

Thermapen™



Barbecue Cookbook

30
Sizzling Summer
Recipes, plus Top Tips
& BBQ Cooking
Temperatures



*"Quite simply the best barbecue
thermometer on the market"*

Ben Bartlett - Winner of Britain's Best BBQ'er Competition

Why use a Thermapen™ thermometer?



As a barbecue user, we do not have to tell you the importance of cooking meat, poultry and fish to the right temperature.

But don't assume that if meat is charred on the outside that it will be cooked on the inside - the Superfast Thermapen takes away the guesswork and will provide you with an accurate temperature, ensuring your meat is cooked correctly every time.

The Thermapen indicates temperature over the range of -49.9 to 299.9 °C and the reduced tip ensures you will have an accurate reading in just four seconds. The stainless steel food penetration probe folds safely away when not in use and turns the instrument off automatically.

The Thermapen is used worldwide by home cooks, barbecue enthusiasts and the catering trade. Available in eleven colours it is suitable for many different applications.

Food temperatures

To prevent food poisoning, it is essential to kill bacteria. Most bacteria are killed quickly between 75 and 100 °C. The danger zone is between 5 and 70 °C where bacteria will grow rapidly.

It is important that there are no cold spots in the food, likewise when reheating food or sauces, ensure that the food is reheated to above 75 °C.



100 °C	bacteria will be destroyed
83 °C	reheated food internal temperatures
74 - 80 °C	poultry internal temperatures
71 °C	meat internal temperatures - well done
63 °C	bacteria is gradually killed
60 °C	fish internal temperatures
37 °C	ideal temperature for bacteria to grow
4 °C	safe storage for a short period
2 °C	safer for storage
-18 °C	bacteria will not grow - but may not die

All the above temperatures are a guideline only

Direct vs Indirect Cooking

When we think 'BBQ' we tend to think about grilling directly over hot coals or a gas burner.

Cooking our food quickly and at a high temperature, is known as direct cooking or grilling.



However, there is another way to cook on a BBQ – indirect. Setting your BBQ up for indirect cooking is easy and offers a whole new way of cooking exciting food.

If you want to try indirect cooking you need a BBQ with a lid. You also need to be able to position the food so it is not directly over the fire. If you have a charcoal BBQ, try putting a foil tray on one half of the charcoal grate and your coals on the other half, then place your food over the drip tray. If you're using gas and have more than one burner, light only one burner and place your food off to one side.

It's important to remember that when you're cooking indirect, you need to keep the lid closed and try not to keep checking the food every two minutes. If you're looking, the food isn't cooking!!!

Most importantly....Enjoy your BBQ!

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Beastly Beef Steak Marinade

- 4 quality beef steaks
- 1 small onion, chopped
- 2 garlic cloves, crushed
- 125ml Worcestershire sauce
- 125ml soy sauce
- 1 tbsp hot cayenne pepper sauce
- 25g dark muscovado sugar
- 2 tbsp lemon juice

Method:

- Combine all the ingredients in a bowl except the steaks and mix thoroughly
- Add the steaks to the marinade and chill in the fridge for an hour at 2-4 °C, turning after 30 minutes. Remove the beef and discard the marinade
- Season with sea salt 30 minutes prior to cooking

recipe supplied by S. Heyes, Reading



Orange Chicken Marinade

- 4 large chicken breasts
- 120ml orange juice

- 1/2 tsp mustard powder
- pinch of garlic powder or garlic salt
- 1 tsp grated orange peel
- 2 tsp Worcestershire sauce
- 1 tsp cooking oil

Method:

- Mix all the ingredients together in small bowl
- Pour over the chicken and marinate in the fridge for 2-3 hours at 2-4 °C
- Remove from the fridge and discard the marinade
- Cook the chicken breasts over a medium heat for 12 1/2 minutes per side
- The orange flavour is not intrusive but gives the chicken a zing



Millstone Satay Sauce

250ml coconut cream
70g peanut butter
2 tsp Worcestershire sauce
2 tsp chilli powder
4 tsp Madras curry powder
1 lime, grated rind and juice

