delicious.



Sweet and Sour Minted Aubergines

Spicy Lime-charred Corn on the Cob

There really is nothing like freshly barbecued corn on the cob. Some people like to peel off the husks, but I think they act as natural protection and prevent the kernels from becoming dry and hard.

Serves 4

corn cobs

limes, each cut into 4 wedges

teaspoon salt

$\frac{1}{4}$ teaspoon cayenne pepper

Pull the husks back from the corn, then remove and discard the silks. Rub each corn cob with a wedge of lime, then fold back the husks to cover the kernels.

Cook over medium coals for about 10 minutes, turning frequently, until the corn is dark golden and the kernels tender.

Mix together the salt and cayenne pepper.

Pull the husks back away from the corn and sprinkle over the salt mixture. Serve with a wedge of lime for extra rubbing.

Best Barbecue Boulangère Potatoes

If you can make these in the oven I thought, then there's no reason why you can't do them on the barbecue – and I was right. They make a great potato side dish to any cooked meat, but lamb is extra good.

erves 4

50 g (1½ lb) floury potatoes such as King Edwards, peeled

medium onion, halved and sliced

garlic cloves, finely chopped

00 ml (10 fl oz) chicken or vegetable stock

teaspoons fresh thyme leaves

0 g (1½ oz) butter

alt and freshly ground black pepper

Slice the potatoes thinly and pile them into the centre of 4 x 30 cm (12 in) squares of foil. Bring the foil up around the side of the potatoes and divide the onion, garlic, chicken stock and thyme between each one.

Season the potatoes with salt and pepper, dot here and there with the butter and scrunch the edges of the foil together well to seal.

Place the parcels to the side of the barbecue and cook for 15–20 minutes, moving them around now and then to make sure they cook evenly. At the end of the cooking time the potatoes will have absorbed all the stock and butter and become tender.

Chargrilled Sweet Potatoes, Pumpkin and Parsnips

All these vegetables have a naturally high sugar content so they cook beautifully over the barbecue, where the sugar naturally caramelizes and browns. I have served them with a chilli and lime butter but you could also turn them into a wonderful main meal salad by adding some cooked chicken and blue cheese (see the variation that follows).

Serves 4–6

large sweet potatoes, peeled
50 g (1 lb) pumpkin or squash, peeled and any seeds removed
large parsnips, trimmed
large carrots, trimmed
tablespoons olive oil
coarse sea salt and freshly ground black pepper
or the chilli and lime butter
100 g (4 oz) slightly salted butter, softened
red chillies, seeded and finely chopped
good pinch of cayenne pepper
finely grated zest of 1 lime
2 teaspoons lime juice
tablespoons chopped fresh coriander

Cut the potatoes and pumpkin into 1 cm (½ in) thick slices. Halve the parsnips and carrots lengthways.

Cook all the vegetables separately in boiling salted water for 5–10 minutes until just tender. Drain well and dry on kitchen paper. They can now be set aside at this stage until you are ready to cook if you wish.

For the chilli and lime butter, simply beat all the ingredients together in a bowl until well combined. Spoon on to a sheet of clingfilm or non-stick baking parchment, shape into a thin roll and leave in the fridge or freezer until firm or until required.

Brush the vegetables on both sides with plenty of oil and season well with salt and pepper. Barbecue over medium-hot coals for 4–6 minutes on each side until lightly browned.

Remove the chilli and lime butter from the fridge and cut it into thin slices. Lift the cooked vegetables on to a large serving plate, dot with the butter slices and leave until melted before serving.

VARIATION

Chicken, Blue Cheese and Grilled Vegetable Salad

Serves 6

Cook the vegetables as above and leave to go cold. Then cut them into small chunky pieces.

Mix 4 tablespoons of sunflower oil with 1 teaspoon of finely grated orange zest, 4 tablespoons each of freshly squeezed orange and lemon juice, 1 tablespoon of finely chopped fresh rosemary and some salt and pepper.

Brush a little of the mixture over 4 boned chicken breasts and barbecue over medium-hot coals for 5–6 minutes on each side. Leave to go cold and then cut across into thin slices.

Put the barbecued vegetables and chicken into a large salad bowl and toss in the rest of the orange and rosemary dressing.

Sprinkle the top with 175 g (6 oz) of crumbled Dolcelatte and serve with maybe a crisp watercress and baby spinach leaf salad.

Marvellous Mediterranean Fire Tomatoes

Try to look out for large beefsteak tomatoes with lots of flavour. The 'marmande' variety from Provence, France and Morocco are absolutely superb and you do occasionally see them during the summer months.

erves 6

firm beefsteak tomatoes
tablespoons olive oil
garlic cloves, finely chopped
tablespoon chopped fresh oregano or marjoram
alt and freshly ground black pepper
2 pitted black olives, finely chopped

Cut the tomatoes in half and place rounded-side down in a shallow dish.

Sprinkle each one with some olive oil, garlic, oregano or marjoram, salt and pepper and set aside for 1 hour or until you are ready to finish them on the barbecue.

Sprinkle the tomatoes with the chopped olives, lift them on to the side of the barbecue and cook, rounded-side down only, for about 10–12 minutes until tender.



Marvellous Mediterranean Fire Tomatoes

Rosemaried Sweet Potato Parcels

Rosemary and sweet potato really do complement each other beautifully. Go on, you won't be disappointed.

erves 2

Large knob of butter

Sprigs of rosemary

25 g (15 oz) sweet potatoes

Salt and freshly ground black pepper

Lightly butter four large squares or circles of foil and place a rosemary sprig in the centre of each.

Dice the sweet potatoes and divide between the squares. Season generously, then dot with a little more butter. Fold over the foil to enclose the sweet potatoes, then scrunch the edges together to seal.

Cook on a rack set over medium coals for 20–30 minutes, shaking the parcels occasionally until the sweet potatoes are tender, and a little charred.



Rosemary Sweet Potato Parcels

SALADS & ACCOMPANIMENTS

Nice Rice Noodle Doodle Salad

Rice noodles, or 'stir-fry noodles' as they are sometimes called, cook or rather soak in a matter of minutes. They are very light and easy to eat and would be a great accompaniment to anything with a Far Eastern flavour.

erves 6–8

75 g (6 oz) rice vermicelli noodles

juice of 2 limes

small garlic cloves, very finely chopped

spring onions, trimmed and thinly sliced

red chillies, seeded and very finely chopped

limes

1 tablespoon groundnut or sunflower oil

1 teaspoon sesame oil

2 tablespoons Thai fish sauce

2 tablespoons chopped fresh coriander

Drop the noodles into a large pan of boiling salted water. Take the pan off the heat and leave them to soak for 3 minutes.

Drain the noodles well, tip them into a salad bowl and leave to go cold.

Finely grate the zest from 1 lime and squeeze out the juice from both. Add to the noodles with the rest of the ingredients just before serving and toss together lightly.

Tangier Mint Tabbouleh

This is the classic Middle Eastern salad made with cracked wheat, also known as bulghar or burghul wheat. You'll find it in health food shops or usually alongside the dried pulses and beans in the supermarket. It's so colourful and goes with all types of barbecued food.

Serves 6–8

75 g (6 oz) cracked wheat

$\frac{1}{2}$ cucumber

salad tomatoes, skinned, seeded and diced

small red onion, finely chopped

tablespoons chopped fresh mint

tablespoons chopped fresh parsley

$\frac{1}{2}$ tablespoons Best Ever Mustard French Dressing ([see here](#))

tablespoons extra virgin olive oil

tablespoons freshly squeezed lemon juice

alt and freshly ground black pepper

Put the cracked wheat into a bowl and cover it with lots of boiling water. Leave it to soak for 25 minutes.

Tip the cracked wheat into a sieve and leave it to drain really well. Then spoon it into the centre of a large clean tea towel and squeeze out all the excess moisture. This is really important or you will end up with a very soggy salad.

Cut the cucumber into small dice. Transfer the cracked wheat to a serving bowl and stir in the cucumber, tomatoes, red onion, chopped mint, chopped parsley, French dressing, olive oil, lemon juice and some seasoning. Stir together well and serve.

Caribbean Mixed Bean and Cashew Nut Salad

Beans go down a treat in Jamaica and the other Caribbean islands, so serve this up with some of their other specialities for an authentic West Indian feast.

erves 8

97 g can butter beans

97 g can black-eyed peas or red kidney beans

50 g (12 oz) can sweetcorn kernels

celery sticks, sliced

red pepper, seeded and chopped

spring onions, trimmed and sliced

100 g (4 oz) cashew nuts, roasted

2 tablespoons mayonnaise

2 tablespoons soured cream

1 garlic clove, crushed (optional)

1 tablespoon lemon juice

salt and freshly ground black pepper

Tip the canned beans into a large sieve and rinse off the starchy liquid with cold water. Drain well and then tip them into a large salad bowl.

Drain the sweetcorn and add to the bowl with the celery, red pepper, spring onions, roasted cashew nuts, mayonnaise, soured cream, garlic and lemon juice. Season with a little salt and pepper to taste and serve.

Ainsley's Ultimate Creole Cabbage Salad

For a great alternative to your usual coleslaw this salad really hits the crunch spot, and gives your tastebuds a delightfully creamy, cool, spicy kick.

erves 6–8

75 g (10 oz) white cabbage, cored and very thinly shredded
celery sticks, thinly sliced
green pepper, seeded and very thinly sliced
spring onions, trimmed and thinly sliced
½ tablespoon Dijon mustard
teaspoon creamed horseradish
½ teaspoon Tabasco sauce
tablespoon red wine vinegar
tablespoons olive oil
tablespoons mayonnaise
tablespoons chopped fresh dill
inch of cayenne pepper
alt and freshly ground black pepper

Mix the cabbage, celery, green pepper and spring onions together in a large bowl.

Mix the mustard, creamed horseradish, Tabasco sauce and vinegar in a small bowl and then gradually whisk in the oil. Stir in the mayonnaise and season well with salt and pepper.

Stir the dressing and chopped dill into the vegetables just before serving so that the cabbage stays nice and crunchy.

Puy Lentil, Red Onion and Sundried Tomato Salad

Make this salad a little while before you need it so that all the flavours have time to soak into the lentils. Puy lentils have a greeny, slate-grey colour and definitely the best flavour. If your local supermarket doesn't have any, you should have more luck in a health food shop. Or, if all else fails and you're in a hurry, use tinned green lentils, which require no cooking.

