

Great Books
Great Prices

\$6.99

Super livres
Super prix

THE BBQ COOKBOOK

Recipes for
a backyard
barbeque



First published in 2013

LOVE FOOD is an imprint of Parragon Books Ltd

Parragon
Chartist House,
15-17 Trim Street,
Bath BA1 1HA, UK

Copyright © Parragon Books Ltd 2012

LOVE FOOD and the accompanying heart device is a registered trademark of Parragon Books Ltd in Australia, the UK, USA, India, and the EU.

www.parragon.com/lovefood

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of the copyright holder.

ISBN: 978-1-4723-0779-8

Printed in China

New photography by Mike Cooper
New home economy by Lincoln Jefferson
Designed by Geoff Borin
New recipes and introduction by Robin Donovan
Edited by Fiona Biggs

Notes for the Reader

This book uses standard kitchen measuring spoons and cups. All spoon and cup measurements are level unless otherwise indicated. Unless otherwise stated, milk is assumed to be whole, eggs are large, individual vegetables are medium, and pepper is freshly ground black pepper. Unless otherwise stated, all root vegetables should be washed and peeled before using.

The times given are only an approximate guide. Preparation times differ according to the techniques used by different people and the cooking times may also vary from those given. Optional ingredients, variations, or serving suggestions have not been included in the calculations.

Recipes using raw or very lightly cooked eggs should be avoided by infants, the elderly, pregnant women, and anyone with a chronic illness. Pregnant and breast-feeding women are advised to avoid eating peanuts and peanut products. People with nut allergies should be aware that some of the prepared ingredients used in the recipes in this book may contain nuts. Always check the packaging before use.

Vegetarians should be aware that some of the prepared ingredients used in the recipes in this book may contain animal products. Always check the package before use.

Picture acknowledgements

The publisher would like to thank Getty Images for permission to reproduce copyright material on the front cover: Peppercorn steak being barbecued with shallots © Joff Lee/Getty Images

CONTENTS

Introduction **4**

Our famous *BBQ sauce* **6**

Cheddar-jalapeño burgers **8**

Steak *with mushroom butter* **10**

Grilled steak taco *with pineapple salsa* **12**

Pork spareribs **14**

Maple-mustard pork **16**

Lamb chops *with tomato-mint jam* **18**

Chicken breasts *with green olive tapenade* **20**

Flattened chicken breasts
with lemon butter **22**

Soy-ginger glazed chicken **24**

Mediterranean turkey burgers **26**

Turkey kabobs *with cilantro pesto* **28**

Tuna *with chilli & ginger sauce* **30**

Shrimp kabobs *with barbeque sauce* **32**

Spice-crusted salmon
with cilantro-scallion pesto **34**

Trout *with basil sauce* **36**

Black bean burgers **38**

Grilled fig, radicchio and blue cheese sandwiches
with balsamic-glazed onions **40**

Grilled stuffed peppers
with chickpeas, feta & mint **42**

Eggplant parmigiana **44**

Coleslaw **46**

Potato and egg salad **47**

INTRODUCTION

When the weather heats up, what better way to celebrate than with a good old-fashioned backyard barbeque? Preparing delicious party-worthy foods on an outdoor grill couldn't be easier. Nothing brings out the natural flavors of meat and vegetables quite the way grilling does, sealing in meats' juices and flavors while bringing out vegetables' natural sweetness—and giving them all an appetizing smokiness, too.

Charcoal or Gas?

Whether to use a traditional charcoal barbeque or a more modern gas grill is a personal decision. If it's the distinctive chargrilled flavor that draws you to barbecuing, a charcoal grill is your best bet. If, however, convenience, speed, and easy clean-up are most important to you, a gas grill is the best choice. The recipes in this book are designed to be cooked on either a charcoal or gas grill, so whichever appliance you decide on, you're sure to be enjoying barbequed meals.



Get Grillin'

The recipes here are designed to be easy to use, but they never skimp on flavor. Every dish is sure to impress guests, while allowing you to relax and enjoy the party. What are you waiting for? Fire up the barbeque!

SEVEN tips for great grilled meat every time!

The high heat of a barbeque can dry out meat if you're not careful. Here are seven tips to make sure that your grilled meats are always juicy and full of flavor:

- 1 Whether you're using gas or charcoal, the first rule in barbecuing is: preheat! Allow 10–15 minutes for a gas grill and at least 30–40 minutes for a charcoal barbeque.
- 2 Choose meat cuts with some fat on them, which keeps meat moist and gives it flavor.
- 3 For even cooking, choose cuts that are the same thickness throughout.
- 4 Marinades tenderize meat and infuse them with flavor, so plan ahead and marinate meat for at least 30 minutes and up to 24 hours before you plan to grill.
- 5 Bring meat to room temperature; take it out of the refrigerator about 20–30 minutes prior to grilling.
- 6 Most meats are best cooked quickly over high heat, but thick cuts such as pork loin should be cooked more slowly over medium heat, with the lid down.
- 7 After removing it from the grill, let all meat and fish rest for about 5 minutes before serving.



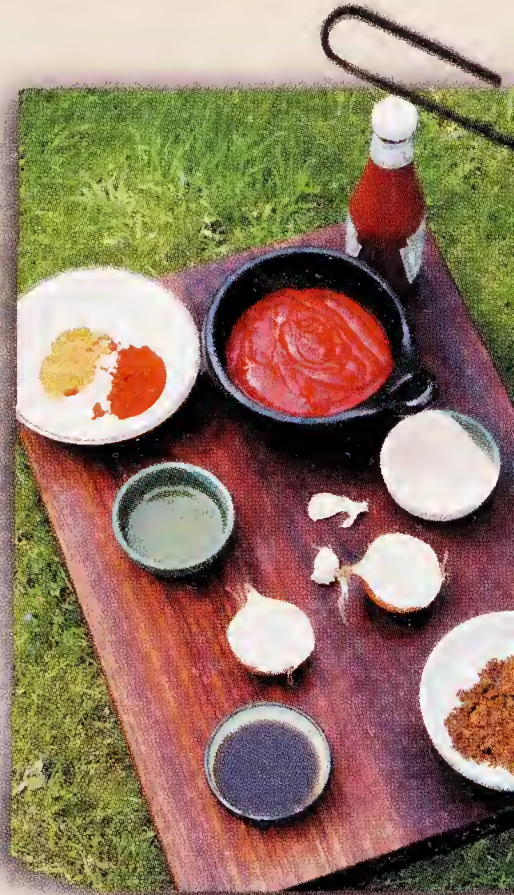


You'll see this sauce referred to in several of the recipes in the book. It's perfect for slathering on everything from ribs, chicken, steak, and burgers to plump, juicy shrimp.

OUR FAMOUS BBQ SAUCE

Makes: 3½ cups **Prep time:** 5 minutes **Cook time:** 45 minutes

- 1 Put the onion and garlic into a food processor and process to a puree.
- 2 Heat the oil in a heavy skillet over medium-high heat. Add the onion-garlic puree and cook, stirring frequently, until it begins to brown.
- 3 Add the remaining ingredients and bring to a boil. Reduce the heat to medium and simmer for about 45 minutes, stirring occasionally, until the sauce thickens and begins to darken. Reheat and use as required.