Method:

- Pour the coconut cream into a small pan and heat
- Add the peanut butter and stir until blended
- Add Worcestershire sauce, lime juice, rind and spices; gently heat for 4-5 minutes
- Pour the sauce into a serving bowl and dip away



Brilliant BBQ Sauce

1 onion, finely chopped
2 garlic cloves, minced
150ml Worcestershire sauce
100g cold butter
2 tbsp tomato ketchup
sprig of chopped parsley
ground black pepper and salt

Method:

- Sauté the onion and garlic in the Worcestershire Sauce and reduce it by half
- Add the black pepper, salt and tomato ketchup
- Take off the heat, whisk in the butter and parsley
- Add the meat to the marinade and chill in the fridge overnight at 2-4 °C
- Liberally brush over the meat before grilling



Grilled Buffalo Wings

Serves 4

- 1kg chicken wings (about 12 wings)
- 4 tbsp bottled hot pepper sauce (Frank's Original)
- 3 tbsp butter, melted
- 1 tbsp paprika
- 1/2 tsp sea salt
- 1/2 tsp cayenne pepper
- 1/4 tsp ground black pepper



Method:

- To make the sauce, mix all ingredients together in a bowl excluding the chicken
- Add the chicken wings to a large dish and pour over half of the marinade, turning the wings to make sure they are well coated
- Cover and place in the fridge at 2-4 °C allowing to marinate for a minimum of 2 hours, although the longer the better
- When ready to cook remove from the fridge and discard the marinade
- Grill the chicken wings on the barbecue over a high heat for 10-15 minutes turning regularly. Using your Thermopen, check that the internal temperature of the wings are a minimum of 74 °C before serving
- Heat up the remaining marinade and pour over the cooked wings, serve immediately and get stuck in!

Serving Suggestion: Serve with a blue cheese dip and celery sticks

Super BBQ Chicken Skewers

Serves 6

- 3 skinless chicken breasts
- 125 ml soy sauce
- 3 tbsp dry white wine
- 2 tbsp lemon juice
- 2 tbsp vegetable oil
- 2 small sprigs of rosemary, finely chopped
- ½ tsp of ground ginger
- 1 garlic clove, minced
- 6 wooden skewers



Method:

- Cut the chicken into 2.5cm/1 inch cubes and place in a bowl
- Mix all the ingredients together and pour over the chicken
- Cover and marinate in the fridge overnight at 2-4 °C
- Soak the wooden skewers in water for 30 minutes prior to cooking (this will stop them from burning when you grill them later)
- Drain off the marinade and thread the chicken onto the skewers
- Place onto the barbecue and grill for around 5 minutes, turning regularly until cooked. Use your Thermapen to check that the temperature is a minimum of 74 °C before presenting to your guests

Serving Suggestion: Serve with rice, roasted vegetables and corn on the cob



TOP TIP:

Try adding peppers, red onion, courgette and mushrooms between the chicken pieces for a splash of colour and an even greater taste!

recipe supplied by H. Child, Horsham

BBQ Grilled Chicken

Serves 4

- 4 chicken legs and 4 chicken thighs
- 5 garlic cloves, minced
- 60g demerara sugar
- 2 tsp salt
- 1 tsp cayenne pepper
- 1 tsp paprika
- 1 tsp black pepper
- 1 large sealable freezer bag



Method:

- After halving the chicken legs, place all the chicken pieces into the freezer bag
- Mix the remaining ingredients together in a bowl and pour over the chicken
- Seal the bag, give it a good shake and place in the fridge overnight at 2-4 °C
- To cook, simply add the chicken to the barbecue, skin side down and grill for approximately 20 minutes turning halfway through cooking
- Use your Thermopen to check that the internal temperature of the chicken is a minimum of 74 °C before serving