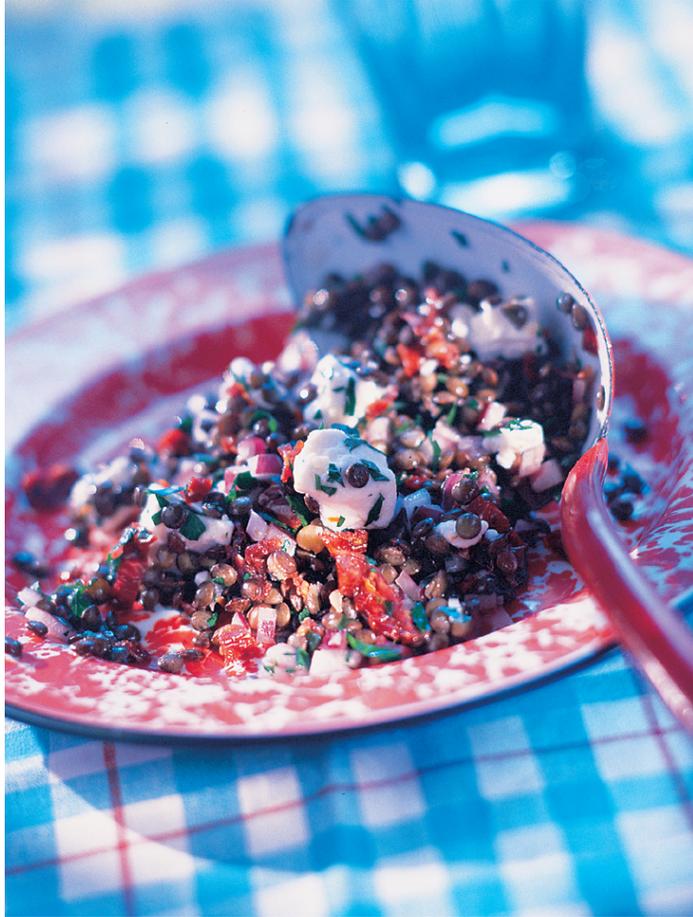
erves 8

25 g (8 oz) Puy lentils, picked over for stones
fresh bay leaf
teaspoon red wine vinegar
garlic cloves, peeled and left whole
inch of caster sugar
large red onion, finely chopped
0 g (2 oz) sundried tomatoes in oil, drained and chopped
–2 tablespoons balsamic vinegar (depending on your taste)
tablespoons extra virgin olive oil
00 g (4 oz) goats' cheese or feta cheese, crumbled
tablespoons chopped fresh flatleaf parsley
alt and freshly ground black pepper

Put the lentils into a pan with the bay leaf, vinegar, 1 whole garlic clove, sugar and a little salt and pepper. Cover with 1.2 litres (2 pints) of cold water, bring to the boil and leave to simmer for about 25 minutes until just tender but still holding their shape.

Drain the lentils well, discarding the bay leaf and whole garlic clove. Tip them into a salad bowl and leave to go cold.

Finely chop the remaining garlic clove and stir it into the lentils with the rest of the ingredients. Season to taste with salt and pepper and chill for 2 hours before serving.



Puy Lentil, Red Onion and Sundried Tomato Salad

Creamy Crisp Green Salad with Guacamole Dressing

This makes a nice change from the usual leafy salads. It is essential that you use very crisp, robust lettuce leaves for this so that they can hold up under the weight of the rich, creamy dressing.

erves 8

Cos, Romaine or Webbs lettuce (or a mixture)
5 g (3 oz) prepared watercress, broken into sprigs
slices medium-sliced white bread
sunflower oil for deep-frying

or the guacamole dressing

ripe avocado
teaspoon Dijon mustard
tablespoons lemon juice
good dash of Tabasco sauce
5 ml (2½ fl oz) sunflower oil
salt and freshly ground black pepper

Break the lettuce into small pieces and toss in a large salad bowl with the watercress sprigs. Set aside in the fridge to chill while you make the croûtons and the dressing.

Heat 2.5 cm (1 in) of oil in a large pan to 190°C (375°F). Remove the crusts from the slices of bread, then cut the slices into 1 cm (½ in) cubes.

Deep-fry the cubes of bread for 1 minute until golden. Lift out with a slotted spoon on to kitchen paper and leave to drain and cool.

For the dressing, halve the avocado, remove the stone and scoop the flesh into a food processor. Add the mustard, lemon juice, Tabasco sauce and some salt and pepper and blend until smooth.

With the motor still running, gradually pour in the oil in a slow, steady stream. It will gradually become thick and creamy.

Just before serving, spoon the dressing over the chilled salad leaves, sprinkle with the croûtons and some seasoning and toss together lightly.

VARIATION

For an alternative Creamy Garlic Dressing, whisk 1 crushed garlic clove, 2 tablespoons of lemon juice, ½ teaspoon of Dijon mustard, 1 medium egg yolk and plenty of salt and pepper together in a small bowl. Gradually whisk in 150 ml (5 fl oz) of olive oil. Toss with the salad leaves and sprinkle with some Parmesan shavings if you wish.

New Potato Salad with Gherkins, Chives and Soured Cream

A barbecue wouldn't be complete without a potato salad, and although there are a hundred and one things you can add to the potatoes, I still like the taste of soured cream and chives the best. It's classically cool ...

erves 8

00 g (2 lb) waxy new potatoes such as Jersey Royals, scrubbed

tablespoons Best Ever Mustard French Dressing ([see here](#))

75 g (6 oz) small pickled cucumbers, sliced

small onion, finely chopped

5 ml (2½ fl oz) soured cream

5 ml (2½ fl oz) mayonnaise

tablespoons snipped fresh chives

alt and freshly ground black pepper

Cook the potatoes in boiling salted water for 15–20 minutes until just tender. Drain them well and then cut in half or into quarters if quite large.

Tip the potatoes into a serving bowl, stir in the mustard French dressing and set aside until cold. Chill in the fridge until just before you are ready to serve.

Add the pickled cucumbers and chopped onion to the potatoes and gently mix together. Mix the soured cream, mayonnaise and chives together, stir into the potatoes and season to taste with plenty of salt and pepper.

Fire-roasted Red Pepper and Nectarine Salad

Another simple salad that has the beautiful taste of chargrilled pepper, combined with nectarines infused with sweet-sharp balsamic vinegar, oil and pepper. There, now isn't that simple!

erves 8

large red peppers

ripe but firm nectarines

teaspoons balsamic vinegar

tablespoons extra virgin olive oil

eshly ground black pepper

Cook the peppers on the barbecue or under the grill for about 20 minutes, turning them regularly, until the skins are completely blackened and blistered.

Drop them into a large plastic bag, seal in some air and leave until cool enough to handle. The captured steam helps to loosen the skins, making them easier to peel.

Cut the peppers in half, remove the skin and seeds and cut the flesh into long thin strips.

Place the peppers into a shallow dish with any juices. Halve the nectarines, remove the stones and thinly slice them into the dish with the peppers. Toss together gently.

Drizzle over the balsamic vinegar, olive oil and season with plenty of black pepper. Serve straight away.

Spicy Casablanca Couscous

'Out of all the places in the world you come to my barbecue.' This can either be served warm as a side dish or cold as a salad. Either way it is a delicious accompaniment to any grilled fish or meats. I'm sure Humphrey Bogart would have agreed.

erves 6–8

2 tablespoons olive oil
1 garlic clove, very finely chopped
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon paprika
50 ml (2 fl oz) chicken or vegetable stock
1 good pinch of saffron strands
1 bunch spring onions, trimmed and thinly sliced
25 g (1 oz) couscous
1 red chilli, seeded and very finely chopped
20 g (0.7 oz) pinenuts, toasted
1 coarsely grated zest and juice of 1 lemon
½ tablespoons chopped fresh coriander
½ tablespoons chopped fresh mint
½ tablespoons chopped fresh parsley

Heat 2 tablespoons of the oil in a large pan. Add the garlic, cumin, coriander and paprika and fry for 1 minute, stirring.

Add the stock and saffron and bring to the boil. Add the spring onions and then pour in the couscous in a steady steam and stir once.

Cover the pan with a tight-fitting lid, remove from the heat and set aside for 5 minutes to allow the grains to swell and absorb all the liquid.

If you are serving this warm, fork in the rest of the oil and the remaining ingredients now. Otherwise, leave the couscous to cool and chill in the fridge for 1 hour before adding all the other ingredients.

Peppy's Jamaican Rice and Peas

This is a very traditional Caribbean side dish and it's also regarded as the Jamaican coat of arms. The peas are either red kidney beans, pigeon peas or black-eyed peas, not the standard green variety. Most are available at the supermarket or in a Caribbean food shop, either dried or in cans. My mum would cook this on most Sundays and all the children would be so impatient that half the pot was eaten before we sat down to eat. It's divinely delicious. Rub a little oil into your hands before chopping chillies – it protects the skin and makes it easy to wash off the heat from the seeds.

erves 8

onion or 3 spring onions, finely chopped
tablespoon sunflower oil
5 g (1 oz) butter
garlic cloves, finely chopped
red finger chilli, seeded and very finely chopped
50 g (1 lb) long grain rice
sprigs of fresh thyme
.5 cm (3 in) cinnamon stick (optional)
97 g (14 oz) can red kidney beans, black-eyed peas or pigeon peas
25 g (5 oz) creamed coconut, coarsely grated
litre (1¾ pints) hot water
alt and freshly ground black pepper

Fry the onion in the oil and butter for 2 minutes then add the garlic and chilli and fry for another 2 minutes over a medium heat.

Stir in the rice, thyme and cinnamon stick until everything is well coated in the oil.

Pour in the kidney beans, add the grated creamed coconut and stir until the coconut has dissolved so it's nice and creamy.

Then stir in the water with ½ teaspoon of salt, bring to the boil, cover and cook over a low heat for 25–30 minutes.

Remove from the heat and set aside, undisturbed, for 5 minutes.

Remove the thyme and cinnamon, season to taste with salt and pepper and serve.



Peppy's Jamaican Rice and Peas

Minted Cucumber and Cherry Tom Tom Salad

This salad just sings out the word 'summer'. Served well chilled, it makes a light, refreshing side dish to any fish and meats.

erves 6–8

cucumbers
50 g (1 lb) cherry tomatoes
tablespoons chopped fresh mint
tablespoons extra virgin olive oil
alt and freshly ground black pepper

Remove the peel of each cucumber in strips so that you give it a stripy look. Cut in half lengthways, scoop out the seeds with a teaspoon (or a melon baller does the job excellently) and slice it diagonally across into half-moon shaped pieces.

