



## June 2002 – Barbecue Season is upon Us!

Over the past couple of decades barbecuing has become a favourite past time during the warm summers. It is an ancient technique of cooking food over a fire, that begun 100,000 years ago. The way we barbecue or grill our foods today was developed on a small Caribbean island called Hispaniola. The natives to the island smoke-dried their meats over hot coals on woven green wood mats called a 'barbacoa'. The Spanish arrived in the early seventeenth century and took with them this new way of cooking to Mexico and Southern States. This method of cooking caught on and soon the Cattle ranchers where feeding the cowboys on the range using something similar.

In the 1940's and 1950's the American people started to 'urbanize', they moved to the more spacious suburbs and in their backyards these families would entertain with the now ever popular barbecue.

In recent years there has been a change in diet, which is well suited to the barbecue. It requires no extra oils and the direct heat sears the moisture in side and intensifies the flavour.

### Marinades.

Many things can be achieved by marinating your food prior to barbecuing. One is to tenderize the meat; adding an acid to the marinade, for example citrus juice, wine, vinegar, mustard, soy sauce or yoghurt, does this. Oil is also added to lubricate and add flavour; the ratio of acid to oil and the amount of time to marinade depends on the food being used. For example with fish you would be careful not to use too much acid as it tends to cook fish as in ceviche, and you would only marinate for less than 30 minutes. A tough cut of meat on the other hand would get more acid, like wine and vinegar and you could marinate it over night or longer.

Never add salt to a marinade, as it will draw the moisture out of the food. Only salt after the food has been barbecued.

Make sure that you choose a container that is a snug fit for the food that is to be marinated. Make sure the pan is non-reactive, so choose one made of glass, enamel or porcelain. I like to use a plastic bag for the larger cuts of meat, squeeze most of the air out and seal tightly. Remember to turn the food every once in a while.

Use the marinades as a baste while the food is cooking, basting every 5-10 minutes.

### Sauces.

These are used as a finishing touch to most barbecued foods. Most barbecue sauces have a touch of sugar or honey in them so they should be put on close to the end of cooking over slow coals, so not to scorch. Sometimes the marinade is used to baste the food, then simmered to reduce and served as a sauce to accompany the meal. There are also some cold sauces such as pesto, and salsa, these go well with foods that have not been marinated.

### **White wine marinade**

-Excellent for poultry, and fish or as a baste for vegetables.

1/2c dry white wine

1/2c white wine vinegar

1/2c olive oil

1/2c onion-finely diced

2 cloves garlic-finely minced

1t dried tarragon

-Combine all the ingredients. Basil, rosemary or thyme can be substituted for the tarragon.

### **Red wine marinade**

-Excellent for cuts of meat that requires a long marinating time. Try using different kinds of wine for different flavours, such as zinfandel or cabernet.

1 1/2c Red wine

1/4c Red wine vinegar

1/2c Olive oil

1 small onion- sliced

1 carrot- sliced

1 bay leaf

1t black peppercorns-crushed

-Combine all ingredients. Mint works well added to a lamb roast and try sliced apples added to a pork roast.

### **Sesame marinade**

-Excellent for flank steaks, I actually put the flank steak in a ziplock with about 1/2 this marinade, then freeze until you need to use it. Then you can pull it out to thaw, flash it on the BBQ. And thinly slice across the grain. This is great on noodle salad. It's a ready to go meal that is waiting in the freezer for that last minute entertaining.

1c dry red wine

3/4c red-wine vinegar

1/4c dark sesame oil

1/2c Olive oil

6 cloves of garlic-thinly sliced

3T ginger-finely chopped

1t Thyme

-combine all the ingredients together.

### **Honey soy sauce and orange marinade**

1c OJ

2T vegetable oil

1/4c white wine vinegar

3T Soy sauce

1T honey

pepper

-This marinade works well with poultry, marinate 1-4hours, or flank steak over night. Be careful when cooking because the sugar content in this recipe can cause rapid burning.

### **Lemon Tarragon Marinade**

1/2c Olive oil

Juice of 2 lemons

1/2 dry white wine

1 garlic clove minced

2t dried tarragon

1/2 Onion minced

Zest of one lemon.

Pepper

Combine all the ingredients, good when marinating chicken for 30 mins.

**Teriyaki sauce**

1/4c Vegetable oil

1/4c Soy sauce

1/2c red wine

1/4c Rice wine vinegar

1 Green onion-thinly sliced

2 Garlic cloves-sliced in rounds

1t Ginger-finely chopped

-Combine all the ingredients. This recipe can be used as a marinade or just to baste on the food being barbecued.

**Barbecue Sauce**

1/4c Vegetable oil

1 onion-finely diced

2 cloves garlic

-Sauté until soft

3/4c red wine vinegar

1c beer

1/2c red wine

1 small can tomato paste

3T brown sugar

1T whole grain mustard

6 dashes of Hot sauce

2T Molasses

1t Cloves

Pepper

-add the remaining ingredients, and simmer until thick, about 30 mins. This is a great recipe for ribs, sausages and chicken. Again there is a sugar content so be careful about burning the food.

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