- ★ 1 small onion
- ★ 2 garlic cloves
- ★ 1 tablespoon olive oil
- ★ 1 cup ketchup
- ★ 2 cups tomato sauce

- ★ ½ cup firmly packed dark brown sugar
- ★ ¼ cup cider vinegar
- ★ 2 tablespoons Worcestershire sauce or vegetarian Worcestershire-style sauce

- ★ ½-1 teaspoon cayenne pepper
- ★ ½-1 teaspoon smoked paprika or ground chipotle powder



CHEDDAR-JALAPEÑO BURGERS

Serves: 4 **Prep. time:** 10 minutes **Cook time:** 10-15 minutes



- ★ 1½ pounds lean ground beef
- ★ 1 large egg, lightly beaten
- ★ 2 scallions, thinly sliced
- ★ 1-2 jalapeño chiles, seeded and finely chopped
- ★ 2 tablespoons finely chopped fresh cilantro
- ★ 2 tablespoons Worcestershire sauce
- ★ ½ teaspoon salt
- ★ ½ teaspoon pepper
- ★ 1 cup shredded cheddar cheese

1 Preheat the barbeque to medium-high. In a large bowl, combine the beef, egg, scallions, chiles, cilantro, Worcestershire sauce, salt, and pepper. Form the mixture into eight equal balls and flatten them into patties about ½ inch thick. Top half of the patties with shredded cheese, leaving a clear border around the edge of each patty.

2 Place the remaining four patties on top of the cheese-topped patties and press the edges together to enclose the cheese. Flatten again into patties ½-¾ inch thick, making sure that the edges are well sealed.

3 Place on the preheated grill rack over medium-high heat and cook for about 5-8 minutes on each side, until done to your liking. Serve on the toasted hamburger buns with tomato slices, lettuce, and ketchup.

To serve

- ★ 4 hamburger buns, halved and toasted
- ★ tomato slices
- ★ lettuce
- ★ ketchup, mayonnaise, or other condiments





The molten cheese center keeps these flavorful burgers nice and juicy.

STEAK (with mushroom butter)

Serves: 4 **Prep. time:** 10 minutes + 30 minutes chilling time

Cook time: 25 minutes + standing time



Mushroom butter

- ★ 1 stick unsalted butter
- ★ 1 shallot, diced
- ★ ½ cup diced mushrooms, such as porcini, chanterelle, cremini, or a mixture
- ★ 1 tablespoon chopped fresh thyme leaves or 1 teaspoon dried thyme
- ★ 1 teaspoon salt
- ★ ½ teaspoon pepper
- ★ 1 tablespoon red wine

1 To make the mushroom butter, melt 2 tablespoons of the butter in a large, heavy skillet over medium-high heat. Add the shallot and cook for about 5 minutes, stirring occasionally, until translucent. Add the mushrooms, thyme, salt, and pepper and continue to cook for another 5 minutes, stirring occasionally, until the mushrooms are soft and beginning to brown. Add the wine and stir for 30 seconds to deglaze the skillet. Set aside to cool for a few minutes.

2 In a food processor, combine the remaining butter with the cooked mushroom mixture. Scoop out onto a square of wax paper, form into a log, wrap, and chill for about 30 minutes, until firm.

- ★ 2 large red onions, peeled and sliced into 1-inch-thick circles
- ★ olive oil, for brushing
- ★ 4 T-bone steaks, about 1 inch thick
- ★ salt and pepper





Melted mushroom butter makes a delicious sauce for steak.



- 3 Preheat the barbeque to high. Brush the onions with oil and season the steaks and the onions all over with salt and pepper. Place the steaks and onions on the grill rack and cook over high heat for about 5 minutes on each side for medium-rare, until the onions are soft and slightly charred. Remove from the grill, top each steak with a few pats of mushroom butter, and let stand for about 5 minutes. Serve topped with more mushroom butter and a few charred onion rings.

**SERIOUSLY
GOOD**



- ★ 1½ pounds sirloin steak
- ★ warmed corn tacos and shredded lettuce, to serve

Marinade

- ★ 2 tablespoons olive oil
- ★ 2 garlic cloves
- ★ juice of 1 lime
- ★ 1 tablespoon ground cumin
- ★ 1 tablespoon mild chili powder
- ★ 1 teaspoon salt
- ★ ½ teaspoon pepper
- ★ ½ teaspoon ground cinnamon
- ★ ¼–½ teaspoon cayenne pepper

Pineapple Salsa

- ★ 2 cups diced fresh pineapple
- ★ 2 serrano or jalapeño chiles (or use 1 red and 1 green chile), seeded and finely chopped
- ★ 1 small red onion, finely diced
- ★ ½ teaspoon salt
- ★ juice of 1 lime

GRILLED STEAK TACO

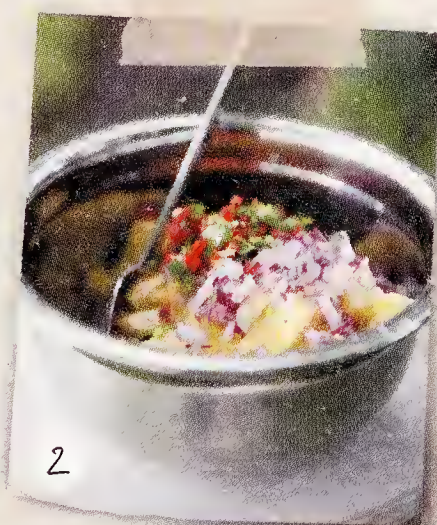
(with pineapple salsa)

Serves: 4 **Prep. time:** 20 minutes + 30 minutes marinating
Cook time: 10 minutes + 5 minutes standing

- 1 To make the marinade, combine the oil, garlic, lime juice, cumin, chili powder, salt, pepper, cinnamon, and cayenne pepper in a bowl. Spread over the steak, coating both sides. Cover and refrigerate for at least 30 minutes, or up to 24 hours.
- 2 Preheat the barbeque to high. To make the salsa, put the pineapple, chiles, onion, salt, and lime juice into a medium bowl and stir to mix.
- 3 Place the steak on the grill rack over high heat and cook to taste, about 5 minutes per side for medium-rare. Remove from the heat, cover loosely with aluminum foil, and let stand for 5 minutes. Thinly slice and serve with warm tacos, shredded lettuce, and the pineapple salsa.



Fresh, tangy pineapple salsa brightens up these meaty steak tacos.





PORK SPARERIBS

Serves: 4 **Prep. time:** 15 minutes + at least 2 hours chilling
Cook time: 1³/₄–2¹/₄ hours + standing time

1 Place the ribs in a large saucepan (cut the rack in half, if necessary) and cover with cold water. Add the onion, bay leaves, peppercorns, and salt and bring to a boil over high heat. Reduce the heat to low and simmer for 1½–2 hours, testing occasionally during the last 30 minutes of cooking. Remove from the heat once the meat begins to pull apart with little resistance. Drain the ribs, discarding the onion, peppercorns, and bay leaves.

2 Coat the ribs with some of the barbeque sauce, then cover and refrigerate for 2–8 hours. Remove from the refrigerator 30 minutes before you are ready to start grilling.

