



The ultimate
guide
to making
the most of the
barbecue
season

-2018-



Great British
Grill
GUIDE

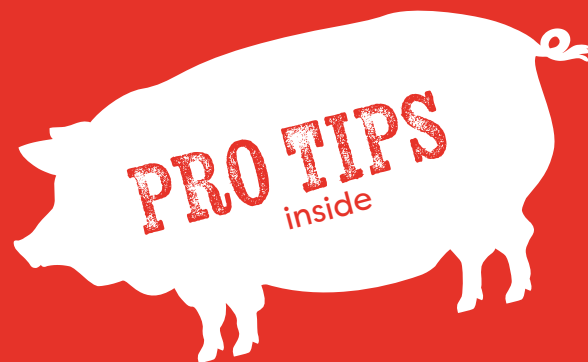
The Original...since 1986
BAR-Be-Quick
BARBECUE PRODUCTS

**THIS GUIDE FROM BAR-BE-QUICK,
THE PIONEER OF THE INSTANT BARBECUE,
HAS EVERYTHING YOU NEED TO MAKE
THIS YEAR'S BARBECUE SEASON THE BEST YET!**



THERE'S NOTHING LIKE THE SMOKY SMELL OF A BARBECUE TO PUT THE FINISHING TOUCH TO A SUMMER'S DAY.

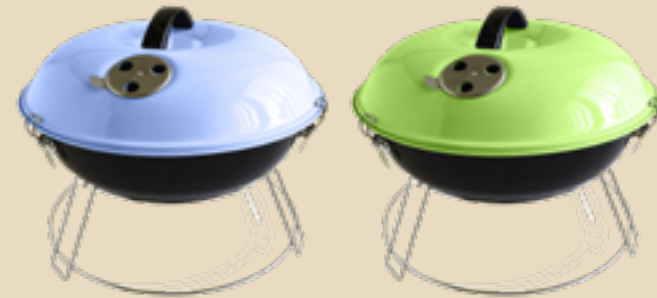
Whether you're a full BBQ pro with every gadget going or a quick and easy instant BBQ lover, there's no feeling like the promise of warm evenings spent with friends and family sharing food, drinks and a lot of laughs.





INSTANT BBQ

Made with wax coated lumpwood charcoal, instant barbecues can be lit with a single match and should burn for approximately an hour – so all you need to do is buy the burgers.



PORTABLE BBQ

A handy grill size, vented lid and heat resistant handle make this the perfect on-the-go barbie. Ideal for picnics and camping trips, or table-top cooking.



AMERICAN SMOKER & GRILL

Once upon a time we smoked meat to preserve it. Now we do it because it's supremely delicious! This BBQ is designed to keep a low temperature for slow cooking and is perfect with flavoured smoking chips.



BUILD-IN GRILL & BAKE BBQ

A permanent fixture made from brick, the Build-in Grill & Bake BBQ has a baking compartment below the firetray for cooking or simply keeping food hot.



DID YOU KNOW?

Bar-Be-Quick was the first UK charcoal supplier to obtain FSC® certification for its charcoal products and the first global supplier of Fairly Traded Charcoal. The FSC helps take care of forests and the people and wildlife who call them home and is recognised by WWF as the 'hallmark of responsible forest management'.



LUMPWOOD

Traditional pieces of carbonised wood, easy to light, shorter burn time, best for small cuts of meat.



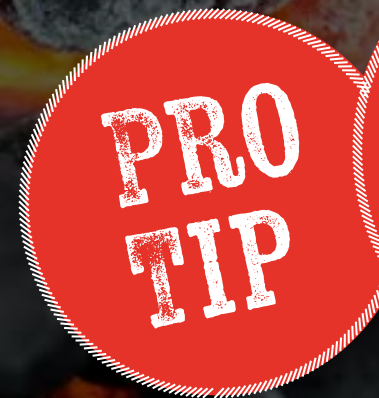
BRIQUETTE

Compressed crushed carbonised wood mixed with a binder, burns hotter and longer, better for large cuts of meat and smoking.



INSTANT LIGHT

Lumpwood charcoal, dipped into liquid wax and packed into individual inner bags, with no additional lighting agents required – best for shorter grills.





HALF TIME STEAK

Picture this: half-time's been called and steak is the only thing that will satisfy your taste buds. What do you do? Let us introduce you to the half-time steak.

The trick is to marinate the meat after cooking, not before.

To make the marinade, throw some oil, garlic, lemon, oregano, salt and pepper into a suitable dish. Fire up the barbecue and add a coating of oil to the meat to stop it sticking. Cook it for 4 minutes each side for a rare and tender result. Place the cooked steak into the marinade for another 4 minutes each side, remove and slice into bite size portions! Serve with a side of your choice and a pint of your favourite lager.

