



July 2002 Barbecue Season is upon Us! Part 2

I spent this week end looking for a Barbeque, it wasn't an easy decision, there are as many different styles of barbeques as the are different food to prepare on them. In the old days we had the fire that we would burn down to some glowing coals before cooking over them. Then the charcoal briquette was invented and this was to replicate those glowing coals. Then the gas barbecue was invented for ease, they had lava rock briquettes and the BBQ often came with a hood. This enabled the cook to use the barbeque like an oven. These became a big hit but they are missing the smoky flavour from the charcoal, and flair ups are inevitable. The new modern BBQ has an anti-flaring barrier set up in the BBQ. The new bbq are often a cast iron base, the grills are most commonly steel with a non-stick coating. Some of the fancier bbq's have wrought iron grills, which are great to cook on if maintained properly, but rust easily.

Other types are kettle style barbeques; these can act as a grill or a smoker. They have a large round hood that reflects the heat to give an all round cooking effect. It also traps the smoke to reduce the amount of oxygen; this helps to reduce flair ups. Some kettles have water baths over the coals, this heats up the water and adds steam to the kettle as well as the smoke, to ensure a lower temperature. Adding wood chips to the coals can generate the smoke, these wood chips are soaked in water, this is to slow down the rate at which they burn up and to produce more smoke. One should use an aromatic wood like mesquite, apple or cherry or alder.

Here are some of my favourite foods on the BBQ.

Corn

Select some fresh corn with plump kernels and with the whole husk and silk. Carefully peel back some of the husks to expose the silk. Remove as much of the silk as you can, replace the husk, tie a piece of string around the top to secure. Soak in water for 15 mins. Grill the cobs for 15-20mins til tender, then pull back the husks and enjoy.

Sweet potatoes

I like to slice these about 3/4" thick, toss in oil and vinegar dressing, then grill. Serve with some Chipotle mayonnaise. I love Chipotle peppers, I find their smoky flavour will enhance any BBQ'd food.

1 canned Chipotle pepper- finely minced
1/2c mayonnaise
1/2c sour cream

Tomatoes

I like to take the excess of cherry tomatoes we all have in the summer and skewer them, rub them in a little olive oil and grill.

Large beefsteaks are delicious cut in half and then topped with pesto and grilled.

Green tomatoes can be cut into thick slices, rubbed with olive oil and grilled and finished with some salt and pepper.

Chicken on a rotisserie

I have a rotisserie for my BBQ, and I use it all the time. The trick is to put a drip pan under the chicken, this catches all the drippings, these can be used for basting the bird while cooking and will stop flare ups. I usually put a few things in the cavity like an onion, lemon or an apple. Then I use a variety of rubs on the bird or under its skin for flavour. If you do not have a rotisserie then use the BBQ like an oven and place the bird on the grill away from the coals, only lighting one side and cook with the lid down. Again put a drip pan under the chicken.

Loosen the skin of the chicken by slipping ones finger between the skin and the meat of the bird on the breasts, thighs and legs. Something simple is to put a sprig of rosemary and 2 sprigs of fresh thyme over each breast, thigh and leg under the skin. Or some herbed butter rubbed under the skin keeps the basted while cooking. Try some rosemary and some lemon or basil and paprika.

Mexican chicken

1/2c Tequila
2 limes-zested and juiced
2 oranges- zested and juiced
2T cumin
1/2c onion-chopped
1c cilantro-chopped
1/2T cinnamon
4T brown sugar
1c olive oil
2T chilli powder
2 cloves garlic-finely minced
1 Chipotle pepper-finely minced

Mix all the ingredients and marinate chicken all day or over night. Remove the chicken and grill. You can use pieces and grill them or rotisserie a whole chicken.

Fish

It is best to cook a meaty textured fish such as tuna, salmon or halibut.

I generally like to keep the fish simple so you can enjoy the subtle flavours of the fish and the smokiness of the grilling. Then add a simple accompaniment to finish off the dish. For example a herb butter flavoured with tarragon and lemon, this can be put on the fish just as you are serving it so it melts on the fish. This also prevents flare ups on the BBQ from happening from the dripping oils. Another nice accompaniment is a salsa.

Papaya and black bean salsa

1 red onion-finely chopped
1 papaya-seeded and cut into 1/2" cubes
1 jalapeno-seeded and finely diced
1T canned black beans
2t vegetable oil
1t sesame oil
2t Thai fish sauce
1T lime juice
1T cilantro-finely chopped
2t mint-finely chopped

Lamb

Cooking a lamb roast on the grill or by the rotisserie is a super way to cook lamb.

Spicy Lamb

4lb leg of lamb

2t turmeric

1t paprika

salt and pepper

2 large cloves garlic- finely minced

1t ginger-grated

3T plain yoghurt

1t cardamom

-combine all ingredients and rub all over lamb, marinate for 1 hour or over night.

-place on the rotisserie and cook about 1 1/2 hours, basting with the marinade every 20mins.

Lamb recipe

4lb leg of lamb

4 cloves of garlic- sliced lengthwise in to 1/3rds

10-12 sprigs fresh rosemary

-cut 12 narrow deep slits all over the top of the lamb and insert the garlic and the rosemary.

-brush all over with oil and sprinkle with pepper.

Either cook on the grill with the top down or on the rotisserie. Remember to use a drip tray. When the lamb is cooked allow it to sit for 10-15mins before carving.

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