Place the cucumber in a colander, sprinkle with 1 teaspoon of salt and mix together well. Leave to drain for 1 hour.

Rinse off the salt under running cold water and dry it well on lots of kitchen paper or clean tea towels.

Halve the tomatoes and put them into a bowl with the cucumber, mint, olive oil and some ground black pepper.

Lightly stir together, cover and chill for 1 hour before serving.

Cool Carrot, Cumin and Lemon Salad

A long list of ingredients is not always needed to make something that tastes absolutely scrumptious. This is a very simple salad which can be put together in not much more than five minutes. It would be great served with any barbecued foods, but will go exceptionally well with anything with a slightly spicy flavour.

Serves 6–8

50 g (1½ lb) carrots

½ teaspoon salt

2 tablespoons sunflower oil

1 tablespoon cumin seeds

1 tablespoon black mustard seeds

2 teaspoons lemon juice

Top and tail and then peel the carrots. Either coarsely grate them or peel them lengthways with a potato peeler into long ribbons. Put the carrot into a bowl and toss with the salt.

Put the oil into a small pan. As soon as it is quite hot, toss in the cumin and mustard seeds and leave them to sizzle for a few seconds.

As soon as the mustard seeds begin to go off pop, pour the mixture over the carrots in the bowl and toss together with the lemon juice. That's it!

Stir-fried Udon Noodles

Udon are thick, white Japanese-style noodles but you can use any type of noodle you like for this dish – try regular Chinese-style egg noodles or the fine rice noodles. Mirin is a sweet sake used for cooking – you can use a medium sherry if you can't get hold of it.

I love to serve this with any Oriental-style food, including both Thai and Chinese. Try it as an accompaniment to Jim's Fire-glazed Duck with Fresh Plum Dipping Sauce [here](#), or Clare's Chinese Crispy Bubbled Belly Pork [here](#).

erves 6

50 g (9 oz) dried udon noodles
tablespoon vegetable oil
teaspoon sesame oil
cm (1½ in) piece of root ginger, finely chopped
garlic cloves, finely chopped
red chilli, seeded and thinly sliced lengthways
unch of salad onions, shredded
tablespoons toasted sesame seeds ([see here](#))
tablespoons soy sauce
tablespoon mirin
few drops of rice vinegar

Cook the noodles in a large pan of boiling water according to the packet instructions. Cool by rinsing under cold water, then drain well.

Heat the oils in a wok and stir-fry the cooked noodles, ginger, garlic and chilli for 3–4 minutes until just beginning to brown. Stir in the salad onions and sesame seeds and stir-fry for 1 minute.

Stir in the soy sauce, mirin and a few drops of rice vinegar, to taste. Turn into a large bowl and serve immediately.

Crazy Crunchy Crispy Coleslaw

I go for a mayo-free coleslaw. It's particularly good with barbecued chicken burgers and potato dishes.

erves 6

½ teaspoon cumin seeds
small white cabbage, shredded
small red onion, thinly sliced
tart green apples, cored and thinly sliced
red jalapeño chillies
tablespoons olive oil
teaspoon walnut oil (optional)
juice of 1 lime
teaspoon white wine vinegar
salt and freshly ground black pepper

Place the cumin seeds in a small non-stick frying pan and cook over a medium heat for a couple of minutes, until they begin to offer up a delightful aroma and turn a little darker.

Place the cabbage, onion, apples, chillies, oils, lime juice, vinegar and cumin seeds in a large bowl and toss together well. Season to taste and chill until needed.

Syd's Chicory, Blue Cheese and Walnut Salad

This is a very stylish side salad. I once ate a starter in a restaurant in Sydney, Australia, that was very similar to this, only each chicory leaf was topped with a small, seared scallop. Why not serve this as an accompaniment to my Seared Scallops with Coriander and Garlic Oil Dressing ([see here](#))?

Serves 4

100 g (2 oz) walnut halves

4 small heads of chicory

100 g (4 oz) blue cheese, such as Roquefort or dolcelatte, roughly crumbled into 1 cm (½ in) pieces

2 tablespoons olive oil

Juice of ½ lemon

Salt and freshly ground black pepper

Roughly chop the walnuts, then toast in a non-stick frying pan for 2–3 minutes until golden brown. Allow to cool.

Separate the chicory leaves and arrange on a serving platter. Scatter over the blue cheese and walnuts.

Whisk together the olive oil, lemon juice and a little salt and pepper. Drizzle the dressing over the salad and serve immediately.



Syd's Chicory, Blue Cheese and Walnut Salad

BARBECUE BREADS

Here are a few ideas on what to do with ready-made breads and a recipe for a barbecue-baked bread too, cooked over the coals in a foil parcel.

The Best Traditional Garlic Butter Bread

Here is everyone's favourite and a few other variations. It is best to use long or thin, crusty breads such as French sticks or ciabatta so that the heat can get through to the middle and melt the butter before they burn on the outside.

erves 6–8

long fat French stick
garlic cloves
5 g (3 oz) slightly salted butter, softened
tablespoons chopped fresh parsley
alt and freshly ground black pepper

Cut the bread diagonally into 2.5 cm (1 in) thick slices without cutting right through, keeping the loaf in shape as you go.

Peel the garlic, place it on a chopping board and lightly crush the cloves with the blade of a large knife. Sprinkle them with a little salt and continue to crush them using the side of the knife until they form a smooth paste.

Mix the butter with the garlic, parsley and some pepper.

Spread both sides of each slice of bread with a thin layer of the garlic butter and reassemble the loaf on one large or two smaller sheets of extra-thick foil.

Pleat the edges of the foil together well and leave the parcel on the side of the barbecue for 10–12 minutes, turning regularly, until crisp and hot.

VARIATIONS

Hot Herb and Sesame Bread Replace the French stick with a Parisienne or other long rustic French loaf. Omit the garlic and mix 2 tablespoons of chopped fresh dill, only 1 tablespoon of chopped fresh parsley, 3 thinly sliced spring onions, the finely grated rind and juice of ½ small lemon and 2 tablespoons of toasted sesame seeds into the butter.

Hot Cheese and Pesto Bread Replace the French stick with 2 loaves of ciabatta and use just 50 g (2 oz) of butter with 2 tablespoons of pesto, 2 tablespoons of chopped fresh basil and 15 g (½ oz) of finely grated Parmesan instead of the garlic and parsley.

Hot Focaccia 'Pizza' Bread Replace the French stick with 2 loaves of Italian herb focaccia, each cut into 10–12 wedges. Substitute 2 tablespoons of sundried tomato

paste, 1 teaspoon of chopped fresh oregano and 2 tablespoons of finely chopped black olives for the garlic and parsley.



Hot Focaccia 'Pizza' Bread, The Best Traditional Garlic Butter Bread, Hot Herb and Sesame Bread, and Hot Cheese and Pesto Bread

Garlic Pitta Fingers

These take a matter of minutes to make and they are so deliciously buttery and crunchy, be sure to make plenty of them. I can guarantee that they'll soon disappear! I melt the butter in the microwave, but be careful as it only takes seconds.

erves 6

sesame or white pitta bread
0 g (2 oz) unsalted butter, melted
garlic cloves, very finely chopped
tablespoons chopped fresh parsley
alt and freshly ground black pepper

Place the butter in a small pan and heat gently until melted, add the garlic and parsley and just heat through. Set aside to allow the flavours to combine. Lightly slash the pittas on one side and place cut-side up on to the rack on one side of the barbecue and cook for 1 minute until lightly toasted.

Turn the pittas over and spoon over the garlic butter. Cook for another 1–2 minutes, by which time the butter will be sizzling.

Lift the pitta bread on to a board, cut into thick fingers and serve whilst still crisp and warm.

Bruschetta-style Bread

This lightly toasted bread, scented with garlic and moistened with a little oil, goes superbly with any barbecued foods. Try to use large juicy cloves of fresh garlic and the best olive oil that you have to hand because it really will make all the difference. Also, if you leave out the garlic, and use an oil flavoured with perhaps fresh herbs or lemon, it will make a wonderful dessert with a selection of fresh cheeses and fruit.

erves 4

loaf of ciabatta

garlic clove, halved

–4 tablespoons olive oil

Cut the loaf of bread in half horizontally as if you were going to make a sandwich.

Lightly toast the bread on the barbecue for 1–2 minutes on each side. Remove it from the rack and quickly rub the cut face with the halved clove of garlic.

Drizzle over a little of the oil, cut it into chunky pieces and serve while still slightly warm.

Damper Beer Bread

This bread is made with beer but you could use all milk if you prefer. The texture of the finished bread is very similar to a scone and so it needs to be eaten as soon as it is made, preferably while it's still slightly warm.

erves 6

25 g (8 oz) plain wholemeal flour
75 g (10 oz) self-raising flour plus 1 tablespoon for dusting
teaspoon salt
5 g (1½ oz) butter
75 ml (6 fl oz) light ale or bitter
75 ml (6 fl oz) milk
25 g (8 oz) mature Cheddar or Gruyère, coarsely grated
spring onions, trimmed and thinly sliced cayenne pepper

Sift the flours and salt together into a bowl. Rub in the butter until the mixture looks like fine breadcrumbs.

Make a well in the centre, add the beer and milk and gradually mix together to make a soft dough.

Turn out on to a clean surface and knead briefly until smooth. Shape into a 25 cm (10 in) round and place in the centre of a large, double-thickness sheet of oiled extra-thick foil.

Score the top of the bread in a criss-cross pattern and sprinkle with 1 tablespoon of flour. Bring the edges of the foil together loosely over the top of the loaf and pleat together to seal.

Place the foil parcel on to the barbecue rack and cook over medium-hot coals for 10 minutes on each side.

Open the foil parcel and fold back the edges. Sprinkle the top of the loaf with the cheese, spring onions and cayenne pepper and leave for another 5 minutes until the cheese has melted. Remove from the foil and serve cut into thick wedges.

Slap Hand Brazilian Cheese Buns

The expression 'slap hand' comes from my late mother who, every Sunday, would make slap hand rotis for lunch. I've taken the idea a little further.

akes 20 rolls

00 ml (10 fl oz) milk

5 g (1 oz) butter

50 g (1 lb) strong white bread flour, plus extra for dusting

teaspoon salt

$\frac{1}{2}$ teaspoon easy-blend dried yeast

0 g (2 oz) freshly grated Parmesan

large egg, beaten

Gently heat the milk and butter in a small pan. Once the butter has melted, the milk has reached the right temperature.

