

Luke Cox

the

BBQ

& CAMPFIRE RECIPE BOOK

summersdale cookery

The BBQ & Campfire Recipe Book

Luke Cox



SUMMERSDALE

Copyright © Summersdale Publishers Ltd 2002

All rights reserved.

No part of this book may be reproduced by any means, nor transmitted, nor translated into a machine language, without the written permission of the publisher.

Summersdale Publishers Ltd
46 West Street
Chichester
West Sussex
PO19 1RP
UK

www.summersdale.com

Printed and bound in Great Britain.

ISBN 1 84024 244 2

This book is dedicated to everyone at Westbourne Villas for foolishly letting me loose in their kitchen in the first place, and for allowing me to continue once they saw the havoc I could wreak.

My thanks and love to Summerly Devito (for Italian inspiration), Tom 'ah maaan' Sills (for his scary ghost story), and to Liz Kershaw and all at Summersdale.

Contents

About this book	13
Beard to Tail: The History of the Barbecue and Campfire in 699 Words	15
Getting Started	18
<i>Barbecues</i>	
Barbecue Types	
Building your own Barbecue	
Charcoal	
Laying the Fire	
Lighting the Barbecue	
Cooking on the Barbecue	
Cleaning and Oiling	
Special Equipment	
 <i>Campfires</i>	
Building a Campfire	
Lighting the Fire	
Campfire Cooking	
 Safe and Healthy Eating	33
Barbecue and Campfire Safety	
Food Health and Hygiene	
 Conversion Chart and a Note about Weights, Measures and Cooking times	37
 A Word About the Weather	39
 Marinades, Bastes, Rubs, Glazes and Salsas	40

Starters43

- Cheese and Chive Dip
- Brie Fondue
- Rough Cut Guacamole
- Fat Free Guacamole
- Tomato Salsa
- Classic Nachos
- Campfire Corn
- Baba Ganoush
- Venetian Cipolline
- Roasted Marinated Goats' Cheese
- Crab and Mango Mayonnaise
- Simple Sweet Grapefruits
- Bruschetta

Fish and Shellfish57

- Baked Bay Mackerel
- Teriyaki Fish Skewers
- Hoki Mini Tikka Kebabs with Cheater Raitha
- Prawns with Chilli, Lime and Coriander Dressing
- Piri-piri
- Chermoula Tuna
- Simple Swordfish Steak
- Rosemary and Thyme Smoked Swordfish
- Orange and Ginger Marinated Swordfish
- Salmon Fillets
- Herby Salmon with Sun Dried Tomato Salsa
- Ginger, Lime and Honey Baked Salmon
- Cod Gremolata
- Baked Chatham Trout
- Trout in Thai Marinade
- Basil and Pine Sole
- Pepper and Coriander Tuna
- Remoulade Salsa

Food for Carnivores76
Mixed Grill Skewers

***Poultry*79**

- Chicken Kebabs
- Chicken Breasts with Soy, Wine and Dijon Marinade
- Oregano Thigh Fillets
- Parsley Butter Breasts
- Orange Turkey
- Tandoori Grilled Chicken
- Peking Sticky Plum Duck
- Marmalade Glazed Duck
- Teriyaki Drummers
- Sesame Breasts
- Tequila Chicken Sunset

***Sausages*92**

- Mustard Glazed Sausages
- Sonya's Honey Snap Bangers
- Sticky Plum Sausages
- Dijonnaise Sausage Dip
- Summer Mustard Dip

***Pork and Lamb*97**

- Golden Glazed Pork Chops
- Shanghai Drunken Pork
- Four Cheese Escalopes
- Philippine Pork
- Mustard Glazed Lamb
- Honey and Rosemary Lamb Chops
- Cheddar Chops

***Ribs*105**

- Chargrilled Sweet and Sour Spare Ribs
- Texan Spare Ribs
- Simple Country Ribs

Beef110

- Asada Steaks
- Peppered Steak with Lemon Basil Salsa
- Beef Teriyaki, Yakiniiku Style
- Red Wine, Chilli and Garlic Steaks
- Argentinian Barbecue Baste
- Fagiottini

Bootiful Burgers117

- The Basic Burger
- Greek Bifteki
- Cheesy Burgers
- Kamikaze Burgers
- Stuffed Wigan Burgers
- Thai Burgers
- Pork and Thyme Burgers
- Spicy Pork and Coriander Burgers
- Westbourne Lamb Burgers
- Kafta

Food for Vegetarians128

- Halloumi and Mixed Pepper Kebabs with Basil Oil
- New Potato Skewers with Rosemary Oil
- Vegetable and Herb Kebabs
- Stuffed Mushrooms
- Feta and Vegetable Roastie