Back to the match...



ROYAL WEDDING ROSE

Looking for a cocktail fit for the royal family? Mash a punnet of strawberries through a sieve or whizz them up in a blender, add a couple of drops of rose syrup, top with Champagne or Prosecco and garnish with mint. Cheers!

SHOWSTOPPING CARIBBEAN CHICKEN

Quick, easy and oh-so-tasty, this zingy Caribbean chicken will be the star of the show. The secret's in the marinade so get your chicken soaking for as long as possible. Mix three tablespoons of rum with the juice and zest of a lime, some honey, garlic, chilli and ginger then marinade your meat. Skewer the chicken and rub oil and chopped coriander onto the skin, then grill until done. Serve with lime wedges and rum cocktails.

**PRO
TIP**

Only start cooking when all the flames have died down and you can see grey ash - otherwise you'll have the eternally unpopular 'burnt outside, raw inside' finish.



THE BEST BURGER OF YOUR LIFE

What's a barbecue without a burger? These mouthwatering sliders have a secret surprise – a burst of delicious molten Stilton in every bite. Heaven.

Mix minced beef with chopped onion and celery. Add some herbs, mustard and seasoning then shape into burgers and fill each one with a handful of crumbled Stilton. Grill for 10 minutes or until cooked through and serve with brioche buns, coleslaw, side salad and a cold beer.





SIMPLE GRILLED SEABASS WITH FENNEL

The aniseed of fennel perfectly complements the delicate seabass in this BBQ feast. It works just as well with seabass filets as with a whole fish (that you just might have caught yourself...!). Make a few slashes in the fish, rub with a handful of fennel seeds and grill.

Meanwhile, slice a bulb or two of fennel, brush with olive oil and cook alongside the fish. Serve the fish whole on a bed of grilled fennel, with salad and potatoes.

**PRO
TIP**

**CLEAN
EATING?**

No problem! You can barbecue fish and veggies and pair them with vibrant salads and sides to get your healthy fix.



V



MARVELLOUS MUSHROOM SKEWERS

These are a fabulous alternative to meaty kebabs. Simply slice some mushrooms and marinate them in a mixture of 2 tablespoons of balsamic vinegar, 1 tablespoon of soy sauce, 3 minced garlic cloves, half a teaspoon of chopped fresh thyme and some salt and pepper, before skewering and grilling on the barbie until tender and slightly charred. Scrummy!



GRILLED SWEET POTATOES WITH GARLIC MAYO

Sweet potatoes are a perfect side dish for any barbecue - and these, with their punchy dip, are a sure-fire crowd pleaser. Start with the dip: in a bowl, mix together 6 tablespoons of mayo with two minced garlic cloves, a squirt of lemon juice and some salt and pepper. Then, slice two large sweet potatoes, brush them with oil and season, before chucking straight on the barbecue. After about six minutes - with a flip half way through - they'll be desirably tender and smoky with barbecue stripes. Scatter with rosemary.



BBQ PIZZA

It's so easy to make your own pizzas and it's always a hit. Have an assembly line of sauce, cheese, veggies and meat and let people make their own culinary creations. Making dough is much simpler than it looks – mix a 7g sachet of yeast with half a teaspoon of salt and 325ml warm water and then gradually add to 500g of strong white bread flour. Knead until it's smooth and then rest it for half an hour before you roll it (or throw it if you're feeling brave!) into 6 pizza bases, top with sauce and toppings, slide it straight onto a very hot barbecue grill for a couple of minutes and voila – a taste of Italy in your back garden. Buon appetito!

**Stuck for
inspiration?
Try these
toppings
ideas**

Spicy salami and
fennel seeds

Mozzarella, tomato,
basil and rocket

Anchovy,
olive and cubed potato

Parma ham, field
mushrooms and
ricotta



THE QUICK AND EASY BBQ – GRILLING PERFECTION WITH MINIMUM EFFORT

- Instant BBQ
- Burgers
- Sausages
- Bread rolls
- Ketchup
- Bottles of lager for the grown ups, juice for the kids.



THE 'SHOW OFF' BBQ – BRING OUT YOUR INNER CHEF

- Smoker and Grill BBQ
- Halloumi kebabs
- Homemade chipotle chicken portions
- Fillet steak
- King prawn, courgette and lime skewers
- Artisan bread with dipping oils
- Rainbow side salad
- Roasted new potatoes with rosemary
- Homemade guacamole with pitta bread dippers
- Handmade cocktails and chilled white wine.