Sift the flour into a large bowl and add the salt, yeast and Parmesan. Stir in the warm milk and then the beaten egg to make a sticky dough. Cover the bowl with a tea towel and set aside for an hour or so in a warm place until the dough has doubled in size.

Dust a sturdy baking sheet with flour and place on a rack several inches above the barbecue coals. With floury hands, slap and shape the dough into small buns. Place them on the baking sheet and cook for about 5–8 minutes until browned and risen. Flip and cook for a further 5 minutes until cooked through. Serve hot from the barbecue.

DESSERTS & DRINKS

Barbecue Desserts

Sydney Flambéed Fruits with Maple Syrup and Lightning Champagne Cocktail
Honey Nut Baked Fresh Figs
Boozy Caramel Oranges with Caramel Brittle Ice Cream
Fired Strawberries and Cream
Chatachak Fruit Purses with Lemongrass Syrup
Pineapple French Toast Sandwiches
Mango, Ginger and Orange Kebabs
Naughty Danish Pastries
Strawberry Hill Pineapple with Rum Butter Glaze
Honeypone Blueberry Shortcake

Do-ahead Desserts

Red Summer Berries in Sparkling White Wine
Denzil's Simple Coconut Ice Cream
Yum Yum Blackcurrant and Cream Jellies
Kharm Key Lime Pie
Creamy Cool Campari Jellies
Iced Fresh Fruit Platter with Passionfruit Cream
Nicos' and Athanasia's Apricot Yoghurt Brûlée
Mean Mango and Lime Sorbet
Blue Mountain Coffee Granita
Papos Brazilian Babas

Non-alcoholic Drinks

Elderflower and Strawberry 'Champagne'
Iced Melon Limeade
Mango and Pineapple Cooler
Tangy Lemon Fizz
Iced Apple and Mint Tea
Rock and Whizz Papaya Smoothie
Rosemary Limeade
Watermelon and Tarragon Ice

Alcoholic Drinks

Ainsley's Mum's Caribbean Rum Pu-Punch
Sangria Sparkle
Margarita Fizz
Real Long Island Iced Tea
Tennessee Gold Ice
South African White Wine and Peach Cup
Shake-E-Up Coffee Cocktail

Mississippi Wiggle Swizzle Punch
Schmoozy Manhattan
Cool Frosted Atlantic Jewel
Caipirihna

BARBECUE DESSERTS

Here are a selection of delicious desserts that you can cook on the barbecue and a few that you can make in advance and have ready to hand when the cooking has come to an end.

Sydney Flambéed Fruits with Maple Syrup and Lightning Champagne Cocktail

Picture this: a boat cruising around Sydney harbour. On the middle deck, a barbecue with hot coals glistening in the night breeze. The music starts – ‘Oh Lucky You’ by the Lightning Seeds – and in I walk to prepare this exciting dessert and cocktail as I groove to the sounds in traditional Ainsley style. It tasted great too. Oh lucky you!

erves 6

25 g (8 oz) large strawberries

ripe but firm fresh peaches

tablespoons brandy plus extra for flambéeing

tablespoons icing sugar

00 g (7 oz) tub of crème fraîche or Greek natural yoghurt

1/2 cup maple syrup to serve

or the champagne cocktail

white sugar cubes

orange

teaspoons brandy

5 cl bottle chilled champagne or dry sparkling white wine

Hull the strawberries and halve the peaches, remove the stones and cut them into thick slices. Place them into a large bowl with the 2 tablespoons of brandy and mix together well. Set aside for 30 minutes.

For the champagne cocktails, rub each sugar cube over the surface of the orange so that it picks up the flavour of the zest. Drop each one into a tall-stemmed glass and add 1 teaspoon of the brandy to each. Set aside.

If your barbecue has widely spaced bars, position a fine-meshed rack ([see here](#)) over the coals and leave it for a couple of minutes to get hot.

Place the pieces of fruit on to the rack and cook for 2 minutes.

Spoon the icing sugar into a fine sieve and dust half of it heavily over the fruits. Turn them over and cook for 2 minutes. Dredge them with the remaining icing sugar, turn over and cook for another 2 minutes until the sugar has lightly caramelized.

Now if you want to, stand back and splash extra teaspoons of brandy over the fruits, taking care because it will ignite as it hits the hot coals. Let the flames die down between each spoonful.

Quickly remove the fruits to individual bowls, spoon over the crème fraîche or yoghurt and drizzle over the maple syrup.

Pour the champagne into the prepared glasses and serve straight away.

Honey Nut Baked Fresh Figs

Fresh figs can be a little bland unless you are really lucky to come across a good batch. Cooking them like this improves their flavour and the nuts give everything a nice bit of crunchiness.

erves 4

2 ripe fresh figs

tablespoons clear honey

00 g (7 oz) tub of Greek natural yoghurt

5 g (1 oz) flaked almonds, lightly toasted

Trim the end of the stalk off each fig and then cut a cross into the top of each one and open it up.

Place 3 of the figs into the centre of 4 x 30 cm (12 in) squares of extra-thick foil and bring the edges of the foil up around the sides of the fruit.

Spoon the honey equally over the fruit and then scrunch the edges of the foil together to make well-sealed parcels. Place them to the side of a medium-low barbecue and cook for 15 minutes until tender.

Transfer the parcels to plates and open up the foil. Add a good spoonful of Greek yoghurt to each one, sprinkle with the nuts and eat while they're still warm.

Boozy Caramel Oranges with Caramel Brittle Ice Cream

Start to make the ice cream well beforehand to give it plenty of time to freeze. If you wish, you can make it well in advance but you will need to make the caramel in two smaller batches – one for the ice cream, and one for the oranges later. There will be far more ice cream than you will need for this pudding – it will probably make enough to feed 8 people – but it will keep in the freezer for another day (if you're lucky!).

erves 4

small oranges
25 g (8 oz) granulated sugar
50 ml (5 fl oz) water
tablespoons orange liqueur such as Cointreau or Grand Marnier

or the ice cream

00 ml (1 pint) milk
vanilla pod, split open lengthways
egg yolks
5 g (3 oz) caster sugar
00 ml (10 fl oz) double cream

For the ice cream, bring the milk and the vanilla pod to the boil in a pan (non-stick if possible). Set aside for 20 minutes to allow the flavour of the vanilla to infuse the milk.

Beat the egg yolks and sugar together in a bowl until pale and creamy. Bring the milk back to the boil, discard the vanilla pod and whisk the milk into the egg yolks.

Return the mixture to the pan and cook over a low heat, stirring all the time, until it lightly coats the back of the wooden spoon. Pour the custard into a shallow plastic container and leave to cool. Then transfer to the fridge and leave it to chill for 1 hour.

Stir the cream into the custard and either churn it in an ice cream maker or freeze it until almost firm. Scrape the mixture into a food processor and blitz briefly until smooth. Pour it back into the box and repeat once more.

When the ice cream is almost firm, cut a slice off the top and bottom of each orange and carefully cut away all the skin and white pith. Cut each orange across into about 5 slices, divide them between 4 x 30 cm (12 in) squares of extra-thick foil and bring the edges up around the fruit.

You now need to make some caramel. Put the sugar and the water into a large pan and leave over a low heat until the sugar has completely dissolved. Line a baking tray with some foil and set to one side.

Bring the syrup to the boil and boil vigorously until it has turned a rich caramel colour. Quickly pour half on to the baking tray and leave to set.

Stand back and add the orange liqueur to the caramel left in the pan. It will hiss and splutter alarmingly but don't worry. Return the pan to a low heat and stir until smooth.

Divide the sauce equally between the oranges and scrunch the edges together well to seal. Set aside while you finish the ice cream.

Break the sheet of caramel into little pieces, stir them into the ice cream and return it to the freezer until firm.

Place the orange parcels on to the side of the barbecue and barbecue over medium-hot coals for 8–10 minutes. Lift them on to serving plates, carefully open up each one and serve with a scoop of the ice cream.

Fired Strawberries and Cream

If you're someone who believes that strawberries should only be eaten raw, try these and I'm sure you'll change your mind. They're delicious, especially served with a good dollop of clotted cream. Go on, fire up those tastebuds.

erves 4

50 g (1 lb) strawberries

tablespoons white rum, Cointreau or Kirsch

tablespoons light muscovado sugar

cinnamon sticks, broken into short pieces

25 g (8 oz) tub of clotted cream or 300 ml (10 fl oz) extra-thick double cream to serve

Hull the strawberries, cut them in half and place them into a large bowl.

Mix the rum, Cointreau or Kirsch with the sugar until the sugar has dissolved, then stir it into the strawberries.

Shape 4 x 30 cm (12 in) squares of extra-thick foil into little bowls and divide the strawberries and the juice between them. Add a piece of cinnamon stick to each one, bring the edges of the foil together and scrunch the edges together well to seal.

Place the parcels on to the side of the barbecue and cook over medium-hot coals for 4–5 minutes until heated through.

Lift them on to serving plates, open them up and serve with a spoonful of clotted or thick double cream.



Fired Strawberries and Cream

Chatachak Fruit Purses with Lemongrass Syrup

I created this dish whilst on my travels in Thailand and wanted to use lots of the natural flavours and fruits of the country. Once tried I think you'll agree it's a 'Chatachak' knockout. (Chatachak is a famous fruit and spice market in Bangkok.)

erves 4

0 g (2 oz) granulated sugar

5 ml (2 ½fl oz) water

stick of lemongrass

cm (½ in) piece fresh root ginger, peeled

50 g (1 lb) prepared chunks of tropical fruits such as pineapple, mango, papaya, banana and red-skinned apple

lime

Put the sugar and water into a pan and bring to a simmer, stirring until the sugar has completely dissolved.

Trim down the lemongrass and then bash it with the back of a large knife to help to release all its flavour.

Cut the piece of ginger into slices and add to the sugar syrup with the lemongrass. Cook for 1–2 minutes.

Remove the pan from the heat and set aside to infuse until the mixture is completely cold. Then remove and discard the pieces of lemongrass and ginger.

Pile about 100 g (4 oz) of fruit into the middle of 4 x 30 cm (12 in) squares of extra-thick foil. Bring the edges of the foil up around the fruit and add about 1½ tablespoons of syrup and a squeeze of lime juice to each one.

Scrunch the edges of the foil together to make well-sealed parcels and cook over medium-hot coals for about 15 minutes.