Serving Suggestion: Serve with buttered new potatoes, crispy salad and cous cous

Mind-Blowing Chicken

Serves 6

3 large chicken fillets, sliced in half
250ml bottle of cajun chicken marinade
250g mild cheddar cheese, sliced
6 pitta breads
small tin of sliced pineapple
small tub of coleslaw



Method:

- Slice each chicken fillet in half (butterfly) and place in a bowl
- Pour over the marinade, cover and place in the fridge at 2-4 °C for a minimum of one hour although overnight is best
- To cook, simply add the chicken to the barbecue and grill on a high heat, for 8-10 minutes, turning halfway through cooking
- When the chicken is almost cooked flash the pitta breads under the tap to moisten them and place on the barbecue for one minute each side or until they start to expand
- Use your ThermoPen to check that the internal temperature of the chicken is a minimum of 74 °C before serving
- Once cooked, stuff the chicken, pineapple, cheese and a tablespoon of coleslaw into the pitta bread...Enjoy!



TOP TIP:

Coat the grill with olive oil before you start as this will prevent the meat from sticking

Barbecue Beef Fillet

Serves 4

fillet of beef (1.5kg)
 olive oil
 20g horseradish sauce
 50ml beer (bitter)
 20g celery salt
 20g paprika
 black pepper



Method:

- Rub the beef fillet with horseradish and olive oil, then roll in the dry ingredients i.e. black pepper, celery salt and paprika
- Cover and leave the beef for 3 hours. Use the leftover ingredients to mix with the beer creating a mop for the meat
- You may want to flavour your BBQ with woods such as Oak or Pecan
- Place the beef fillet on the BBQ and cook for 30-40 minutes, turning and basting regularly
- Use your Thermapen to check the internal temperature of the beef when cooking to a desired taste. For rare 52 °C, medium 60 °C and well done 71 °C
- Cover loosely and rest the meat for about 15 minutes. Serve thinly sliced

Serving Suggestion: Serve with warm baked bread, roasted garlic potatoes and a large dollop of mayonnaise



Beef Rib with BBQ Chilli & Onion Sauce

Serves 4

1 beef rib on the bone (approx. 1.5kg x 2in thick)
1 tsp Worcestershire sauce
1 tsp Tabasco sauce
20g butter, melted
black peppercorns, crushed
sea salt
1 large sealable freezer bag

Chilli & Onion Sauce:

20ml BBQ sauce
30g butter
1 large red onion, sliced
200ml red wine
200ml beef stock
15g redcurrant jelly
1 red chilli, finely chopped
fresh basil, chopped



beef

Method:

- Mix the beef ingredients together and rub onto both sides of the meat. Leave the meat to stand at room temperature for 2 hours in the freezer bag
- To make the sauce; melt the butter over a medium heat, add the onion and cook until soft
- Add the wine and reduce by half, then add the stock, jelly, chilli, basil and bring to the boil. Simmer until the liquid has evaporated and the sauce has thickened. Season and keep warm
- Remove the meat from the marinade, brush with oil and grill over a high heat for 10-15 minutes each side
- Use your Thermapen to check the internal temperature of the beef when cooking to a desired taste. For rare 52 °C, medium 60 °C and well done 71 °C
- Transfer the beef to a board, cover loosely and leave to stand for 10 minutes
- Using a knife, loosen the meat from the rib bone and carve into thick slices. Serve with the warm Chilli and Onion sauce



TOP TIP: Bring meat to room temperature before cooking as it will cook faster and any fat will drain better



Pork & Lemon Skewers

Serves 4

300g lean minced pork
10g mint, finely chopped
10g chives, finely chopped
4 garlic cloves, finely chopped
10g granulated sugar
10ml soy sauce
1 lemon, freshly squeezed
8 lemongrass stalks approx. 9cm in length
sea salt and black pepper



Method:

- Place the minced pork, garlic, mint, chives, soy sauce, sugar and lemon in a large bowl, season with salt and pepper and mix well
- Divide into eight portions and mould each one into a ball around the lemongrass stalk
- Prepare the barbecue. Cook the pork and lemon skewer for 6-8 minutes on each side, until golden and cooked
- Use your Thermapen to check that the internal temperature of the pork is a minimum of 71 °C before serving