THE KIDS BBQ – A SURE-FIRE HIT WITH THE LITTL'UNS

- Picnic BBQ
- Chipolatas
- Mini ranch burgers
- Loaded potato skins
- Grilled choco-banana melts
- Lemonade.

THE FIVE PEOPLE YOU MEET AT EVERY BARBECUE...



THE WHITE WINE WONDER
You arrived with a bottle but seem to have drunk at least three.



THE BURGER KING
You don't hold back in heading straight over to the barbecue and always manage to flip a burger or six. Every coal's a goal with you.



THE BABYSITTER
You don't even have kids, but seem to be spending the afternoon as Mrs Doubtfire.



THE DINNER LADY
You do all of the prep and tidying up but receive little to no credit for your efforts.



THE BUFFET MONSTER
You're the first to have your plate ready and have managed to load it up before you can say corn on the cob.

THE PERFECT SUMMER BBQ PLAYLIST



- DJ Jazzy Jeff & The Fresh Prince - Summertime
- Don Henlyey - The Boys of Summer
- Bill Withers - Lovely Day
- R. Kelly - Ignition
- Bryan Adams - Summer of '69
- Junior Senior - Move Your Feet
- Nelly - Hot In Here
- Madonna - Holiday
- The Merrymen - Feeling Hot Hot Hot
- Take That - Shine

What's on your summer playlist?
Tweet us at @BarBeQuick!



GET SCAVENGING



A pinecone or acorn



A stick that looks like the letter 'y'