3 Meanwhile, preheat the barbeque to high. Baste the ribs with more barbeque sauce, place on the grill rack, and cook over high heat for 12–15 minutes on each side, turning and basting every 5–10 minutes, until the sauce is caramelized and just beginning to blacken in places.

4 Remove from the heat and let stand for 5 minutes. Cut into individual ribs and serve, brushed with some of the sauce.



- ★ 1 rack pork spareribs, weighing about 4–5 pounds
- ★ 1 onion, peeled and quartered
- ★ 2 bay leaves
- ★ 2 teaspoons whole black peppercorns
- ★ 1 teaspoon salt
- ★ Our Famous BBQ Sauce (see page 6)

Meaty pork spareribs that are finger-lickin' good!



MAPLE-MUSTARD PORK

Serves: 4 **Prep. time:** 5 minutes + at least 2 hours marinating
Cook time: 1 hour 10 minutes

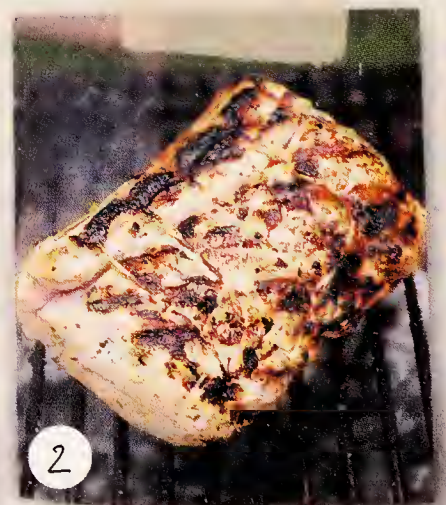


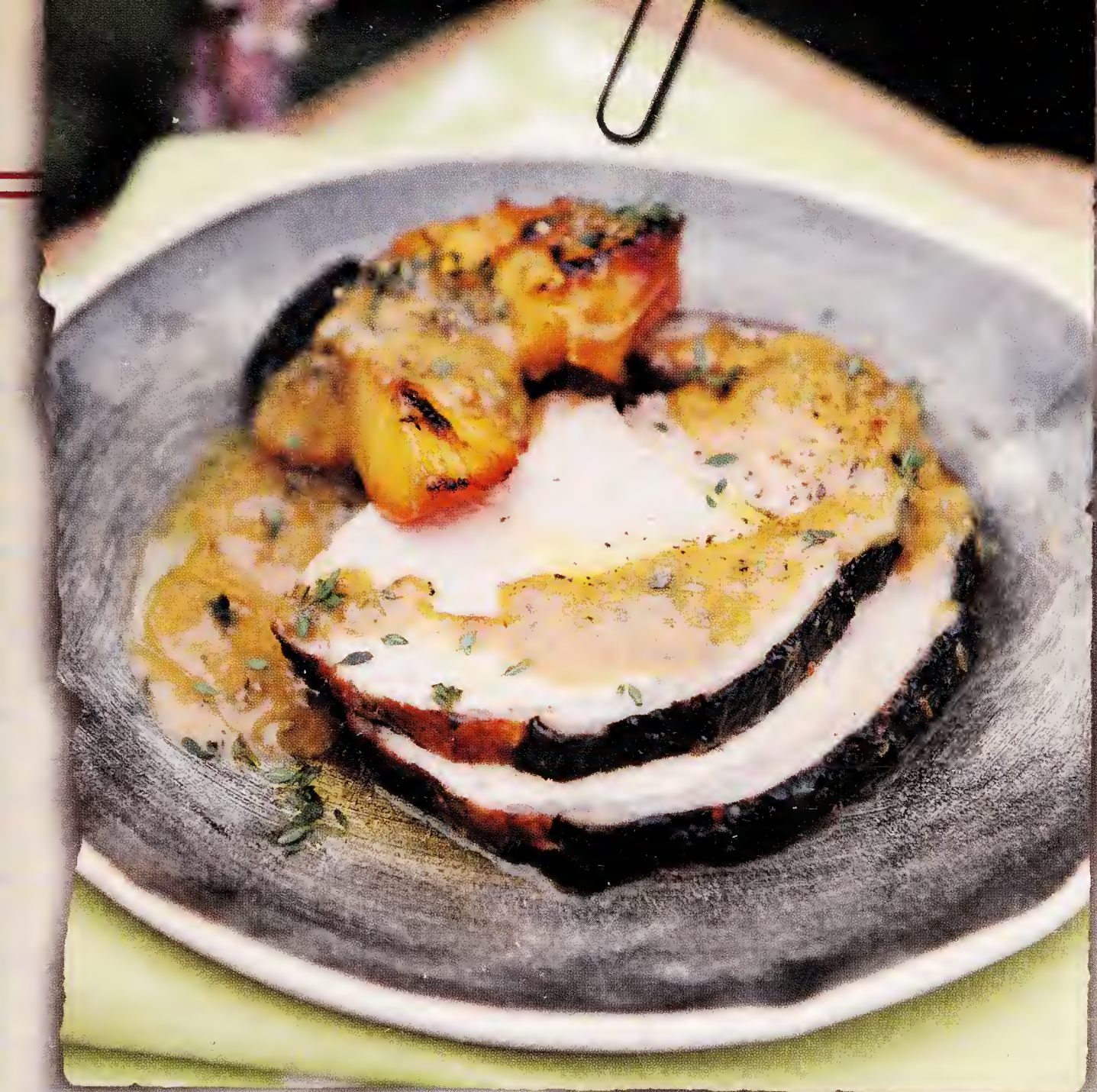
- ★ **2³/₄-3 pounds boneless pork loin**
- ★ **4 small ripe but firm peaches, pitted and halved**

Marinade

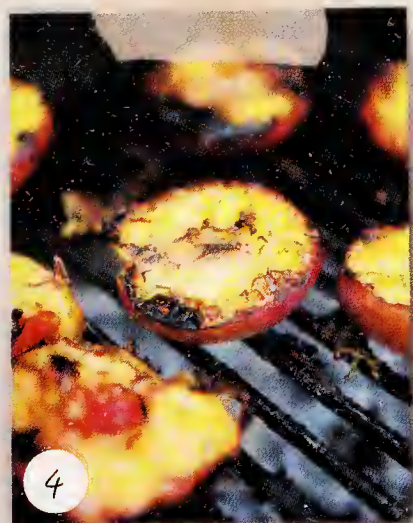
- ★ **¹/₂ cup maple syrup**
- ★ **¹/₄ cup Dijon mustard**
- ★ **2 garlic cloves, finely chopped**
- ★ **2 tablespoons cider vinegar**
- ★ **1 tablespoon finely chopped fresh thyme**
- ★ **³/₄ teaspoon salt**
- ★ **¹/₂ teaspoon pepper**

- 1 To make the marinade, combine all the ingredients in a large bowl. Add the pork, toss to coat, cover, and marinate in the refrigerator for at least 2 hours, or up to 24 hours.
- 2 Preheat the barbeque to medium-high. Remove the pork from the marinade, reserving the marinade, and place on the grill rack. Cook for about 10 minutes on each side, until browned. Reduce the heat to medium, or move the pork away from the direct heat. Cover and cook, turning about every 10 minutes and basting with some of the reserved marinade, for an additional 45-50 minutes, until the meat reaches an internal temperature of 150°F on a meat thermometer. Remove the pork from the heat, make a tent with aluminum foil to loosely cover, and let rest for 10 minutes.