Serving Suggestion: Serve with warm pitta bread and cumin curried yoghurt dip



Honey & Mustard Pork Steaks

Serves 4

4 pork steaks (approx. 175g each)
olive oil
2 tbsp honey
2 tsp wholegrain mustard
1 tsp dijon mustard
1 tsp ground allspice
salt and freshly ground black pepper

Method:

- In a large dish mix the oil, mustards, honey and allspice
- Add the steaks to the marinade, cover and chill in the fridge for one hour at 2-4 °C. When ready to cook remove the steaks and discard the marinade
- Place the steaks on the grill over a medium heat and cook for 15 minutes turning halfway through. Cook for longer if you like it crisp on the outside
- Use your Thermopen to check that the internal temperature of each steak is a minimum of 71 °C
- Season with the sea salt and ground black pepper

Serving Suggestion: Serve with pepper and garlic mash, steamed greens and apple sauce



TOP TIP: Try using hickory chips on your barbecue as these will add great flavour to the meat



Lamb Chops 'Aussie' Style

Serves 6

- 12 lamb loin chops
- 2 tbsp tomato ketchup
- 2 tbsp soy sauce
- 2 tbsp redcurrant jelly
- 2 tbsp brown sugar
- 1 tbsp dry mustard powder
- 1 large sealable freezer bag
- 3 sprigs of rosemary
- olive oil

Method:

- Place the lamb chops into the freezer bag
- In a bowl mix the remaining ingredients together excluding the olive oil and rosemary and pour over the lamb chops
- Seal the bag, give it a good shake and place in the fridge to chill at 2-4 °C for a minimum of one hour
- Remove lamb from the marinade; discard the marinade
- Coat and season the barbecue grill with the olive oil and rosemary
- Grill on a medium heat for 8-10 minutes turning halfway through
- Use your Thermopen to check the internal temperature of the lamb when cooking to a desired taste. For medium 60 °C and well done 71 °C

Serving Suggestion: Serve with warm new potatoes, baby carrots and mint sauce



Moroccan Lamb

Serves 4

- 1 shoulder of lamb (1.8kg)
- 2 garlic cloves, crushed seasoning
- 60g Moroccan seasoning
- olive oil
- 20g mint, finely chopped
- 1 packet of cherry wood chips



Method:

- Rub the shoulder of lamb with the garlic and the Moroccan seasoning, sprinkle over the excess and chill in the fridge at 2-4 °C for 3 hours
- Mix the mint and oil together and allow to infuse
- Using oak or apple wood blocks indirectly smoke the lamb at a medium heat on the barbecue for 3-4 hours until tender. Basting every hour to retain the moisture
- Use your ThermoPen to check the internal temperature of the lamb when cooking to a desired taste. For medium 60 °C and well done 71 °C
- Once the lamb is cooked, remove from heat and rest for 20 minutes before carving

Serving Suggestion: Serve with cous cous, freshly chopped coriander and a squeeze of lemon juice would be a great accompaniment to this 'classic' Moroccan dish



TOP TIP:

Increase the flavour by adding powdered spice or herbs to your meat or fish. Marinate overnight - it's magic!



Butterfly Prawns with Garlic & Ginger

Serves 4

- 16 raw giant king prawns, shell on
- 2 tsp olive oil
- 100g unsalted butter
- 2 red chillies, seeded and finely chopped
- 20g ground ginger
- 20g garlic granules
- sea salt
- 4 wooden skewers



Method:

- Soak the wooden skewers in water for 20 minutes prior to cooking
- Heat the butter and add the ginger and garlic to infuse
- Butterfly each prawn by making an incision down the curved back; wipe away the dark spinal vein
- Mix the oil, chilli, sea salt and add the prawns. Toss to coat, then skewer them on head first
- Place the prawns over a high heat for about 5 minutes, turning once
- Use your Thermapen to check that the internal temperature of the prawns are a minimum of 60 °C
- Pour over the hot butter, garlic and ginger and serve

