

## **BBQ is hot, lets cook.....**

So you have a couple of friends around OR just feel like heading out doors into the realm of the male cooking monster.

### **EXTREME GENERALISATION coming up with a small amount of truth.**

When its to be cooked inside the kitchen it's the members of the fairer sex who seem to be responsible **BUT** when the heat is on and there is a beer to be had while prodding, poking and cremating food items the dominant male who has marked his territory comes out to show dominance. Who dares to criticize his cooking prowess over the naked flame or his wisdom of turning a steak 12 times to eliminate any possible remarks of: "mine's still kicking" or "how long ago did you take the saddle off this one?"

BBQ's can be one of the most satisfying, easy and enjoyable methods of cooking while leaving the opportunity to explore and create wide open.

Foods can be prepared in advance weather that be an undressed salad waiting in the fridge, a dozen chicken thighs marinating since the early morning, cobs of corn still in their husk, thick sliced potatoes with their skins on tossed in chilli oil or a huge piece of tuna portioned down into steaks.

All BBQ ingredients can be arranged on a platter and simply placed onto the grill in accordance to either their individual cooking times or in order of how you would like to serve them. Friends, family and unwanted gate crashers alike are basically cooking with you, as you could never fit 12 people in the kitchen while even the tiniest back yard can accommodate.

Most ingredients are suitable to BBQ's, baring a couple. Am not going to spoil the eventual realisation, you will find out what they are if you test yourself and continue to cook what ever you like.

It comes down to that most basic of my food thoughts: "If **you** like it, just cook it and combine it with other ingredients **you** like (lets not forget you are cooking for **you** and others have come along for the ride) The chances are others too will enjoy, don't afraid. Its not rocket science and you are not going to affect or influence the lives of thousands.

You are going to gain a reputation for being a good host, eat healthy foods and realise you too could be one of the great chefs of Europe" NOT..... Maybe just in your neighbourhood.

**A successful BBQ is all down to preparation, ingredients, and company and unfortunately weather, make sure you take part and enjoy proceedings.**

### **THE BBQ**

Once again this does not have to be the biggest, the best or the shiniest with beer holders all round. It needs to have ample space to cook without overloading and a good heat recovery time. This means when you place meat/vegetables/fish on all the heat is not drawn out leaving the cooking surface cool. You need it to seal in all the juices and flavours while not burning.

Our BBQ was nothing more than a ½ inch plate of cast iron, which lived in a cloth bag in the boot of our car placed on a couple of house bricks over a good fire with loads of coals and back up wood. Cleaned by pouring a little water on once the temperature was up, wiping with a few scrunched up pages of the Sunday paper. Anything which can live on a piece of metal at 180 degC+ followed by a good scalding is OK by me.

A griddle is a plus and some open coals are great for that char grilled flavour without being essential. Gas is by far the easiest while a small rectangular metal box with red hot coals disposable or re-useable will equally do the job. While there are many who swear by a Webber and many who swear at a Webber. So what are you waiting for get outside and cook cook cook.....