Marinating the pork in maple syrup and mustard overnight gives the meat a fantastic flavor.



3 Meanwhile, place the remaining marinade in a saucepan over high heat and bring to a boil. Reduce the heat to medium and simmer for about 8 minutes, until the marinade thickens to form a sauce.

4 Place the peaches on the grill rack over high heat and cook for 2 minutes on each side, until grill marks appear.

5 Slice the pork into ½-inch-thick slices and serve immediately, drizzled with the reduced sauce and with the grilled peach halves on the side.

LAMB CHOPS (with tomato-mint jam)

Serves: 4 **Prep. time:** 10 minutes + at least 2 hours marinating time
Cook time: 1-1/4 hours



- ★ **8 lamb loin chops
or 4 lamb shoulder
chops, about
3/4-1 inch thick**
- ★ **salt and pepper**

Marinade

- ★ **1/4 cup olive oil**
- ★ **1/4 cup red wine
vinegar**
- ★ **2 garlic cloves,
finely chopped**

1 To make the marinade, combine the oil, vinegar, and garlic in a baking dish or bowl large enough to hold all of the chops. Season the chops with salt and pepper and add them to the marinade, turning to coat. Cover and let marinate in the refrigerator for 2-8 hours.

2 To make the jam, heat the oil over medium-high heat in a large, heavy skillet. Add the onion and cook, stirring, for about 5 minutes, until it begins to soften. Add the tomatoes, chiles, sugar, lemon juice, and salt and bring to a boil. Reduce the heat to medium-low and simmer, stirring occasionally, for about 45 minutes, until the tomatoes have broken down and the jam becomes thick. Stir in the mint, remove from the heat, and set aside.

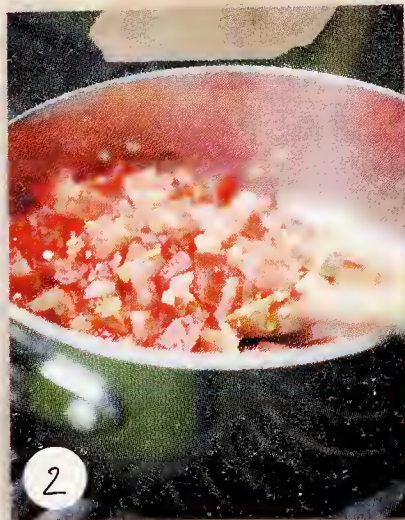
3 Meanwhile, preheat the barbeque to high. Place the chops on the grill rack and cook to taste, about 5-7 minutes on each side for medium. Serve immediately with the tomato-mint jam and garnished with mint.

*The chiles in this jam give the lamb chops a spicy kick—
add more chiles to turn up the heat!*



Tomato-mint jam

- ★ 2 tablespoons olive oil
- ★ 1 small onion, diced
- ★ 1 pound Roma tomatoes, peeled, seeded, and chopped
- ★ 1-2 jalapeño chiles or serrano chiles, seeded and finely chopped
- ★ ½ cup sugar
- ★ juice of 1 lemon
- ★ ½ teaspoon salt
- ★ 2 tablespoons minced fresh mint leaves, plus extra to garnish



CHICKEN BREASTS

(with green olive tapenade)

Serves: 4 **Prep. time:** 10 minutes + at least 30 minutes marinating
Cook time: 16 minutes



★ 4 boneless,
skinless chicken
breasts

★ salt and pepper

Marinade

★ ¼ cup olive oil

★ juice of 1 lemon

★ 1 garlic clove,
minced

★ 1 tablespoon finely
chopped fresh
rosemary

1 To make the marinade, combine the oil, lemon juice, garlic, and rosemary in a bowl large enough to hold the chicken. Season the chicken with salt and pepper and add to the marinade. Toss to coat, cover, and refrigerate for at least 30 minutes and up to 8 hours.

2 To make the tapenade, put the garlic, olives, capers, and parsley in a food processor and process until chopped. Add the lemon zest and juice and oil and process to a smooth paste. Add the pine nuts and pulse until they are coarsely chopped. Preheat the barbeque to medium-high.

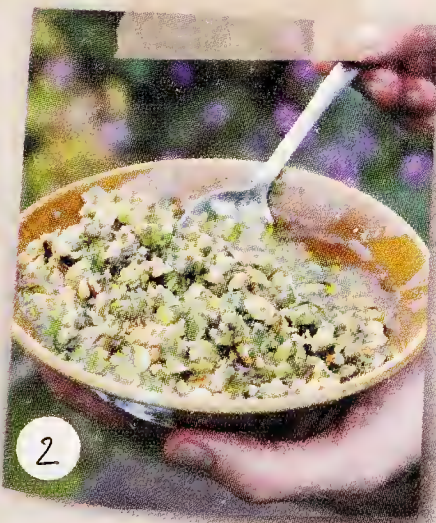
3 Place the chicken breasts on the grill rack over medium-high heat and cook for 7–8 minutes on each side, or until the chicken is tender and the juices run clear when the tip of a sharp knife is inserted into the thickest part of the meat. Serve immediately, topped with some of the tapenade.





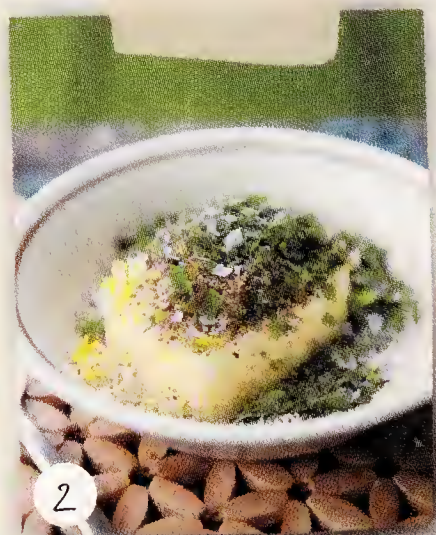
Green olive tapenade

- ★ 1 garlic clove
- ★ 2 cups pitted green olives
- ★ 1 tablespoon capers, rinsed and drained
- ★ 1 tablespoon chopped fresh flat-leaf parsley
- ★ zest and juice of 1 lemon
- ★ $\frac{1}{4}$ cup olive oil
- ★ $\frac{1}{4}$ cup toasted pine nuts



2





2



4



5

FLATTENED CHICKEN BREASTS

(with lemon butter)

Serves: 4-6 **Prep. time:** 15 minutes **Cook time:** 30-40 mins

- 1 Preheat the barbeque to medium.
- 2 To make the lemon butter, put all the ingredients into a small bowl and mix with a fork until well combined.
- 3 Flatten the chicken by using kitchen shears to cut along both sides of the backbone to remove it. Next, remove the breastbone, which runs down the middle of the breast. Trim off any excess skin and fat.
- 4 Slide your fingers gently under the skin of the breast and legs to separate it from the meat. Spread 2-3 tablespoons of the butter mixture under the skin. Spread about 1 tablespoon over the outside.
- 5 Place the chicken on the preheated grill rack breast-side up and grill over medium heat, for 10 minutes. Baste with more of the butter mixture, turn the chicken breast-side down, and continue to cook, turning and basting every 10 minutes, for a total cooking time of 30-40 minutes, or until the chicken is tender and the juices run clear when the tip of a sharp knife is inserted into the thickest part of the meat. Carve and serve immediately.