Serving Suggestion: Serve with a crispy rocket and lime salad together with a mango and chilli salsa



Cajun Tiger Prawn Skewers

Serves 4

12 large, raw, tiger prawns, shell on
8 leaves of basil
8 sprigs of flat parsley
20g parmesan cheese, grated
3 garlic cloves, chopped
olive oil
salt and pepper
20g pine nuts
20g Cajun seasoning
4 wooden skewers, soaked in water



Method:

- To make the Cajun pesto, place the nuts, parsley, basil, garlic, cheese and some oil in a food processor and process until finely chopped
- Mix half the pesto paste with the prawns in a bowl, toss them well, then cover and chill in the fridge at 2-4 °C for one hour
- Thread the prawns on the skewers, season with the salt and pepper and cook over the hot coals on an oiled grill rack for 4-5 minutes, turning once
- Use your Thermapen to check that the internal temperature of the prawns are a minimum of 60 °C. Serve with the remaining pesto

Serving Suggestion: Serve with an oven-baked jacket potato, smoked tomato salsa, butter and a wedge of lime



TOP TIP:

Prawns go off quickly, so keep in the fridge wrapped in their original packaging or in a sealed container. Eat within 24 hours of purchase



Hot & Smokey Cherry Wood Salmon

Serves 4

4 salmon fillets (approx. 175g each)
1 lemon, grated rind and juiced
20g paprika
10g garlic powder
10g thyme
olive oil
salt and pepper
1 packet of cherry wood chips



Method:

- Mix together the paprika, thyme, garlic powder and grated rind. Combine the oil and lemon juice
- Prepare the barbecue, add the cherry wood chips and allow to burn
- Cover the salmon with the mix and rub in, allow to infuse for 10-15 minutes, then brush with the lemon oil
- Cover the salmon with tin foil and cook for 8-10 minutes
- Use your Thermopen to check that the internal temperature of the salmon is a minimum of 60 °C, then it is ready to serve

Serving Suggestion: Serve with a mango and basil salsa and hot minted new potatoes



Barbecue Thai Scallops

Serves 4

12 fresh scallops in their half shell
3 shallots, finely sliced
2 tsp Thai seasoning
1 lemon, grated rind and juice
2 fresh green chillies, finely chopped
2 fresh red chillies, finely chopped
olive oil
salt and pepper



Method:

- Sprinkle all the ingredients over the scallops evenly
- Position a grill rack over the coals to heat
- Place the scallops in their half shells on the grill and cook for 2-3 minutes
- Once warm and tender use your Thermapen to check that the internal temperature of the scallops are a minimum of 60 °C.
- Transfer onto a serving platter and serve.

Serving Suggestion: Serve with oven-baked bread and a fresh, crunchy salad



TOP TIP:

When grilling scallops on a skewer, place them flat side up. This allows them to pick up more flavours from the BBQ. Remember... seafood does not take long to cook!



Potato, Courgette & Pepper Skewers

Serves 4

750g new potatoes, washed and halved
50ml olive oil
fresh herbs - either mint, parsley, rosemary or thyme
2 courgettes, cut into chunks
1 red pepper, cut into chunks
2 small red onions, quartered
8 small mushrooms
salt and pepper
4 wooden skewers



Method:

- Soak the wooden skewers in water for 30 minutes prior to cooking (this will stop them from burning when you grill them later)
- Cook the potatoes in boiling, salted water until just tender
- Drain and leave to cool for a few minutes
- Place all the vegetable pieces randomly onto the kebab sticks and season with the olive oil, herbs, salt and pepper
- Grill over a medium heat for 10 minutes turning regularly until lightly charred

Serving Suggestion: Serve with cous cous, salad and a wedge of lemon

'The Best' Corn on the Cob

Serves 4

4 corn on the cobs
25g butter, softened
2 tsp fresh oregano, chopped
1 tbsp olive oil
sea salt and freshly ground black pepper to season