Lift the parcels on to plates, carefully open them up so that you don't lose any of the juice and eat straight away. These would be good served with a dollop of Denzil's Simple Coconut Ice Cream ([see here](#)).

Pineapple French Toast Sandwiches

These are lovely served up warm for breakfast and would also make a great dessert, served with some extra-thick double cream. The amount of rum that you add to the egg mixture will depend on how much of a kick-start you need first thing in the morning or last thing at night. Substitute the rum with the leftover pineapple juice if you would prefer an alcohol-free sandwich! Ooh la lah.

erves 4

x 1 cm (½ in) thick slices of fresh white bread or brioche
0 g (2 oz) butter, softened
25 g (8 oz) can crushed pineapple
teaspoons mixed spice
tablespoons demerara sugar
large eggs
50 ml (5 fl oz) single cream
–2 tablespoons dark rum

Spread one side of each slice of bread with a little of the softened butter.

Tip the pineapple into a sieve and press out all the juice into a bowl. Spoon the pineapple into another bowl and stir in ½ teaspoon of mixed spice and 1 tablespoon of the demerara sugar.

Place a large spoonful of the pineapple mixture into the centre of 4 of the buttered bread slices and cover with the remaining slices, butter-side down. Press the edges together well to seal.

Beat the eggs with the cream, rum and another 1 teaspoon of the mixed spice. Pour into a large shallow dish.

Place half the remaining butter in a heavy-based frying pan and leave over a medium-hot barbecue until sizzling.

Dip 2 of the pineapple sandwiches into the egg mixture until well soaked and evenly coated. Add to the pan and cook for about 1 minute on each side until crisp and golden. Remove and repeat with the rest of the butter and the remaining sandwiches.

Lift the sandwiches on to warmed plates and sprinkle with the rest of the demerara sugar mixed with the remaining ½ teaspoon of mixed spice. Cut each one into 2 triangles and eat straight away while still warm.

Mango, Ginger and Orange Kebabs

These would be delicious served for breakfast and could be transformed into a dessert with the addition of a little dark rum to the sauce, served with perhaps some chilled pouring cream.

erves 4

large, ripe but firm mango

small oranges

6 small pieces crystallized ginger

tablespoons stem ginger syrup

tablespoon dark muscovado sugar

teaspoon mixed spice

5 g (1 oz) butter, melted

6 x 25 cm (10 in) bamboo skewers soaked in cold water for 30 minutes

Peel the mango and then cut the flesh away from either side of the thin, flat stone in 2 thick slices. Cut it into rough 2.5 cm (1 in) chunks.

Take a thin slice off the top and bottom of each orange. Lay them cut-side down on a board, slice away all the skin and white pith and then cut each one across into 6 slices.

Thread 3 pieces of mango, 2 pieces of crystallized ginger and 2 slices of orange alternately on to pairs of parallel bamboo skewers to make 8 kebabs. The slightly spaced-apart skewers will stop everything from spinning around while you cook them.

Put the stem ginger syrup, muscovado sugar, mixed spice and butter into a pan and slowly bring to the boil, stirring. Remove from the heat and leave to cool.

Brush the ginger toffee sauce over the kebabs and barbecue over medium-hot coals for 10 minutes, turning once.

Naughty Danish Pastries

These are actually ready-made croissants stuffed with various 'Danish-like' fillings. Toasting them on the barbecue makes them nice and crisp on the outside and warm and gooey in the centre. Sounds a bit like me?

erves 6

2 fresh croissants

x 15 g (½ oz) rows of plain chocolate squares

0 g (2 oz) marzipan, coarsely grated

tablespoons thick apricot conserve or mincemeat

Cut a large pocket into the side of each croissant with a small serrated knife.

Put one stick of chocolate, 15 g (½ oz) grated marzipan or 1 tablespoon of either apricot conserve or mincemeat into the centre of each croissant and press them together again.

Just before serving, place the croissants onto the edge of a medium-hot barbecue and cook for just 1 minute on each side until they are lightly toasted and the centres have melted. Serve straight away.

Strawberry Hill Pineapple with Rum Butter Glaze

I made this on one of the balconies of the famous 'Strawberry Hill Hotel' overlooking the spectacular Blue Mountains of Jamaica. Like the country, this dessert made me feel warm, saucy and sexy. Perhaps it will have the same effect on you?! You will need a clean rack on which to barbecue this dessert so either try to keep a small area clean while you are cooking the meats, or very carefully lift off the rack, leave it to cool and then give it a quick scrub before using.

erves 4–6

large fresh pineapple
caster or icing sugar for sprinkling
5 g (3 oz) unsalted butter
5 g (3 oz) demerara sugar
juice of ½ lime
vanilla pod
2 tablespoons dark rum
quantity Denzil's Simple Coconut Ice Cream ([see here](#)) to serve

Slice the top and the bottom off the pineapple, sit it upright on a board and cut it in to quarters. Remove the core from each quarter and then slice it across into 2.5 cm (1 in) thick triangular slices.

Sprinkle both sides of each piece of pineapple with a little of the caster or icing sugar and barbecue over medium-hot coals for 5–6 minutes until lightly caramelized.

Meanwhile melt the butter in a small pan and add the demerara sugar and lime juice.

Split the vanilla pod open with the tip of a knife and scrape out the seeds into the pan (the rest of the vanilla pod can be saved for another recipe). Add the rum, set it alight and place it to the side of the barbecue rack. Stir until it has melted and bubbled to form a smooth glaze.

As soon as the pineapple is cooked, remove it from the barbecue on to a plate, spoon over the rum butter glaze and serve at once with a scoop of Denzil's Simple Coconut Ice Cream ([see here](#)).

VARIATION

You can also make this dessert using bananas. Barbecue the unpeeled bananas over medium-hot coals for about 10–15 minutes (depending on how ripe they are), turning them carefully every now and then, until they are virtually black all over and tender. Lift them on to a plate and make a slit in the skin of each one. Pull back the skin slightly, spoon in some of the rum butter glaze and serve straight away, sprinkled with a little ground cinnamon if you wish.



Strawberry Hill Pineapple with Rum Butter Glaze
and Denzil's Simple Coconut Ice Cream

Honeypone Blueberry Shortcakes

I love these old-fashioned-style shortcakes and was so pleased when I got them to cook nicely on the barbecue. I've used blueberries, but you can use any soft berries, such as strawberries or raspberries. Go on Honeypone, get cooking ...

erves 8

00 g (14 oz) self-raising flour

½ teaspoon salt

00 g (4 oz) caster sugar

25 g (4 ½ oz) butter

eggs

tablespoons milk

or the filling

x 250 g (9 oz) carton mascarpone cheese

tablespoons clear honey

50 g (9 oz) blueberries

icing sugar for dusting

Sift the flour into a large bowl and add the salt and sugar. Rub in the butter until the mixture resembles breadcrumbs. Make a well in the centre. Beat together the eggs and milk and pour into the well; bring together to make a very soft dough.

Place a griddle or sturdy baking sheet on the barbecue over medium-hot coals or on the stove top and dust lightly with flour. If it burns instantly, it's too hot.

Shape the dough into 8 even rounds and cook them 4 at a time, spaced well apart on the griddle because they will spread as they rise. Cook for 8 minutes on each side until risen and golden brown. Transfer to a wire rack to cool.

Meanwhile, make the filling: mix together the mascarpone and honey until well blended. Split open the shortcakes horizontally and spread the honey mascarpone over the bottom half. Scatter over the blueberries and replace the lid. Dust with icing sugar and serve.



Honeyponie Blueberry Shortcakes

DO-AHEAD DESSERTS

Red Summer Berries in Sparkling White Wine

This must be one of the easiest puddings in the world! Just have the berry mixture all ready in the glasses and simply top up with some sparkling white wine when you are ready to serve. If you're feeling posh, why not use champagne ... lots of it!

Serves 6

100 g (4 oz) small strawberries

100 g (4 oz) raspberries

100 g (4 oz) blackberries

100 g (4 oz) blueberries

1 finely grated zest of 1 small orange

2 tablespoons brandy

2 tablespoons caster sugar

1/2 bottle of chilled sparkling dry white wine

Hull the strawberries, cut them in half and place them in a bowl with the raspberries, blackberries and blueberries. Stir in the orange zest, brandy and caster sugar.

Spoon the mixture into 6 tall wine glasses, cover and chill for 1 hour.

When you are ready, pour over just enough sparkling wine to cover the fruits and serve straight away while they're still fizzing.

Denzil's Simple Coconut Ice Cream

This is very rich and utterly delicious. You could serve it with some prepared fresh tropical fruits, strawberries or simply scoop over the pulp of some fresh passionfruit.

Serves 6

400 ml (14 fl oz) canned coconut milk
4 medium egg yolks
50 g (3 oz) caster sugar
200 ml (7 fl oz) double cream

Put the coconut milk into a non-stick pan and slowly bring to the boil.

Meanwhile, whisk the egg yolks and sugar together in a bowl until pale and creamy.

Whisk the hot coconut milk into the egg yolks, return the mixture to the pan and cook over a gentle heat, stirring, until it lightly coats the back of the wooden spoon.

Pour the mixture into a shallow plastic container, stir in the double cream and leave until cool. Then cover and chill in the fridge for 1 hour.

Now you can either churn the mixture in an ice cream maker or slide the container into the freezer and leave it until almost firm.

Scrape the mixture into a food processor and blitz briefly until smooth. Pour back into the box and repeat once more.

Return the ice cream to the freezer and leave until very firm or until required. If the ice cream has been made some time in advance, remove it from the freezer to the fridge about 30 minutes before serving to allow it time to soften slightly.

Yum Yum Blackcurrant and Cream Jellies

You can also make these refreshing little jellies with redcurrants if you wish. My kids love them. Unfortunately, so do all the other kids down my street.

erves 4

50 ml (15 fl oz) cold water plus 3 tablespoons

tablespoons powdered gelatine

25 g (8 oz) blackcurrants, stalks removed

00 g (4 oz) granulated sugar

–2 tablespoons crème de cassis (optional)

or the cream jelly

5 g (1½ oz) caster sugar

ared zest of ½ lemon

00 ml (10 fl oz) milk

50 ml (5 fl oz) single cream

½ tablespoons cold water

tablespoon powdered gelatine

hipped cream, 4 strings fresh blackcurrants and mint sprigs to decorate

Put the 3 tablespoons of cold water into a small pan. Sprinkle over the gelatine and set aside for 5 minutes.