★ **1 whole chicken, weighing about 3½ pounds**

Lemon butter

- ★ **1 stick unsalted butter, at room temperature**
- ★ **3 garlic cloves, minced**
- ★ **1 tablespoon chopped fresh oregano**
- ★ **1 teaspoon salt**
- ★ **½ teaspoon pepper**
- ★ **zest and juice of 1 lemon**

Flattening, or butterflying, a chicken helps it cook quickly and evenly so it doesn't dry out during cooking.



SOY-GINGER GLAZED CHICKEN

Serves: 4 **Prep. time:** 10 minutes + at least 1 hour marinating

Cook time: 20-25 minutes

- 1 To make the marinade, combine all the ingredients in a large bowl. Add the chicken pieces and toss to coat. Cover and chill in the refrigerator for at least 1 hour and preferably overnight, turning occasionally.
- 2 Preheat the barbecue to high. Remove the chicken pieces from the bowl, reserving the marinade, place on the grill rack, and cook over high heat for about 10-12 minutes on each side, or until the juices run clear when the sharp tip of a knife is inserted into the thickest part of the meat.
- 3 Meanwhile, pour the reserved marinade into a saucepan set over high heat. Bring to a boil, reduce the heat to medium, and cook, stirring occasionally, for about 8-10 minutes, until the sauce is reduced by about half and is beginning to thicken.
- 4 Serve the chicken with a drizzle of the reduced sauce and garnished with the sliced scallions.

★ **chicken pieces, such as thighs, drumsticks, breasts, or a combination, weighing about 3 pounds**

★ **4 scallions, white and light green parts thinly sliced, to garnish**



Marinade

- ★ **½ cup soy sauce**
- ★ **½ cup rice vinegar**
- ★ **⅓ cup light brown sugar**
- ★ **2 tablespoons sesame oil**
- ★ **3 garlic cloves, finely chopped**
- ★ **½-inch piece fresh ginger, peeled and finely chopped**
- ★ **½ teaspoon pepper**

Chicken pieces are always a favorite at a barbecue, and this marinade makes them even more delicious!

TURKEY BURGERS

Serves: 4 **Prep. time:** 10 minutes **Cook time:** 10 minutes



- 1 Preheat the barbeque to medium-high.
- 2 Put all the ingredients into a medium bowl and combine. Form the mixture into four patties.
- 3 Place the patties on the grill rack over medium-high heat and cook for about 5 minutes on each side, or until cooked through. Serve on the toasted hamburger buns with the mayonnaise, tomato slices, and basil leaves.

- ★ 1½ pounds ground turkey
- ★ 2 garlic cloves, minced
- ★ 3 tablespoons drained and chopped sun-dried tomatoes (packed in oil)

- ★ 2 scallions, white and light green parts only, thinly sliced
- ★ ¾ teaspoon salt
- ★ ½ teaspoon pepper
- ★ 4 ounces feta cheese, crumbled

To serve

- ★ 4 hamburger buns, halved and toasted
- ★ mayonnaise
- ★ 1 large tomato, sliced
- ★ 16 fresh basil leaves





Add a touch of the Mediterranean to your barbeque with sun-dried tomatoes and feta cheese in a delicious burger.

TURKEY KABOBS

(with cilantro pesto)

Serves: 4 **Prep. time:** 20 minutes + 2 hours marinating

Cook time: 10 minutes

- ★ 1 pound turkey steaks, cut into 2-inch cubes
- ★ 2 zucchini, thickly sliced
- ★ 1 red and 1 yellow bell pepper, seeded and cut into 2-inch squares
- ★ 8 cherry tomatoes
- ★ 8 pearl onions, peeled

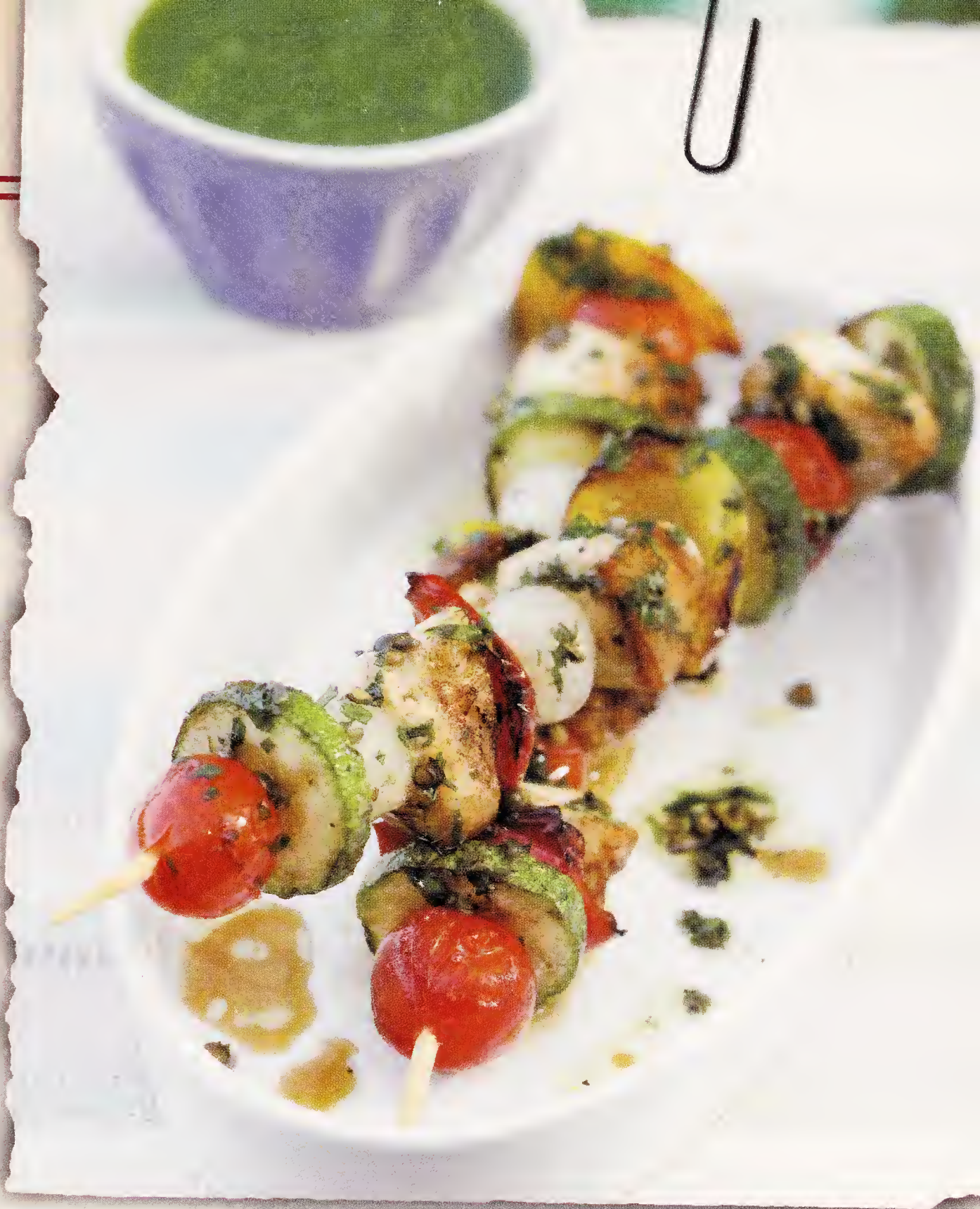
1 Place the turkey in a large glass bowl. To make the marinade, mix together the olive oil, wine, peppercorns, and cilantro in a small bowl and season with salt. Pour the mixture over the turkey and toss until the turkey is thoroughly coated. Cover with plastic wrap and let marinate in the refrigerator for 2 hours.