Method:

- Wash the cobs in cold water, brush with olive oil and place on a sheet of foil
- In a bowl, mix the butter, oregano, salt and pepper
- Spread $\frac{3}{4}$ of the dressing over the cobs and wrap up the foil
- Cook over a medium heat for 10 minutes turning regularly
- Remove the foil and grill for a further 10 minutes or until corn is tender for that chargrilled finish
- Pour the remaining dressing over each cob before serving

Serving Suggestion: This recipe will accompany any of the main dishes in this cookbook or is ideal served as a 'classic' starter



TOP TIP: Most vegetables cook quickly, so it is unwise to leave them unattended on the grill

recipe supplied by D. Carter, Southampton

Vegetable & Halloumi Kebabs

Serves 4

250g halloumi cheese

8 bay leaves

100ml olive oil

1 garlic clove, crushed

2 tbsp of parsley, chopped
salt and pepper

1 red onion, cut into chunks

4 small aubergines, halved lengthways

2 courgettes, cut into chunks

8 cherry tomatoes

1 yellow pepper, cut into chunks

8 wooden skewers



Method:

- Cut the halloumi cheese into 16 cubed pieces
- Soak the wooden skewers in water for 30 minutes (this will stop them from burning when you grill them later)
- Thread one piece of each vegetable onto the skewer including a bay leaf in the middle and one piece of halloumi at each end, once all the kebabs are made place in a dish ready to cook
- Mix the garlic and parsley in with the remaining olive oil to use as a dressing
- Place the kebabs on the barbecue over a medium heat, turning occasionally for 8 minutes or until the vegetables are soft and charred
- Remove, pour over the dressing and lightly season to taste. Serve and enjoy!

Serving Suggestion: Serve with sautéed green beans and a wedge of lemon

Baked Courgettes Stuffed with Cheese

Serves 4

8 small courgettes
30g mozzarella cheese
30g goats cheese
10g BBQ sauce
1 tbsp olive oil
fresh chives, chopped
fresh mint, chopped
salt and pepper



Method:

- Wash the courgettes and cut in half lengthways, scooping a channel along the length of each courgette
- Insert both the mozzarella and goats cheese into the channel
- Mix the herbs, oil and seasoning together and drizzle over the cheese
- Wrap each courgette in foil and bake in the embers of the barbecue for 25 minutes or until tender
- Brush with a light coat of the barbecue sauce before serving

Serving Suggestion: Serve with a freshly baked baguette and crispy salad



TOP TIP:

Make sure you don't mix up the cooking utensils, boards or plates for raw, cooked meat or veg - keep them separate. Top chefs use colour-coded cooking equipment



'Ayres Rock' Cheese Ball

- 125g mild cheddar cheese, grated
- 125g mature cheddar cheese, grated
- 250g soft cream cheese
- 2 garlic cloves, crushed
- 1 tbsp Worcestershire sauce
- 2 gherkins, finely chopped
- 1 tbsp paprika
- 1 tbsp curry powder

Method:

- Mix all the ingredients except the paprika and curry powder in a large bowl, and shape into a large ball
- Add the paprika and curry powder to a shallow dish and mix. Roll the cheese ball in the spices until fully covered and place in the fridge between 2-4 °C until ready to serve



Incredible Cous Cous

- 1 pack of dried cous cous
- boiling water
- 2 tbsp olive oil
- 1 vegetable stock cube
- 1 small red onion, thinly sliced
- 3 sun dried tomatoes, chopped
- 50g toasted pine nuts
- 6 large black olives, chopped
- 2 tbsp fresh mint, chopped
- 1 lemon, juiced
- 50g golden raisins
- salt and ground black pepper

Method:

- Mix the cous cous and stock cube with the boiling water as per packet instructions and drizzle over 1 tbsp of olive oil, leave to stand for 10 minutes then fork through to loosen the grains
- Heat the remaining oil, and sauté the onion until soft
- Combine all the ingredients including the onion and add to the cous cous
- Mix well and season to taste

recipes supplied by M. Coates, Liverpool

Unbeatable Bulgur Salad

- 225g bulgar wheat
- 1 small orange pepper
- 2 tbsp spring onion, chopped
- 3 tbsp fresh parsley, chopped
- 3 tbsp soy sauce
- 6 tbsp french dressing