Bootiful Veggie Burgers135

- The Original Veggie Burger
- Red Tofu Burgers
- Nutty Burgers
- Brighton Belles
- Toasted Spinach and Ricotta Burgers

Summer Salads143

Simple Green Salad with Cheese and Chive Dressing

Avocado and Bacon Salad

Tabbouleh

Mediterranean Feta Salad with Herb and Caper Dressing

Mozzarella Salad with Honey and Mustard Dressing

Rocket and Fennel Salad

Sides and Snacks152

Roast Garlic and Cream Cheese

Roasted Onions

Garlic and Herb Mushrooms

Grilled Asparagus with Lemon Dip

Chargrilled Lemon Courgettes

Plantain Crisps

Garlic and Herb Bread

Baked Potatoes

Roasted Sandwiches

Gruyère Rösti

Gypsy Toast

Breakfast Tortilla

Sweetcorn

Classic Corn-on-the-Cob

Chargrilled Corn

Spicy Garlic Corn

Coriander Butter Corn

Corn-on-the-Cob for Cheats and Scoundrels

Desserts167

Sweet Rum Plantains

Baked Honey and Lemon Apples

Iced Oranges

Fruity Cinnamon Kebabs

Baked Passion Bananas
Chocolate Bananas
Baked Pears
Strawberry Syllabub
Stuffed Blackberry Nectarines
Roasted Honey Peaches
Honey Butter Pineapple
Crumbly Delight

Drinks181

The Devils

Simple Mojito
Cuba Libra
Frozen Margarita
Strawberry Daiquiri
Raspberry Bellini

The Angels

Iced Tea
Strawberry and Banana Smoothie
Kiwi, Grapefruit and Honey Smoothie

About this book

The recipes in this book are designed to be easy to prepare, fun to cook and good to eat. They are designed to demystify the barbecue for the inexperienced, and to allow more experienced chefs to spice up the basic stalwarts of outdoor cooking. They are also designed to give you some ideas and suggestions for when your friends turn up at eleven o'clock with carrier bags full of economy burgers expecting you to whip up something delicious.

Whatever the occasion these recipes should come in handy, even if you're sitting indoors with a troop of sausages and a legion of vegetable kebabs, waiting for the rain to stop, or huddled on the beach round a small disposable grill – and even if you're short of inspiration, remember that good quality ingredients cooked over a fire will nearly always turn out to be tasty: never be afraid to tinker about with the measurements to find out what suits you best. Also remember, more importantly, that – as long as you're safe and sensible – the great outdoors is the most light-hearted cooking stage in the world: it's something anyone can try and everyone can enjoy – and if your favourite recipe crashes and burns there'll always be more sausages to play with. Now get your sun hat on, and get out there and enjoy yourself ...

Beard to Tail: The History of the Barbecue and Campfire in 699 Words

It all began one evening in 1492 when, as we all know, Columbus sailed the Ocean Blue and discovered the New World. During one of his landfalls he discovered something else. On a small island in the West Indies (so named, by Columbus, because he thought he had sailed the whole way round the world and hit India again, the poor dear) he and his men came across a tribe who were all huddled round a smouldering tree. Records are sketchy – and the language barrier must have been quite incredible – but it seems Columbus' crew were able to work out that the locals had buried a whole pig under the tree, which was still smoking after having been hit by lightning and burnt to a crisp the previous day, and were waiting for it to cook. 'Barbacoa!' exclaimed one of Columbus' excited seamen, realising that the cunning locals had found away to cook an entire animal all at once, without having to chop any bits off it.

The Spanish Court, on Christopher's return, were more impressed with his discovery of an entire continent, and as a result his expedition's far more important result – the uncovering of a whole new method of food preparation – went largely unnoticed throughout Europe for many years. However, French traders, moving through the Caribbean towards what are now the southern states of America, heard the legend of the buried pig and took it with them wherever they went, and the preparation of food over or under charcoal became a feature of Haitian and Louisiana cuisine. It was particularly useful for early settlers as it allowed a whole animal to be cooked all at once with little preparation and without the need to build an oven: hence the Spanish sailor's exclamation and the French

perversion of it – *barbe à que*, or beard to tail – from which the English word is purportedly derived, and hence its phenomenal following in the USA (from where the acronym BBQ originates – with roadside diners advertising refreshment and pool tables, or Bar, Beer and Cue) and Australia (where the weather is more suited to outdoor cooking). Though through the years the method has changed considerably, we still cook hearty, satisfying food over smouldering bits of burnt tree the world over, and you can tell that to the whole tribe while they huddle round waiting for their sausages.

