

Graham's Barbecue Belters

Nothing beats the feeling of a great British Summer Barbecue. Here are some handy tips from our very own Graham White to help you be the talk of the burger flippers...

THE GREAT SAUSAGE SIZZLE-OFF!



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You might think this sounds crazy - but it works a treat...

- 1:** Oil up the grill instead of the food and make sure there is no excess. Get it right and you shouldn't get any drips causing flare-ups and your food won't stick.
- 2:** Use a piece of foil under more fatty foods to retain the juices, avoid flare up's and help keep the grill clean. Place the meat directly on the grill to finish off.
- 3:** Keeping the lid down reduces flare ups and makes for a more even cooking temperature.
- 4:** Always put cooked meat on a clean plate. Never transfer back to a plate that has had raw meat on it.
- 5:** Boil your sausages first. I know it sounds crazy but it makes for a well cooked sausage with a great flavour.
- 6:** Apply your BBQ sauces in the last 10 minutes of cooking to make sure they don't burn and blacken the meat.
- 7:** Always let your cooked food rest for 2 minutes before cutting or eating. This allows all the great juices to distribute evenly in the meat.
- 8:** It's the old 80:20 rule again! Leave 20% of your grill free. If you get a flare up, move the food temporarily to this area.
- 9:** Have two sets of utensils ready when you are cooking poultry and meats: one to handle raw food and one to handle cooked.
- 10:** Always use a good set of long tongs to turn food. Never use a fork as this pricks the meat and drains the juices.
- 11:** Take the guesswork out of checking for doneness with a thermometer and a timer. If you cut into the meat or chicken, you will lose tasty juices.

- 1:** Prick, prod or flatten food on the grill. This forces all the juices out, reduces the cooked flavour of the meat and messes up the grill.
- 2:** Avoid using marinades with too much sugar as they tend to burn and blacken food.
- 3:** Don't use lighter fuel to light charcoal – it taints the food.
- 4:** Lift the lid to check how your meat is going. This reduces the benefits of convection cooking your meat.
- 5:** Don't risk food contamination. Have two sets of utensils ready when you are cooking poultry and meats: one to handle raw food and one to handle cooked.
- 6:** Don't let bad weather put you off. If it turns inclement, turn to indirect cooking. Keep the lid down and cook slower for longer.
- 7:** Don't let ash stop your BBQ flying. Always remove old ash from a charcoal grill to help airflow.

