



Greens Kitchen Summer BBQ Tips

By Mrs Tombs (Deputy Catering Manager)

Plan Ahead

- You don't necessarily need to plan the date, we all know the British weather can be temperamental so having a menu in place for when the sun strikes means you are already to go.
- Know your BBQ - how long does it take to heat up? And do you have enough gas or coal? A gas BBQ tends to heat much quicker than coals and you can be ready to cook in 5 minutes, a coal BBQ you are looking at more like 30 mins.

Having the right tools

- Among the obvious things like tongs, knives and serving plates, think about a fish slice, it makes flipping more delicate items easier.
- Always have a stock of foil, this is great for wrapping jackets and bread on the BBQ but also super handy for cooking smaller or more delicate items on the BBQ to prevent them slipping inside the grill.
- I always keep a stash of skewers at home in the draw! I prefer reusable metal ones but if you use wood, remember to soak them for 30 mins before using them to prevent them from burning on the BBQ.

- A meat thermometer is always a handy tool especially if you are a nervous meat cooker, these are readily available on the internet or larger supermarkets. Make sure you have some antibacterial probe wipes to keep it clean in-between probes. That way you can be confident that your sausages and chicken are cooked all the way though.

Know your BBQ heat zones and what to cook where

- Your main heat zone will be directly above in the centre of the grill, this is the best place to cook steak, kebabs and sear poultry to get a nice colour.
- To the side of the main heat zones is the perfect place to cook jacket potatoes and breads, wrap them up in foil and place them directly on the coals as much to the side as you can.
- If you have a two level BBQ grill the high level is perfect for cooking larger joints and finishing fish and poultry after you have seared it on the main heat area.

It's all about the flavour

- Plan your marinades and oils in advance so you know how long to marinate items for.
- Use herbs and spices to add an extra flavour to the BBQ taste, use items like cinnamon sticks and bay leaves and add them directly to the heat, they also smell great as well as adding a subtle flavour.
- Use large sprigs of herbs like rosemary to brush on oil or marinade.

Prevent sticking

- Always brush the item you are going to grill with oil and not the grill itself and shake off any excess to avoid a large flame flareup.
- Rub the hot grill with a cut potato (using the cut - starchy side) when cooking kebabs, the starch will build a barrier to help stop more delicate items from sticking.
- Use foil for super delicate items like fish, make sure the foil is the same size as the item you are cooking to maximise the BBQ flavour.

My last tip for a great BBQ...look after yourself, keep topped up with suncream, wear a hat and stay hydrated.