Meanwhile, put the blackcurrants, sugar and the rest of the water into a pan and bring to the boil. Leave to simmer for about 4 minutes until the fruit has softened and then press the mixture through a sieve into a bowl to remove all the little seeds.

Heat the pan of gelatine over a low heat until clear. Stir it into the blackcurrant mixture and pour into 4 wine glasses, tumblers or small bowls. Chill in the fridge for about 4 hours until set.

For the cream jelly, put the sugar, strips of lemon zest, milk and cream into a pan and leave over a low heat until the sugar has dissolved. Set aside until cold.

Place the 1½ tablespoons of cold water into a small pan and sprinkle over the second amount of gelatine. Leave for 5 minutes and then heat gently until clear. Strain the milky mixture into a bowl and stir in the gelatine.

By now the blackcurrant jellies should be set. Pour a layer of the cream jelly on top of each one and chill for another 2 hours or until set.

Just before serving, decorate each jelly with a dollop of whipped cream, a string of blackcurrants and a sprig of fresh mint if you wish.

Kharm Key Lime Pie

All right, so the correct word is charm, but don't the title look nice?

This pie is traditionally cooked with a meringue topping. I keep mine simple and serve it with cream – don't worry if it cracks in the oven, that's part of its kharm.

Why not try a different variety of biscuit base, such as ginger nuts mixed with digestives?

Serves 6

50 g (5 oz) digestive biscuits, crushed

100 g (2 oz) melted butter

zested rind and juice of 2 limes

2 eggs

1 x 450 g can of condensed milk

icing sugar for dusting

whipped cream to serve

Preheat the oven to 180°C/350°F/Gas mark 4. Mix together the biscuit crumbs and melted butter, then press into the base of a 20 cm (8 in) loose-bottomed pie dish or cake tin.

Whisk together the lime rind and juice, eggs and condensed milk and pour into the dish. Bake for 20–30 minutes until set. Dust with icing sugar, cut into wedges and serve warm or cold with whipped cream.

Creamy Cool Campari Jellies

These little jellies have a wonderful bittersweet flavour and always prove very popular with those who don't really have a sweet tooth.

Serves 4

x 135 g packet tangerine or orange jelly
200 ml (10 fl oz) boiling water
x 150 ml (5 fl oz) carton double cream
2 tablespoons Campari
Seeds and pulp of 4 passionfruit

Dissolve the jelly in the water. Stir well, then set aside to cool.

When cool, but before the jelly sets, stir in the cream, Campari and passionfruit. Pour into 4 small glasses and leave to set in the fridge.

Iced Fresh Fruit Platter with Passionfruit Cream

I like to leave the skin on the fruits for this dessert, so that you've got something to hang on to when you dip it into the cream. To serve fewer people, just cut down on the number of different fruits that you use, but do keep their colour in mind when making your selection. Remember, there's nothing like a bit of colour ... so my wife keeps telling me.

erves 8

ripe peaches or nectarines
red-skinned apples
large bunch of red or green grapes
ripe fresh figs
small Galia or Charentais melon or a large wedge of watermelon
ripe apricots

or the passionfruit cream

passionfruit
50 ml (5 fl oz) double cream
nely grated zest of ½ small orange
tablespoons icing sugar or more to taste
tablespoons orange juice
tablespoons Greek natural yoghurt
lenty of crushed ice to serve

For the passionfruit cream, cut the passionfruit in half and scoop out the pulp into a bowl.

Whip the cream, orange zest and the icing sugar into soft peaks and then gradually whisk in the orange juice, yoghurt and passionfruit pulp so that the mixture remains softly whipped. Spoon the mixture into a small serving bowl, cover and set aside to chill in the fridge.

Cut the fruits into one-portion pieces. Place on a tray, cover with clingfilm and chill in the fridge until you are ready to serve.

Cover a large, round serving plate or tray with lots of crushed ice and nestle the bowl of passionfruit cream in the centre. Arrange the chilled prepared fruits attractively over the ice and serve straight away.

VARIATION

You can vary the selection of fruits, depending on availability or according to a theme if you wish. Red fruits such as strawberries, cherries, plums, red-skinned apples and red grapes would work well with 300 g (10 oz) of Greek yoghurt mixed with 2 tablespoons of lemon curd and the finely grated zest and juice of 1 small lemon. For an Italian theme serve fresh figs, peaches, pears, green grapes and melon, with

perhaps a bowl of slightly sweetened mascarpone cheese. For a tropical theme use papaya, mangoes, pineapple, kiwi fruit, melon and serve with the passionfruit cream.



Iced Fresh Fruit Platter with Passionfruit Cream

Nicos' and Athanasia's Apricot Yoghurt Brûlée

Before the days of grills, brûlées were made by heating metal discs in the fire until red hot and then holding them over a sugar-coated surface until it turned to caramel. You can now buy nifty little sets that imitate this method, and they are great fun to use at a barbecue because the plates can be heated on the rack over the coals and then used to caramelize already prepared puddings just before you need them. However, here is a recipe using an ordinary grill for those of you like me without one of these sets.

erves 6

00 g (1¼ lb) apricot compote or fresh apricots
nely grated zest of 1 lemon (optional)
50 g (1½ lb) Greek natural yoghurt
75 g (6 oz) light soft brown sugar

Cut the apricots in half and remove the stones. Slice them into 6 small terracotta dishes that are 10 cm (4 in) in diameter and 2.5 cm (1 in) deep so that they cover the bases in a thick layer.

Stir the lemon zest, if using, into the yoghurt and then spoon it in a thick even layer over the apricots. If the yoghurt was not icy cold, leave the dish in the fridge for at least 1 hour until it is really well chilled. This will prevent it from curdling when you caramelize the top of the pudding.

Preheat the grill on its hottest setting.

Sprinkle the sugar over the top of the yoghurt in a thick even layer, making sure that it touches the sides of the dish so that none of the yoghurt is peeping through, then wipe the edges clean.

Place the dish on to the grill pan and slide it under a very hot grill for about 3 minutes, turning the dish now and then if necessary so that all the sugar caramelizes evenly.

Remove the dish from under the grill and leave it for a few minutes until the sugar has cooled and gone hard before serving. But don't leave it any more than 10 minutes or the caramel will turn into syrup!

Mean Mango and Lime Sorbet

The amount of lime that you need for this sorbet will depend on the ripeness of the mangoes and how juicy the limes are. You want the mixture to be a little sharp as well as sweet before you freeze it. 'Don't be mean with the mango.'

erves 6–8

–3 limes

5 g (3 oz) granulated sugar

5 ml (3 fl oz) water

large mangoes

me wedges and sprigs of fresh mint to decorate

Thinly pare the zest from the limes and then squeeze out the juice. Put the sugar, water and lime zest into a small pan and leave over a low heat until the sugar has completely dissolved.

Now bring the mixture to the boil, lower the heat and leave to simmer for 5 minutes. Set aside and leave to go cold and then chill in the fridge for a few hours until it's icy cold.

Peel the mangoes and slice the flesh away from the stone into a food processor. Strain over the lime syrup, add the lime juice and give everything a quick whizz until very smooth.

Now you can either churn the mixture in an ice cream maker or pour it into a shallow plastic container (it will freeze quicker this way), cover and freeze until almost firm.

Scrape the mixture back into the food processor and give it another whizz until very smooth. Scrape it back into the box, return to the freezer and repeat the process once more. Then leave it to freeze for about 3 hours until firm.

Serve scoops of the sorbet in chilled dessert glasses, decorated with the lime wedges and sprigs of fresh mint.

Blue Mountain Coffee Granita

The finished texture of this very light and refreshing dessert should be like large flakes of sea salt. Once in your mouth, close your eyes and capture the taste of the Caribbean.

erves 6–8

00 ml (1 pint) water

00 g (4 oz) granulated sugar

0 g (2 oz) Blue Mountain coffee beans or ready-ground Continental Roast coffee

50 ml (5 fl oz) double cream

teaspoon drinking chocolate powder

2–16 coffee beans to decorate

Put the water and sugar into a pan and leave over a low heat until the sugar has dissolved.

If you are using whole coffee beans, grind them to a powder in a coffee grinder. Stir the ground coffee into the sugar syrup and leave to infuse for 5 minutes.

Strain the coffee through a filter paper or a fine sieve lined with a piece of muslin into a shallow plastic container. Leave until cool and then cover and put into the freezer until the mixture begins to freeze around the edges.

Scrape all the frozen ice away from the sides and break it up into smaller crystals with a fork. Return it to the freezer and continue to do this, every 30 minutes or so, until you have a frozen but still grainy mixture.

To serve, whip the cream into soft peaks. Spoon the granita into glasses, top with a spoonful of cream and decorate with a sprinkling of drinking chocolate powder and a couple of coffee beans.



Blue Mountain Coffee Granita

Papos Brazilian Babas

These are a very popular dessert in Brazil, where they are called papos de anjo, which translates as 'angel's chins'. They remind me of little rum babas.

akes 12

large egg yolks

00 g (4 oz) caster sugar

00 ml (7 fl oz) water

vanilla pod

rated rind of 1 small orange

o serve

ème fraîche

innamon for dusting

Preheat the oven to 200°C/400°F/Gas mark 6. Whisk the egg yolks with an electric beater for about 8–10 minutes until pale and thickened. Spoon the mixture into a buttered 12-hole mini-muffin tin and cook for 15–20 minutes until golden and set.

Meanwhile, place the sugar in a pan with the water and bring slowly to the boil, stirring until the sugar dissolves. While the mixture is heating, split open the vanilla pod, scrape out the seeds and add to the pan with the orange rind. Once the sugar has dissolved, bring the syrup to the boil and simmer rapidly for a minute or two. Pour the syrup into a large heatproof bowl.

Remove the 'chins' from the oven and slip out of the tins. Drop into the syrup and leave to cool. Refrigerate for a few hours or overnight, remove the vanilla pods, then serve with a dollop of crème fraîche and a dusting of cinnamon.



Papos Brazilian Babas

NON-ALCOHOLIC DRINKS

Elderflower and Strawberry 'Champagne'

This drink seems to resemble a perfect English summer's day. Fingers crossed!

Makes enough for about 8 glasses

25 g (8 oz) small strawberries, hulled

lemons, halved and thinly sliced

50 ml (5 fl oz) elderflower cordial

100 ml (1½ pints) sparkling apple juice such as Appletize

Halve the strawberries and place one half into each compartment of 2 ice cube trays. Top up with water and freeze until hard.

Mix the strawberry ice cubes and lemon slices together in a 1.75 litre (3 pint) glass jug.