Method:

- Place the bulgar wheat in a pan, pour over 275ml of boiling water and cover for 15 minutes, until the water has been completely absorbed
- Meanwhile mix the remaining ingredients in a bowl and set aside
- Once cooled, add the bulgar wheat to the bowl, season with salt and pepper and stir well
- Allow to chill in the fridge between 2-4 °C for a few hours before serving



Perfect Potato Salad

- 500g baby Jersey Royal potatoes
- 3 tbsp french mayonnaise
- 3 tbsp creme fraiche
- ½ small red onion, finely diced
- sprigs of mint
- sea salt and freshly ground black pepper to taste

Method:

- Boil the potatoes in salted water until tender, then drain and cool
- In a large bowl mix the potatoes with the onion, mayonnaise and creme fraiche
- Add the salt and pepper, garnish with the mint and serve
- To preserve any leftover potato salad, place in the fridge between 2-4 °C



Fruitalicious Kebabs

Serves 4-8

punnet of strawberries
3 peaches or nectarines
3 apples
3 oranges
1 pineapple, cut into chunks
mixed spice for sprinkling
cranberry jelly
4 tbsp lemon juice
8 kebab skewers, soaked in water



Method:

- Prepare the barbecue and make sure the grill rack is clean and oiled
- Remove the stones from the peaches/nectarines and cores from the apples
- Cut each of the above fruit into eight pieces, place into a bowl, pour over the lemon juice and stir until all the fruit is coated (this will prevent it from going brown, it also adds to the flavour)
- Thread the fruit onto the skewers randomly. Once all kebabs are full give them a good coating of cranberry jelly and mixed spice
- Cook on a medium heat for 5 minutes, warming the fruits to around 50 °C

Serving Suggestion: Serve with a dollop of extra thick double cream...Delicious!

recipe supplied by N. Joy, Swindon

Pineapple with a Honey & Rum Glaze

Serves 4

- 1 medium pineapple
- 2 tbsp dark rum
- 2 tbsp honey
- 1 tbsp muscovado sugar
- 1 tbsp lime juice

Method:

- Remove the top of the pineapple and cut into quarters, removing the core
- In a small bowl mix together the rum, honey, sugar and lime until dissolved
- Coat each quarter with the glaze, saving some for serving
- Place on the barbecue over a medium-low heat, grill both sides until lightly charred and at 50 °C. Brush a little glaze on when turning
- Serve hot with the remaining glaze drizzled over the top

Serving Suggestion: Serve with a generous scoop of coconut ice cream



TOP TIP:

When grilling fruit, keep the heat to a minimum. You're not 'cooking' the fruit only heating and smoking it to add a very distinct taste

recipe supplied by T. Murray, Darlington

Boozy BBQ Oranges

Serves 8

8 large oranges
caster sugar for dusting
small wine glass of orange liqueur
tin foil



Method:

- Take a large double layered oblong of foil
- Cut the skin and pith off of the oranges and cut each orange in half
- Place the orange halves on the foil and squeeze any juice left on the orange skin over the oranges
- Dust liberally with caster sugar and pour over the orange liqueur
- Fold up the foil making a parcel and scrunch the ends to make a handle
- Place on the barbecue when the coals are cooling, after 10 minutes use your Thermapen to check the internal temperature of the oranges have heated to around 50 °C and prepare to serve
- Open the parcel and smell the aroma – wait for the rush!