Something red



A yellow flower



A shell or a flat rock



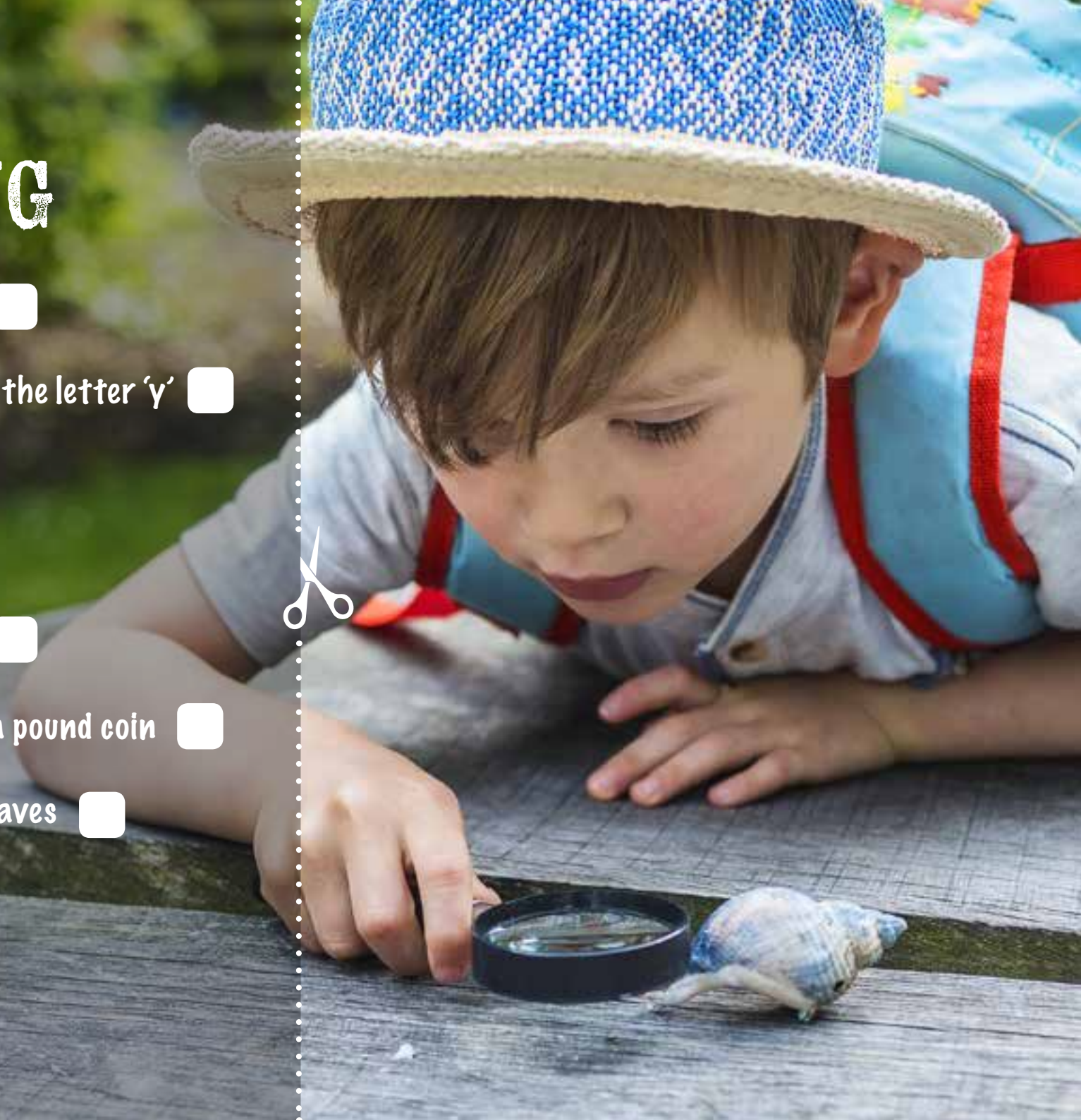
A stone smaller than a pound coin



3 different kinds of leaves

DID YOU KNOW?

Over four million instant barbecues are sold every year. That's a lot of burgers!





BEFORE YOU START

- Make sure your barbecue is in good working order
- Ensure the barbecue is on a flat site, well away from plants and buildings
- Keep children, garden games and pets well away from the cooking area
- Never leave the barbecue unattended
- Keep a bucket of water or sand nearby for emergencies
- Never move a hot barbecue
- Use only enough charcoal to cover the base to a depth of about 5cm (2 inches)
- Only use recognised fire lighters or starter fuel and only on cold coal
 - use the minimum necessary and never use petrol
- Never put hot ashes straight into a dustbin or wheelie bin
- Be conscious of carbon monoxide poisoning.





CARAVANNING

Caravans are smaller and more confined than a house so the fire risks can be potentially more hazardous. Keep your BBQ well away from your van and never put it inside.

COUNTRYSIDE

Every year fire is responsible for the destruction of thousands of acres of countryside, open spaces and wildlife habitat, so keep a close eye and have water handy. Always dispose of your barbecue and charcoal responsibly.

CAMPING

Allow at least 6 metres (18 feet) spacing between tents and never use barbecues inside a tent. Keep your barbecue away from the tent entrance and make sure the grill is stable. Once the barbecue is extinguished, dispose of it properly and never put it inside the tent as carbon monoxide will still be being emitted.

GARDEN

Position your barbecue away from your house, shed, garage and trees and, ideally, place it on stone rather than grass. Keep kids and pets away from the fire.

THINK BEACH SAFE...

Disposable barbecues are perfect for taking to the beach on a sunny day - they're lightweight, quick and simple to set up and don't require an additional equipment. Fabulous! However, if they're not used and disposed of correctly, they can be dangerous to both people and wildlife.

Fear not! Here are some super simple procedures you can follow to protect you and others from harm, so you can stay safe at the seaside.



1 Don't bury the barbecue in the sand. Sand acts as an insulator, not an extinguisher, reaching up to 400 degrees when in contact with a barbecue - a hazardous temperature for unsuspecting feet

3 Once the barbecue is cool, dispose of it in the nearest bin - if left to wash away, barbecues can become harmful to marine animals

2 Once used, extinguish the barbecue with sea water and allow to cool completely. Never leave the barbecue unattended

4 Pour more sea water over the sand where the barbecue has been sitting to make sure the area returns to a safe temperature





FIVE STEPS TO GETTING THE PERFECT GRILL



THE 'SEAR AND SLIDE'

Get that chargrilled edge without losing any succulence by searing your meat over hot coals and then moving it over a foil tray with a bit of water in, placed next to the coals to steam.

LOW AND SLOW... THE WINDOW TO SUCCESS

The ultimate way to ace slow BBQ cooking: put your coals around the edges of the grate, pop a foil tray in the middle (to catch drips) and cook over the top of the tray, not the coals.

1. Open the top lid vents and bottom bowl vent.

2. Spread glowing briquettes evenly across the grate.

3. Cook food directly above the hot coals.

4. Keep the lid closed for maximum flavour.

5. Keep turning food to ensure an even cook.

DON'T FORGET! THE BBQ ESSENTIALS SHOPPING LIST

- ✓ BBQ STAND
- ✓ SKEWERS
- ✓ SMOKING CHIPS
- ✓ UTENSILS – TONGS,
TURNER, FORK
- ✓ FOIL COOKING BAGS
- ✓ LIGHTING FUEL
- ✓ MATCHES



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HUNGRY FOR MORE?

Go to barbequick.com/grillguide for extra info, recipes and tips to make your life easier.

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