Add the elderflower cordial and the sparkling apple juice and give everything a good stir before serving.

Iced Melon Limeade

The colour of this drink will depend entirely on the type of melon that you use. Watermelon will give you a pink drink, Charentais melon will make it orange and Galia or Ogen melon will turn it green.

Makes enough for about 8 glasses

3 limes

50 g (1 lb) peeled and seeded melon flesh such as watermelon, Charentais or Galia melon

100 g (4 oz) caster sugar

1 tray of ice cubes (about 750 g (1½ lb), crushed

chilled sparkling mineral water

Cut 1 lime in half and slice very thinly. Set aside. Finely grate the zest of another 2 limes and then squeeze out the juice of all 12.

Put the lime zest, lime juice, melon flesh and sugar into a liquidizer or food processor and blend until smooth.

Put the crushed ice cubes into a chilled 1.75 litre (3 pint) glass jug, pour in the limeade and top up with sparkling water. Add the lime slices, give everything a quick stir and serve.

Mango and Pineapple Cooler

This drink is flavoured with fresh ginger and then topped up with sparkling ginger beer.

Ingredients enough for about 8 glasses

5 g (3 oz) caster sugar

50 ml (5 fl oz) water

slices fresh root ginger

small, very ripe fresh pineapple or 550 g (1¼ lb) prepared pineapple

ripe mango

juice of 2 small lemons

plenty of ice cubes

50 ml (5 fl oz) sparkling ginger beer

Heat the sugar and water in a pan until clear. Add the sliced ginger, bring to the boil and leave to simmer for 2 minutes. Leave to cool and then chill in the fridge for 2 hours.

If you are using a fresh pineapple, slice off the top and the bottom and cut away all the skin and the little brown 'eyes'. Cut it into quarters, remove the core and roughly chop the flesh. Simply discard the core from the prepared pineapple and then chop. Peel the mango and slice the flesh away from the stone.

Put the pineapple and mango into a liquidizer or food processor and strain over the chilled ginger syrup. Blend until very smooth.

Fill a chilled 1.75 litre (3 pint) glass jug with ice and pour over the pineapple mixture and the lemon juice. Top up with the ginger beer, give everything a good stir and serve.

TIPPLE TIP Add a dash of white rum to each glass.

Tangy Lemon Fizz

This is probably the best version of lemonade in the world!

Makes enough for about 8 glasses

lemons

25 g (8 oz) caster sugar

lenty of ice cubes

00 ml (1 ½ pints) sparkling mineral water

Remove the zest from 4 of the lemons in long thin strips with a cannelling knife and set aside. Coarsely grate the zest off the rest of the lemons.

Squeeze the juice from all the lemons and mix it with the lemon zest and sugar until the sugar has completely dissolved.

Fill a chilled 1.75 litre (3 pint) glass jug with ice cubes, twisting the long strips of zest in amongst them. Add the lemon mixture, top up with the sparkling mineral water and give everything a good stir before serving.

TIPPLE TIP Add a dash of gin to each glass.

Iced Apple and Mint Tea

The apple and mint ice cubes are not essential but they do add a nice fruity tang to the finished drink.

akes enough for about 8 glasses

50 g (1 lb) cooking apples, peeled, cored and sliced

50 ml (5 fl oz) water

100 ml (10 fl oz) apple juice or water

5 g (1 oz) fresh mint sprigs

apple-flavoured tea bags

2 litres (2 pints) boiling water

2 tablespoons caster sugar or to taste

Granny Smith apples, sliced

Put the cooking apples into a pan with the water. Cover and cook for 5 minutes or until soft. Set aside to go cold.

Spoon the purée into a food processor and add the apple juice or water and the leaves from 4–5 sprigs of the mint. Blend until smooth. Pour the mixture into 2 ice cube trays and freeze until hard.

Place the tea bags and another 6 large sprigs of the mint into a heatproof jug. Pour on the boiling water and leave for 5 minutes.

Lift out the tea bags and the mint and stir in the sugar. Leave until cool, then chill in the fridge until icy cold.

Tip the apple and mint ice cubes into a 1.75 litre (3 pint) glass jug and add the remaining mint sprigs and the sliced apples. Pour in the cold tea, give everything a good stir and serve straight away in tall glasses.

TIPPLE TIP Add a dash of dark rum or bourbon to each glass.

Rock and Whizz Papaya Smoothie

Smoothies are so simple, and if you choose ripe, sweet fruit, you won't need to add extra sugar. This one is based on an Indian-style mango lassi, so I've added a pinch of salt. In Brazil I made one just like this using juicy local mangoes – scrummy.

Serves 2

papaya or mango, skinned, seeded and diced

x 150 g (5 oz) carton natural yoghurt

200 ml (7 fl oz) cold water

¼ teaspoon salt

Ice cubes to serve

Place the fruit in a food processor or liquidizer and whizz until puréed. Add the yoghurt, water and salt and whizz until well blended.

Fill a tall tumbler with ice, pour over the smoothie and serve.

Rosemary Limeade

This is a zingy and refreshing long drink – ideal for cooling down on a summer's day. Rosemary has lots of medicinal properties but is also a great flavouring ingredient, especially in my wonderful limeade.

Serves 4

50 ml (5 fl oz) water

200 g (2 oz) caster sugar

4 sprigs fresh rosemary

Juice of 4 limes

To serve

Ice

Lime twists

1000 ml (1 pint) soda water

Place the water, sugar and rosemary in a small pan and gently bring to the boil, stirring, until the sugar dissolves. Remove from the heat and allow to cool completely. Strain into a small jug, stir in the lime juice, then chill until ready to serve.

Pack 4 tall glasses with ice, then pour over the rosemary and lime syrup. Top with the soda and decorate each glass with a twist of lime.

Watermelon and Tarragon Ice

This is a great drink to prepare ahead: simply freeze the watermelon and store the syrup in the fridge for up to five days, until ready to whizz together and serve. Don't forget to save the watermelon rinds so you can make the juicy pickle [here](#).

Serves 4

1000 g (14 oz) watermelon flesh, seeded and diced

1000 ml (7 fl oz) water

5 g (1 oz) caster sugar

sprigs of fresh tarragon

Juice of 1 lime

Freeze the melon dice for at least 4 hours, or overnight.

Place the water, sugar and tarragon in a small pan and gently bring to the boil, stirring occasionally, until the sugar dissolves. Remove from the heat and allow to cool completely. Strain into a small jug and chill.

Place the frozen watermelon in a food processor, switch on, and while it is running, pour in the syrup until the mixture forms a lovely slush. Add lime juice to taste and serve in tall glasses with straws for sucking up the crystals.



Rosemary Limeade, Watermelon and Tarragon Ice, and Rock and Whizz Papaya Smoothie

ALCOHOLIC DRINKS

Ainsley's Mum's Caribbean Rum Pu-Punch

I have watched my mum make this a thousand times. If you can't find canned mango pulp, just whizz a 400 g (14 oz) can of mango pieces in the liquidizer until smooth. You can leave out the rum for a non-alcoholic punch if you wish.

Makes 2 x 1.75 litre (3 pint) jugs, enough for about 16 glasses

75 g (6 oz) granulated sugar

75 ml (6 fl oz) boiling water

Juice of 4 limes and 4 lemons

1 teaspoon angostura bitters

100 ml (14 fl oz) canned mango pulp

50 ml (5 fl oz) strawberry syrup (optional)

50–300 ml (8–10 fl oz) white rum (remember, more rum, more dancing)

1 litre (1¾ pints) tropical fruit juice

1 litre (1¾ pints) lemonade or sparkling mineral water

Handful of ice

Quartered lime and orange slices to decorate

Stir the sugar and water together until the sugar has dissolved. Leave to go cold.

Mix the sugar syrup with the lime juice, lemon juice, angostura bitters, mango pulp, strawberry syrup, if using, and rum and stir together until well mixed. This can now be set aside and chilled until just before you are ready to serve.

Stir in the fruit juice and lemonade and serve over ice cubes, decorated with lime and orange slices.

Sangria Sparkle

This is a very refreshing summertime drink. You can make up the fruit and wine base in advance and simply add the ice cubes and fizzy water just before serving.

akes 2 x 1 litre (1¾ pint) jugs, enough for about 12 glasses

small oranges, sliced

lemons, sliced

lenty of ice

00 ml (1 pint) freshly squeezed orange juice

lice of 2 lemons

5 g (3 oz) caster sugar

5 cl bottle of light, fruity red wine such as a Chianti or Beaujolais

50 ml (5 fl oz) brandy

00 ml (1 pint) sparkling mineral water

Fill two 1 litre (1¾ pint) glass jugs with the sliced fruits and the ice.

Mix together the orange and lemon juices with the sugar until the sugar has dissolved. Stir in the wine, brandy and water. Pour the mixture into the prepared jugs and serve straight away.



Elderflower and Strawberry 'Champagne' Iced
Melon Limeade Sangria Sparkle and
Ainsley's Mum's Caribbean Rum Pu-Punch

Margarita Fizz

This is just like the classic Mexican cocktail, but diluted down with sparkling water so that each drink is less potent and (hopefully) lasts a lot longer.

akes 2 x 1.2 litre (2 pint) jugs, enough for about 14 glasses

4 limes

100 g (4 oz) caster sugar plus 1 tablespoon

100 ml (1 pint) tequila

50 ml (8 fl oz) orange liqueur such as Orange Curaçao, Triple Sec or Cointreau

plenty of crushed ice

few whole ice cubes (about 2 trays)

2 litres (2 pints) sparkling mineral water

Place the glasses in the freezer with two 1.2 litre (2 pint) glass jugs for a few hours to frost.

Meanwhile, thinly slice 2 of the limes and set aside. Finely pare the zest off half the remaining limes with a potato peeler, taking care not to remove any of the bitter white pith underneath.

Squeeze out the juice from all the limes and stir in all but 1 tablespoon of the sugar until dissolved. Stir in the tequila and the orange liqueur.

Just before serving, spread 1 tablespoon of sugar on to a plate. Remove the glasses from the freezer, rub the rims with half a lime and press them into the sugar. Pack each one with some crushed ice. Make a cut into the centre of each lime slice and slide over the edge of each glass.

Remove the jugs from the freezer and add a few whole ice cubes and some lime zest to each one. Pour half the lime and tequila mixture and half the sparkling water into each jug, give everything a good stir and serve in the prepared glasses.