2 To make the pesto, put the cilantro and parsley into a food processor and process until finely chopped. Add the garlic and pine nuts and pulse until chopped. Add the Parmesan cheese, extra virgin olive oil, and lemon juice and process briefly to mix. Transfer to a bowl, cover, and let chill in the refrigerator until required. If using wooden skewers, soak them in water for 30 minutes so they don't burn.



Turkey makes a tasty alternative to chicken, and when served with juicy vegetables and a fresh pesto, it remains moist and tender.

3 Preheat the barbeque to medium-high. Drain the turkey, reserving the marinade. Thread the turkey, zucchini slices, bell pepper pieces, cherry tomatoes, and onions alternately onto eight metal or presoaked wooden skewers. Cook over medium-hot coals, turning and brushing frequently with the marinade, for 10 minutes, or until cooked through. Serve immediately with the cilantro pesto.



Marinade

- ★ $\frac{1}{3}$ cup olive oil
- ★ 3 tablespoons dry white wine
- ★ 1 teaspoon green peppercorns, crushed
- ★ 2 tablespoons chopped fresh cilantro
- ★ salt

Cilantro pesto

- ★ $3\frac{1}{2}$ cups fresh cilantro leaves
- ★ 1 cup fresh parsley leaves
- ★ 1 garlic clove
- ★ $\frac{1}{4}$ cup pine nuts
- ★ $\frac{1}{4}$ cup grated Parmesan cheese
- ★ $\frac{1}{3}$ cup extra virgin olive oil
- ★ juice of 1 lemon

TUNA (with chile & ginger sauce)

Serves: 4 **Prep. time:** 10 minutes + 30-60 minutes marinating

Cook time: 12-15 minutes

BBQ CLASSIC

- ★ 4 tuna steaks, about 6 ounces each, $\frac{3}{4}$ inch thick
- ★ 2 tablespoons olive oil, plus extra for greasing
- ★ salt and pepper
- ★ lime wedges, to serve

Chile & ginger marinade

- ★ $\frac{1}{2}$ cup firmly packed brown sugar
- ★ $\frac{1}{2}$ cup water
- ★ 1-inch piece fresh ginger, thinly shredded
- ★ 1 serrano chile or jalapeño chile, seeded and finely chopped
- ★ 1 large garlic clove, crushed
- ★ juice of $\frac{1}{2}$ lime

1 Put the tuna steaks in a single layer in a shallow dish. Brush the oil on both sides and rub with salt and pepper. To make the marinade, put the sugar and water in a small saucepan and bring to a boil. Boil for 7-8 minutes, until syrupy.

2 Add the ginger, chile, garlic, and lime juice, and boil for another minute. Pour into a bowl and let cool completely. Pour the cold marinade over the tuna steaks, turning to coat. Cover with plastic wrap and let marinate in the refrigerator for 30-60 minutes, turning occasionally.

3 Preheat the barbeque to hot. Grease the grill rack and a hinged wire grill basket. Place the tuna steaks in the basket, reserving the marinade. Cook over hot coals for 2 minutes. Turn and cook the other side for 1 minute. Remove from the basket and wrap in aluminum foil to keep warm.

4 Pour the reserved marinade into a small saucepan. Bring to a boil and boil for 2 minutes. Pour into a small pitcher. Arrange the tuna on serving plates and serve immediately with lime wedges and the hot marinade.



SHRIMP KABOBS

(with barbeque sauce)

Serves: 4 **Prep. time:** 5 minutes + 15 minutes marinating
Cook time: 10 minutes



1 Preheat the barbeque to high. If using wooden skewers, soak in water for 30 minutes. Place the shrimp in a large bowl and drizzle the oil and lime juice over them. Add the garlic, salt, and ground chipotle, if using, and stir to coat well. Cover and chill in the refrigerator for 15 minutes.

2 Remove the shrimp from the marinade, discarding the marinade, and thread onto metal or presoaked wooden skewers (three to five shrimp per skewer, depending on their size).

- ★ **1½ pounds shrimp, peeled and deveined**
- ★ **2 tablespoons olive oil**
- ★ **juice of 1 lime**
- ★ **1 garlic clove, minced**
- ★ **1 teaspoon salt**
- ★ **¼-½ teaspoon ground chipotle or smoked paprika (optional)**
- ★ **Our Famous BBQ Sauce (see page 6), for brushing, plus extra to serve**
- ★ **lime halves, to serve**

3 Brush the shrimp on both sides with a little barbeque sauce, place on the grill rack, and cook over high heat for about 5 minutes on each side, brushing with a little of the sauce from time to time, until cooked through and slightly charred around the edges. Serve hot with lime halves and barbeque sauce for dipping, if desired.

Plump, juicy shrimp are a perfect partner for the classic sweet-spicy barbeque sauce.





Cilantro-scallion pesto

- ★ 2 small garlic cloves
- ★ large bunch of cilantro, large stems discarded
- ★ large bunch of flat-leaf parsley, large stems discarded
- ★ 3 scallions, white

and light green parts only

- ★ 1-2 serrano chiles or jalapeño chiles, seeded
- ★ $\frac{1}{2}$ cup olive oil
- ★ juice of 1 lemon
- ★ 1 teaspoon salt



SPICE-CRUSTED SALMON

(with cilantro-scallion pesto)

Serves: 4 Prep. time: 10 minutes Cook time: 8 minutes

1 To make the pesto, chop the garlic in a food processor. Add the cilantro, parsley, scallions, and chiles and process until finely chopped. Add the oil, lemon juice, and salt and process until well combined. Set aside.

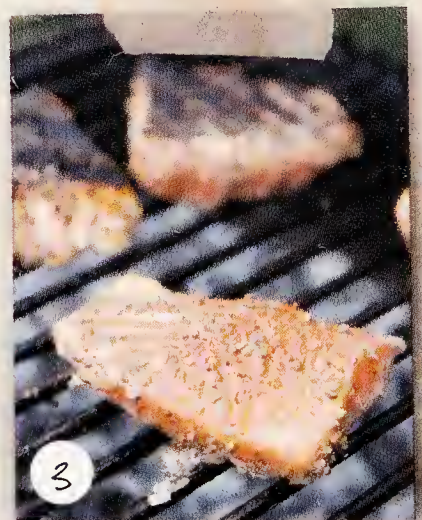
2 Preheat the barbeque to high. Coarsely grind the cumin seeds and coriander seeds in an electric spice grinder or in a mortar with a pestle. Brush the fish on both sides with oil, season with salt and pepper, and coat lightly with the seed mixture.