Serving Suggestion: Serve over a scoop of vanilla ice cream

recipe supplied by N. Percival, Worthing

Flamed Bananas

Serves 4

4 bananas, slightly under ripe
150ml double cream
4 vanilla pods, split and deseeded
40g butter
40g sugar
100ml brandy



Method:

- Whisk the cream, 10g sugar and half the vanilla pod seeds in a bowl, place in the fridge between 2-4 °C
- Warm the butter, remaining sugar and vanilla in a pan, split the bananas down the back and pour over the mixture. Wrap the bananas individually in foil and place on the barbecue for 8-10 minutes, warm until 50 °C
- Meanwhile gently warm the brandy in a small pan. Open each banana parcel and pour over the brandy. Carefully ignite with a long match, watch and enjoy!

Serving Suggestion: Serve with the vanilla cream and fresh strawberries



TOP TIP: Wrapping fruit and vegetables in foil prevents them from burning and helps preserve the flavour



Food Safety & Storage

Fridge & Freezer Temperatures

Keeping fridges and freezers at the correct temperature is critical to ensure food safety.

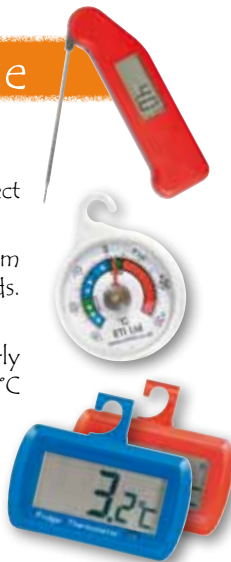
Food should be stored in a fridge at a maximum of 8 °C, but this is only safe for short periods. It is better to store food in a fridge at 4 °C.

Food stored in a freezer should be regularly rotated and stored between -18 to -22 °C as bacteria will not grow at these temperatures.

These handy-sized fridge thermometers (pictured right) ensure that your food and drink is being kept cool and fresh at all times.



Stay Clean! Use anti-bacterial ProbeWipes which are safe and easy to use. Always wipe your Thermapen probe after checking raw and cooked meat temperatures.



Accessories for BBQ cooking

Keep Cool! Using a fridge/freezer thermometer in your coolbox will allow you to monitor the temperature of your meat.



Don't lose track of time! Use a countdown timer which features a large digital display and a loud audible alarm.

* the above products and more are available to purchase on our website www.etiltld.com

Food Temperatures & Cooking Times

Ensure your BBQ food is cooked before serving by checking the core temperature with a probe thermometer.



Meat	Rare	Medium	Well Done
Beef, Lamb and Veal	52 °C	60 °C	71 °C
Poultry	-	-	74 °C
Pork	-	63 °C	71 °C
Fish	-	-	60 °C

Below is a guide to cooking times and temperatures when cooking on either gas or charcoal barbecues.

Meat	BBQ Grill Temperature	Cooking Times
Steaks - Sirloin 2.5 cm	Medium (180 °C)	5-6 mins per side
Beef Burgers	Medium (180 °C)	8-10 mins turning occasionally
Chicken Breasts & Thighs	Medium (180 °C)	8-12 mins per side
Chicken Drummers & Wings	Medium (180 °C)	8-12 mins turning occasionally
Chicken Kebab 2.5 cm	Medium (180 °C)	6-8 mins turning occasionally
Pork Sausages	High (250 °C)	5-10 mins turning occasionally
Pork Chop/Rib/Loin 2 cm	Medium (180 °C)	10-15 mins turning occasionally
Lamb Chop/Loin 2.5 cm	Medium (180 °C)	8-10 mins turning occasionally
Lamb Rack 675g	Medium (180 °C)	25-35 mins turning occasionally
Fish - Fillet 2 cm	High (250 °C)	3-5 mins
Fish - Whole (450 grams)	Indirect with smoke (190 °C)	15-20 mins
Fish - Whole (900 grams)	Indirect with smoke (190 °C)	30-45 mins
Prawns - shell on	High (250 °C)	2-3 mins
Prawns - shell off	High (250 °C)	4-5 mins
Vegetable Skewers	Medium (180 °C)	8 mins turning occasionally
Grilled Ripe Fruit	Medium (180 °C)	5-20 mins (depending on size of fruit)

Please note: the above are guidelines only



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