Real Long Island Iced Tea

A traditional Long Island iced tea is a potent force and this recipe doesn't fail to deliver ... Did someone say 'tea'? Not on your nelly!

Serves 2

Ice

1 tablespoon tequila

1 tablespoon rum

1 tablespoon vodka

1 tablespoon gin

1 tablespoon orange-based liqueur, such as Triple Sec or Cointreau

Juice of 1 lemon

Cola

Fill 2 tall glasses with ice and add a tablespoon of each spirit and the liqueur to each glass. Stir in the lemon juice, then top up with cola.

Tennessee Gold Ice

I like to use a proper Tennessee sour-mash whiskey, such as Jack Daniels, for this drink, but you can use any bourbon or good-quality whiskey. For that ice-frosted look, stick your tumblers in the freezer a few hours before.

Serves 1

1

2 tablespoons whiskey

1 tablespoon dry sherry

Juice of 1 large orange

Soda water

Fill a tumbler with ice, then stir in the whiskey, sherry and orange juice. Top up with soda water and serve.

South African White Wine and Peach Cup

You could use a dry South African Chardonnay or Sauvignon Blanc for this drink.

Makes 1 x 1.75 litre (3 pint) jug, enough for about 8–10 glasses

100 ml (10 fl oz) peach schnapps

2 tablespoons caster sugar

Juice of 2 large lemons

3 ripe peaches

Handful of ice cubes

1 bottle chilled dry white wine

500 ml (15 fl oz) chilled sparkling mineral water

Put the peach schnapps, sugar and lemon juice into a jug and stir until the sugar has dissolved.

Cut each peach in half, remove the stones and thinly slice the flesh.

Fill a 1.75 litre (3 pint) glass jug with ice cubes and pour in the peach schnapps mixture, wine and sparkling mineral water. Add the sliced peaches, give everything a good stir and serve straight away in large wine glasses.

Shake-e-Up Coffee Cocktail

This deliciously creamy cocktail made with muscovado sugar and coffee beans from the famous Blue Mountains of Jamaica really packs a punch! You can simply replace the fresh coffee and water mixture and the sugar with 2 tablespoons of Camp Coffee essence if you prefer.

Serves 8–10

100 g (2 oz) coffee beans, finely ground
20 ml (4 fl oz) boiling water
2 tablespoons light muscovado sugar
20 ml (4 fl oz) Tia Maria or Kahlua
20 ml (4 fl oz) dark rum
50 ml (8 fl oz) double cream
½ teaspoon vanilla essence
plenty of crushed ice
freshly grated nutmeg for dusting

Put the ground coffee beans into a jug or a cafetière if you have one. Pour on the boiling water and leave for 5 minutes. Strain off, through a coffee filter or muslin-lined sieve if necessary, stir in the muscovado sugar and leave to go cold.

When you are ready, put the cold coffee, Tia Maria, rum, double cream and vanilla essence into a cocktail shaker and shake vigorously.

Fill some glasses with plenty of crushed ice, pour over the coffee cocktail and lightly dust the tops with a little nutmeg before serving.

Mississippi Wiggle Swizzle Punch

This punch really gives you that wiggle swizzle appeal. Remember to remove the peel from the lemon before you squeeze out the juice.

Serves 6

50 ml (5 fl oz) Southern Comfort
2 tablespoons brandy
Juice of 1 lemon
1 teaspoon sugar
Lemonade
Ice and lemon-peel twists to serve

Fill a large jug with ice, then add the Southern Comfort, brandy, lemon juice and sugar. Give it a quick swizzle.

Top the jug up with lemonade, decorate with a few lemon-peel twists and serve. After a few of these you'll be ready to wiggle away.

Schmoozy Manhattan

This classic American cocktail is one of my all-time favourites.

erves 1

tablespoons rye whiskey

tablespoon sweet vermouth

dash of angostura bitters

cocktail cherry and cracked ice to serve

Mix together the whiskey, vermouth and bitters and pour into a short, ice-filled tumbler. Top with a cocktail cherry and serve.

Cool Frosted Atlantic Jewel

This is a cross between a Margarita and a Sea Breeze. It's a really cool, refreshing long drink to kick your barbecue party off with a bang! I like to use sugar-frosted cocktail glasses: simply dip the rims first into beaten egg white and then into caster sugar.

Serves 2

2 tablespoons tequila

2 tablespoons orange-based liqueur, such as Cointreau or Grand Marnier

100 ml (14 fl oz) cranberry juice

Juice of 1 lime

2 sugar-frosted glasses to serve

Mix together the tequila, orange liqueur, cranberry juice and lime juice.

Pour into 2 sugar-frosted, ice-filled glasses and serve.



Cool Frosted Atlantic Jewel

Caipirihna

This is the national drink of Brazil – it's a lively 'stir and serve' cocktail made from cachaca, a white spirit distilled from sugar cane. I shook up a few of these while in Rio and they went down a treat. Made with vodka, it's called a caipiroska.

erves 1

small lime, cut into six wedges

–2 tablespoons caster sugar

–4 tablespoons cachaca

œ, to serve

Place the lime wedges and sugar in a strong glass tumbler and mash roughly with a wooden pestle or the end of a slim rolling pin. Add the spirit and ice, stir well and serve.

A CLASSIC BRITISH BARBECUE

Buffalo Chicken Wings with Blue Cheese Dip

Fire-roasted Red Pepper Guacamole



Classic Brilliant Beefburgers

Cumberland Sausage Catherine Wheel

Maple-glazed Pork Spare Ribs

Korma Courgette and Chickpea Burgers



Salt 'n' Pepper Fire-baked Tatties



Minted Cucumber and Cherry Tom Tom Salad

New Potato Salad with Gherkins, Chives and Soured Cream

The Best Traditional Garlic Butter Bread



Fired Strawberries and Cream

Yum Yum Blackcurrant and Cream Jellies



Plenty of Chilled Sparkling White Wine

A Barrel of Ale

Elderflower and Strawberry 'Champagne'

THAILAND

Orla's Bamboo Thai Prawn Satay with Griddled Limes

**Million Meaty Satay Sticks
with Speckled Spicy Peanut Sauce**



Hua Hin Beach Red Snapper

Balinese Chicken

Korma Courgette and Chickpea Burgers



Nice Rice Noodle Doodle Salad

Cool Carrot, Cumin and Lemon Salad



Chatachak Fruit Purses with Lemongrass Syrup

**Mean Mango and Lime Sorbet
with Denzil's Simple Coconut Ice Cream**



Iced Melon Limeade

Chilled Tiger Beer

GREECE

Melintzanosalata with Cherry Tomato Sticks

Garlic Pitta Fingers

Mamma Tahsia's Baked Greek Olives



St Giorgio's Kleftiko Parcels

Beef Peppa-feta Rolls

Chargrilled Squid Stuffed with Spinach and Mint

Whole Grilled Aubergines with Tricolour Stuffing



Tangier Mint Tabbouleh

Creamy Crisp Green Salad with the Creamy Garlic Dressing



Honey Nut Baked Fresh Figs

Nicos' and Athanasia's Apricot Yoghurt Brûlée



Sangria Sparkle

Tangy Lemon Fizz

JAMAICA

Spicy Mean Bean Dip with Plantain Chips

Dream Stuffed Mild Anaheim Chillies



Fuzzyless Jerk Chicken

Sweet Chilli King Prawns

Jammin' Baked Pumpkin with Vegetable and Coconut Curry



Husky Jacket Corn on the Cob with Chilli and Spring Onion Dressing

Peppy's Jamaican Rice and Peas

Ainsley's Ultimate Creole Cabbage Salad



Strawberry Hill Pineapple with Rum Butter Glaze with Denzil's Simple Coconut Ice Cream

Blue Mountain Coffee Granita



Ainsley's Mum's Caribbean Rum Pu-Punch

Mango and Pineapple Cooler

AUSTRALIA

Yakitori Skewers

Fire-roasted Red Pepper Guacamole



Barbecued Lobster with Three Flavoured Butters

Alan and Andy's Aussie Steaks with Shallot, Mustard and Black Peppercorn Butter

Marinated Halloumi Cheese with Tang! Tang! Dressing

Fire-roasted Mediterranean Vegetables



Creamy Crisp Green Salad with Guacamole Dressing

Puy Lentil, Red Onion and Sundried Tomato Salad



Sydney Flambéed Fruits with Maple Syrup and Lightning Champagne Cocktail

Red Summer Berries in Sparkling White Wine



Iced Apple and Mint Tea

Sangria Sparkle

SOUTH AFRICA

Buffalo Chicken Wings with Blue Cheese Dip

Parker's Pear and Parma Ham Bruschetta



Butterflied Studded Leg of Lamb

Jim's Barbecued Tuna and Chips

Spinach and Blue Cheese Mushroom Cups



Cumin-crusted Butternut Squash

Fire-roasted Red Pepper and Nectarine Salad



Boozy Caramel Oranges with Caramel Brittle Ice Cream

Iced Fresh Fruit Platter with Passionfruit Cream



South African White Wine and Peach Cup

Tangy Lemon Fizz

BARBECUE SUPPLIERS

It is not always easy to know where to go to buy a barbecue or to find the specific barbecue that you are looking for.

- DIY stores, department stores and garden centres all stock barbecues and accessories, especially during the summer months.
- Supermarkets, particularly the larger superstores, stock a surprisingly wide range of barbecues, fuels and accessories.
- Petrol stations stock disposable barbecues, charcoal and firelighters, etc. during the summer months.
- Hardware stores and camping shops will stock the gas cylinders for a gas barbecue, and probably charcoal too.
- The Barbecue Shop at 46A Portsmouth Road, Cobham, Kent (01932 866 044/www.thebbqshop.co.uk) stocks a wide selection of charcoal and gas barbecues and operates a mail-order service.
- Lakeland Ltd (01539 488 100/www.lakelandlimited.com) supply portable barbecues and accessories by mail order and in their nationwide stores.
- Special cookware shops usually carry a range of cooking accessories.

And here are a few numbers of barbecue manufacturers who will be able to give you the names and addresses of your nearest stockists:

Weber-Stephen Products Ltd

(charcoal and gas barbecues)

01756 692 600

www.weber.com

Landmann charcoal and gas barbecues

01299 251 747/250 909

www.landmann.co.uk

Black Knight barbecues

01622 671 771/2

www.outbackuk.com

Odell charcoal and gas barbecues

01352 762 061

www.crosslee.co.uk/odell

Camping Gaz gas barbecues

01275 845 024

www.campinggaz.com

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