3 Place the salmon on the grill rack skin-side down and cook over high heat with the lid on for about 4 minutes, until just cooked through. Turn the salmon over and cook on the other side for another 4 minutes. Serve immediately, topped with the pesto.



- ★ **1 tablespoon cumin seeds**
- ★ **1 teaspoon coriander seeds**
- ★ **4 salmon steaks, 6 ounces each, skin on**
- ★ **olive oil, for brushing**
- ★ **salt and pepper**

Salmon makes a tasty (and healthy) alternative to meat at a barbeque, and these spices work perfectly with the fish.





TROUT (with basil sauce)

Serves: 4 Prep. time: 15 minutes Cook time: 12 minutes

- 1 For the sauce, put the basil, lemon juice, stock, and salt and pepper in a food processor. Blend for 2–3 minutes, scraping down the sides of the bowl frequently. Pour into a small bowl, stir in the cream and yogurt, and mix well.
- 2 Preheat the barbeque to hot. Remove the heads from the trout and make two diagonal slashes on each side in the thickest part of the flesh, about 3½ inches apart. Brush all over with oil. Stuff the slashes and the body cavity with the parsley, chives, and lemon slices. Season with salt and pepper. Oil a hinged wire basket and place the trout in it.
- 3 Grease the grill rack. Cook the trout over hot coals for 5–6 minutes on each side, or until cooked through. Carefully remove the trout from the basket, using the tip of a knife to ease the skin away from the wire. Serve immediately on warm plates with lemon wedges and the sauce.

- ★ **4 whole trout, about 12 ounces each, cleaned**
- ★ **olive oil, for brushing, oiling and greasing**
- ★ **1 small bunch fresh flat-leaf parsley**
- ★ **1 small bunch fresh chives**
- ★ **1 lemon, thinly sliced**
- ★ **salt and pepper**
- ★ **lemon wedges, to serve**

Basil sauce

- ★ **2 bunches basil, coarse stems discarded, coarsely chopped**
- ★ **juice of ½ lemon**
- ★ **3 tablespoons vegetable stock or fish stock**
- ★ **¼ teaspoon salt**
- ★ **¼ teaspoon pepper**
- ★ **¼ cup heavy cream**
- ★ **¼ cup Greek yogurt**

Cooking fish in a wire basket makes it easier to turn during cooking—make sure you oil the basket well to help prevent the fish from sticking.

BLACK BEAN BURGERS

Serves: 4 **Prep. time:** 20 minutes **Cook time:** 20 minutes



- ★ $\frac{1}{3}$ cup bulgur wheat
- ★ $\frac{2}{3}$ cup boiling water
- ★ 1 (15-ounce) can black beans, drained and rinsed
- ★ 2 tablespoons finely chopped onion
- ★ 1 large egg
- ★ $\frac{3}{4}$ cup plain bread crumbs
- ★ $\frac{1}{4}$ cup Our Famous Barbeque Sauce (see page 6), plus extra to serve
- ★ 1 teaspoon salt
- ★ $\frac{1}{2}$ teaspoon pepper

To serve

- ★ 4 hamburger buns, halved and toasted
- ★ tomato slices
- ★ lettuce leaves

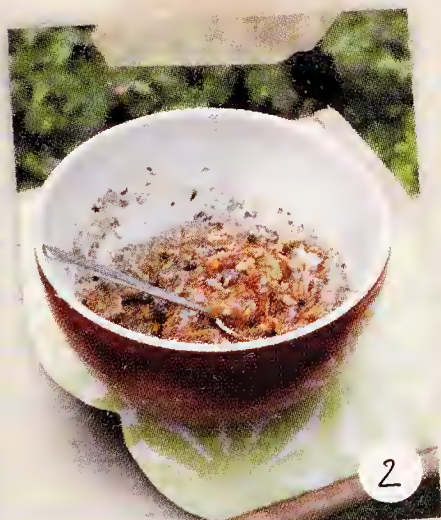
1 Put the bulgur wheat into a bowl, pour over the boiling water, and set aside for 15 minutes. Pour off any excess water.

2 In a food processor, combine half the beans with the onion, egg, bread crumbs, barbeque sauce, salt, and pepper and process until smooth. Put the remaining beans into a bowl and mash with a fork, leaving them a bit chunky. Stir the processed bean mixture into the fork-mashed beans, together with the soaked and drained bulgur wheat. Form the mixture into four patties, cover, and chill in the refrigerator until ready to cook.

3 Preheat the barbeque to high. Place the patties on the preheated grill rack and cook over high heat for about 8–10 minutes on each side, until brown and beginning to get crisp on the outside. Serve on the toasted hamburger buns with extra barbeque sauce, tomato slices, and lettuce.

Vegetarians will love these hearty burgers full of barbeque flavor. Make sure you use vegetarian Worcestershire-style sauce in Our Famous BBQ Sauce.





GRILLED FIG, RADICCHIO, AND BLUE CHEESE SANDWICHES

(with balsamic-glazed onions)

Serves: 4 **Prep. time:** 10 minutes **Cook time:** 40-50 minutes



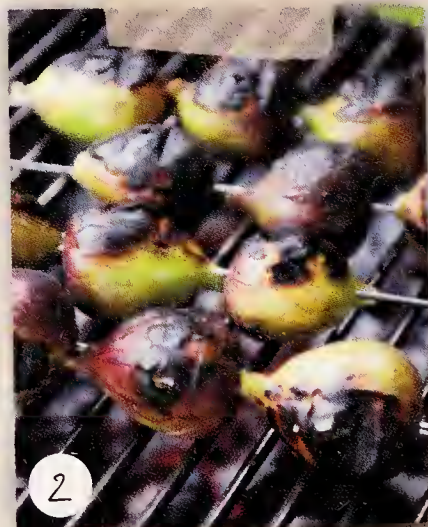
- ★ 12 large figs, stems removed
- ★ 8 ounces Cambazola cheese or other soft blue cheese
- ★ 4 sandwich rolls, halved and toasted
- ★ 1 small head radicchio, cut into julienne strips

Balsamic-glazed onions

- ★ 2 tablespoons olive oil
- ★ 2 red onions, thinly sliced
- ★ ½ teaspoon salt
- ★ 2 tablespoons balsamic vinegar

1 To make the balsamic-glazed onions, heat the oil in a large, heavy skillet over medium-high heat. Add the onions, reduce the heat to medium, and cook, stirring occasionally, for 10 minutes. Stir in the salt and continue to cook for an additional 20-30 minutes, stirring frequently, until the onions are soft and browned. Stir in the vinegar and cook, stirring, for another minute to deglaze the skillet. Remove from the heat and set aside. If using wooden skewers, soak in water for 30 minutes so they don't burn.

2 Preheat the barbeque to medium. Thread the figs onto metal or presoaked wooden skewers and place on the grill rack. Cook over medium heat for about 10 minutes, turning every few minutes, until the skins are just beginning to blacken and the juice is beginning to bubble out. Remove from the heat and halve lengthwise.

