

SEASONAL SIZZLERS!

Cook up a barbecue banquet with our lowdown from BBQ consultant Jackie Weight

“Barbecuing is great for bringing people together by encouraging social outdoor activity; be it at home or at one of the many barbecue competitions that are popping up all over the UK,” says BBQ consultant Jackie Weight (www.bbqconsultant.co.uk). “In summer it gets us outdoors into the sunshine and when it rains it provides a great source of laughter as we stand under umbrellas while cooking and eating.”

“Before I start, let me explain what barbecue is not. It’s not about cooking a sausage, burger or nicely marinated piece of chicken over a flaming gas or charcoal outdoor grill until it’s charred on the outside,” continues Jackie. “When done well, barbecued food tastes sublime!”

“Barbecue adds a different level of flavour to food that you simply cannot get from cooking indoors; during barbecuing, meat absorbs the flavours of the wood or wood based charcoal and gives a slightly smokey taste, that coupled with your own special rub or marinade can make everyday foods come to life.”

GET GRILLING

“Whilst people usually cook burgers and sausages on their outdoor grill you will find quite a few are now becoming more adventurous,” says Jackie. “Most joints of meat work well on a barbecue, from beef, lamb and pork to chicken and game and many people are cooking whole joints of meat for their Sunday lunch inside their barbecue (with the lid down).”

“Barbecued fish can also be delicious and any whole fish or fillet can be cooked directly on an outdoor grill,” she continues. “I have cooked everything from Sea Bass to Mackerel and Shellfish with great success. The secret is don’t be afraid to try.”

“You can create some wonderful veggie dishes too. Simple things like vegetable skewers and stuffed mushrooms can be cooked on the grill, while delicious dishes, such as an au-bergine and feta



Ducks Lamb and Veg

bake, can be cooked inside the barbecue (with the lid down),” explains Jackie. “Try using your favourite vegetarian recipe and cook it in your barbecue rather than your oven, it will add a lovely smoky flavour.”

SIDES AND SWEETS
Undeniably, the barbecue-cooked food itself is usually the star of the show, but accompaniments

of jacket potatoes, creamy coleslaws and pasta salads also have a place at a barbecue banquet.

“Some barbecue enthusiasts will tell you that nothing should be served with barbeque as it’s all about the meat, however I like accompaniments,” says Jackie. “Most barbecued food goes well with coleslaw, my favourite is a sweet, spicy, vinegar-based coleslaw with cabbage, carrots and celery. Another barbecue favourite is macaroni cheese (or mac and cheese as it’s known in barbecue circles), try using a little smoked cheese in the sauce; I don’t know why it works with barbecue, it just does. Try barbecuing jacket potatoes too; low, slow, smokey and delicious!”

It’s even possible to create scrumptious barbecued sweet treats...

“If you treat your barbecue as if it were an oven you can bake anything from cookies to chocolate fudge cakes and many other desserts,” says Jackie. “It’s simply a case of learning how to control the heat; use a temperature probe to get to know what heat your barbecue runs at and how opening and closing the vents controls the temperature. Try it out by taking a simple dessert recipe and cooking it in the barbecue instead of the

More about Jackie...

The first non-American to win the coveted ‘Grand Champion’ title at the Jack Daniel’s World Championship Invitational Barbecue Competition in Lynchburg, Tennessee, Jackie has been barbecuing the ‘Low and Slow’ way for more than 11 years. She now runs a busy BBQ consultancy business sharing her knowledge and experience of Low and Slow BBQ cooking, giving demonstrations, providing BBQ training and assisting in the set up of new American Style BBQ Restaurants. Jackie is proud to have introduced Low and Slow cooking over wood to hundreds of BBQ enthusiasts, from complete beginners to celebrity chefs. For more information about Jackie’s work, visit www.bbqconsultant.co.uk.



oven (with the lid down).”

LOW AND SLOW

Becoming increasingly popular is American style ‘Low and Slow’ Barbecuing. Jackie explains...

“Low and Slow American Style Barbecuing involves taking larger cuts of meat and cooking them slowly inside your barbecue over a low, wood or charcoal based, indirect heat,” she says. “The benefit of cooking this way is the ability to give flavour and tenderness to cheaper cuts of meat, including but certainly not restricted to beef brisket, pork shoulder, spare ribs and whole chickens.”

“Because the process of Low and Slow cooking on the barbecue adds flavour and tenderises the meat, marinades are not essential; however application of dry rubs is important as these add

flavour which complements the smokey taste of the meat; rubs should be applied 24 hours in advance if possible to allow them to penetrate the meat.

“If you’ve never tasted real American barbecue, then it’s time you did!”



The Perfect Brisket Slice