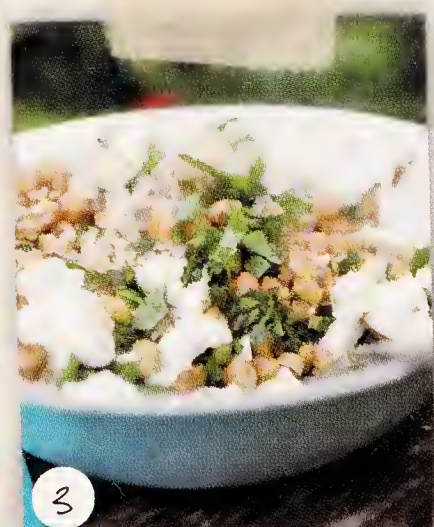




Sweet, salty, and bitter flavors find a perfect balance in this delicious sandwich.



- 3 Spread the cheese on the bottom halves of the toasted rolls. Top each with a few spoonfuls of the balsamic onions, a couple of handfuls of the radicchio, and six fig halves. Place the other half of the roll on top. Serve immediately.



GRILLED STUFFED PEPPERS

(with chickpeas, feta & mint)

Serves: 4 **Prep. time:** 10 minutes **Cook time:** 30–35 minutes

- 1 Preheat the barbeque to medium.
- 2 To make the filling, heat the oil in a heavy skillet over medium–high heat. Add the onion, zucchini, and salt and cook for about 5 minutes, stirring occasionally, until the onion is translucent and the zucchini is beginning to brown. Stir in the cumin and chickpeas and cook, stirring, for an additional 1 minute. Remove from the heat and let cool for a few minutes.
- 3 Combine the zucchini and chickpea mixture in a large bowl with the rice, lemon zest and juice, mint, and cheese. Stir to mix well.
- 4 Carefully slice off the tops of the red bell peppers, then core and seed them. Stuff them with the rice mixture, then replace the tops and secure them with toothpicks or skewers.
- 5 Place the stuffed peppers on the preheated grill rack on their sides and cook over medium heat, covered and turning every 5 minutes, for about 25–30 minutes, until soft and just beginning to char. Serve immediately.

This tasty dish will delight meat-eaters and vegetarians alike.



★ 4 large red bell peppers

Filling

- ★ 2 tablespoons olive oil
- ★ 1 small onion, diced
- ★ 2 zucchini, diced
- ★ 1 teaspoons salt
- ★ 1 teaspoon ground cumin
- ★ 1 (15-ounce) can chickpeas, rinsed and drained
- ★ 2 cups cooked brown rice
- ★ zest and juice of 1 lemon
- ★ 2 tablespoons finely chopped fresh mint
- ★ 4 ounces feta cheese, crumbled

EGGPLANT PARMIGIANA

Serves: 4 **Prep. time:** 15 minutes + 30 minutes standing

Cook time: 30-35 minutes



1 Sprinkle the eggplant slices on both sides with salt. Lay them on paper towels in a single layer and let stand for 30 minutes.

2 Meanwhile, to make the tomato sauce, heat the oil in a saucepan over medium-high heat. Add the shallot and garlic and cook, stirring, for 3-5 minutes, until translucent and just beginning to brown. Add the tomatoes and their juices, bring to a boil, reduce the heat, and simmer for about 20 minutes, until most of the liquid has evaporated. Season with salt.

- ★ 2 eggplants, cut into ¼-inch-thick slices
- ★ olive oil, for brushing
- ★ 8 slices Italian or sourdough bread
- ★ 1 pound fresh vegetarian mozzarella cheese, cut into ¼-inch-thick slices
- ★ salt
- ★ 1 tablespoon finely sliced basil and ¼ cup freshly grated Parmesan-style vegetarian cheese, to garnish

3 Preheat the barbeque to high. Pat the eggplant slices dry with paper towels. Brush the eggplant slices and bread slices on both sides with oil. Place the bread on the grill rack and toast for about 2 minutes on each side, until lightly browned. Remove and set aside.

Tomato Sauce

- ★ 1 tablespoon olive oil
- ★ 1 shallot, diced
- ★ 1 garlic clove, finely chopped
- ★ 2 cups diced tomatoes, with their juices
- ★ salt





4 Put the eggplant slices on the grill rack and cook, covered, for about 4–6 minutes on each side, until the eggplants are soft.

5 Put two eggplant slices on top of each piece of toast, top with two slices of the mozzarella cheese, and place the stacks on the grill rack. Cover and cook for 2–3 minutes, until the cheese begins to melt.

6 Remove the stacks from the rack and serve immediately, topped with the tomato sauce and garnished with the basil and grated cheese.

This comfort food classic gets a summery update that makes it perfect for outdoor barbecuing.

COLESLAW

Serves: 12 **Prep. time:** 10 minutes **Cook time:** no cooking



1 Place the cabbage and carrots in a large bowl. Put the remaining ingredients into a small bowl and whisk together until combined. Season with salt and pepper.

2 Pour over the cabbage mixture and toss until coated. Serve within 30 minutes, tossing again just before serving.

- ★ 1 large head green cabbage, about 2 pounds, thinly sliced
- ★ 2 carrots, peeled, grated, or finely julienned
- ★ $\frac{1}{2}$ cup pineapple juice
- ★ 1 cup mayonnaise
- ★ 2 teaspoons sugar
- ★ $\frac{1}{4}$ teaspoon cayenne pepper
- ★ salt and pepper



POTATO AND EGG SALAD

Serves: 10 **Prep. time:** 10 minutes + 1 hour chilling
Cook time: 15 minutes

1 Bring a large saucepan of lightly salted water to a boil, add the potatoes, bring back to a boil, and cook until just tender. Drain well and let cool to room temperature. Cut into 1-inch pieces and put in a large bowl. Add the eggs and celery.

2 Combine the remaining ingredients in a small bowl. Pour over the potato mixture and, using a rubber spatula, thoroughly combine.

3 Chill the salad in the refrigerator for at least 1 hour before serving.



- ★ 4 pounds new potatoes, peeled and cut into quarters
- ★ 3 hard-boiled eggs, chopped
- ★ 4 celery stalks, diced
- ★ 4 scallions, white and light green parts only, finely chopped
- ★ 1½ cups mayonnaise
- ★ 2 tablespoons cider vinegar
- ★ 1 tablespoon Dijon mustard
- ★ 1½ teaspoons salt
- ★ ½ teaspoon sugar
- ★ ¼ teaspoon black pepper
- ★ pinch of cayenne pepper, optional



Nothing says summer like a **SCORCHING BARBEQUE**, and this essential guide is packed with helpful **tips** and **MOUTHWATERING RECIPES** for the best sizzling staples, such as sticky Pork Spare Ribs and tasty Black Bean Burgers. From meat to fish and vegetarian dishes, this **sumptuous collection** offers everything you need for the most *extravagant summer feast.*



OVER 100 MILLION SOLD
TRIED AND TESTED
PHOTO OF EVERY RECIPE



9781472307798

09/20/2017 16:31-3

22

9 "781472"307798"

S31962