In the centuries before that fateful lightning strike on an unnamed West Indian island the culinary landscape outside the kitchen was a bleak and featureless tundra. Indeed, in those days there was little to do on a hot summer's evening other than gnaw on a sausage roll and contemplate life's big questions: Why are we here? How do we get back? How can I make my marshmallow more interesting? Until, that is, a group of youngsters, clad in their tribe's traditional green jumpers, peaked caps and woggles, grew tired of listening to the strains of *Thus Spoke Zarathustra* echoing over the hills, took their destinies into their own hands and roasted their fluffy confections on the end of a stick. And Lo! The campfire was born. Of course, cooking over wood fires is as old a trick as humankind – older, even, as there is evidence that our early ancestors, Peking Man, roasted meat in their humble dwellings (although anthropologists are unable to tell us what Peking Woman was doing while this was going on). Nowadays we use the campfire in the absence of other heat sources for warmth and light, and as a backdrop to scary ghost stories – but it is more than that: the campfire represents a return to nature – it is a symbol of our primal instinct and our ability to stave off fearsome predators

BEARD TO TAIL

with our superior intellect. Why else would a supposedly civilised people endure moist socks, the constant threat of spiders lurking in the darkest recess of a sleeping bag and the public spectacle of being unable to correctly assemble a tent? My advice to you: wheel that dusty barbecue out of the shed, don your most battered hiking boots, feel yourself regress to the level of a hulking Neanderthal – and consummate the experience by enjoying some really tasty food.

Getting Started

Barbecues

Barbecue Types

If you don't already have your own barbecue the first thing you'll need to do is get hold of or build one. If buying, invest wisely. You don't need to spend a fortune on something chrome-plated and chic, but it should be sturdy (test it in the shop to see if it wobbles) and made of a material hardy enough to resist the inevitable winter months of neglect without rusting and falling apart. The range in the average hardware, DIY or garden shop is usually immense and bewildering, but there are four basic designs.

1) The Brazier Barbecue

This is by far the most common, the simplest and the cheapest design, and usually consists of a large metal bowl, or sometimes a half-barrel, often with a lid and adjustable grill heights. They are also known as kettle barbecues and are sometimes made from cast iron. A brazier barbecue should be sufficient for most of the recipes listed in this book, and cooking times have been calculated assuming that this is the design you are using (if using other designs the estimated times should not vary considerably, but are likely to be slightly shorter). The principle drawbacks of the brazier are that, as there is no air flowing *through* the coal (only over its surface), in still air the coals can be difficult to get evenly alight, and your food will take longer to cook.

2) The Air-flow Barbecue

This is a slightly more sophisticated design. The bowl

section is usually shallower and flatter and has air vents cut into its underside, with the charcoal resting above on a perforated platform. This means that the air is drawn through the bowl, heated by the charcoal and continues upwards to cook your food. While air-flow barbecues are certainly easier to light they are not necessarily more efficient as they cook faster and have the tendency to sear food without cooking its centre. You should certainly get a model with an adjustable grill – be prepared to raise the grill height if the food cooks too quickly, and to use more charcoal than you would if using a brazier. That said, an air-flow barbecue is more reliable on a still day and will allow even cooking across a larger surface – one of these is therefore a serious consideration if cooking for more than four people, and if you are at all an impatient person, I'd say it's worth shelling out the extra money.

3) The Gas Powered Barbecue

Gas barbecues are usually the most expensive sort, are generally the most reliable and are certainly the least fun. They differ from conventional indoor gas grills in that the flaming gas heats 'lava' rocks (usually of an artificial or ceramic material), and it is these that heat your food. They have an advantage over other designs in that they are relatively quick to heat up and are more or less impervious to most adverse weather conditions (you could even cook with one in light rain, although I don't see why you'd want to). They have adjustable temperature controls, and some of the flashier models have integral hotplates for keeping cooked food warm. You are also able to dispense with the tiresome rigmarole of lighting and handling charcoal, getting your clothes smoky and so forth. Unfortunately, the food cooked on them often tastes much like it would if you'd simply shoved it under the grill indoors, the lava

rocks making for a poor charcoal substitute, and this seems to defeat the point a little, but if you are attempting to feed the Five Thousand, or if you want to be the envy of your neighbours, then they are definitely worth considering. Buy one that can also be lit manually (piezo-electric sparking devices are the first thing to break on any range, and they won't work if wet), and opt for the most idiot-proof control system you can find to reduce needless fiddling with knobs whilst cooking.

4) The Disposable Barbecue

Most disposable barbecues I've come across consist of an aluminium tray filled with charcoal, with a perforated metal lid (which serves as the grill) resting over an internal piece of touch paper. These are a brilliant invention for those of us without gardens wanting a barbecue in the park or on the beach, or for impromptu gatherings. They are cheap (you can usually get them in pound shops or thrift stores) and generally reliable. The one thing I would say about disposable barbecues is that they never last quite as long as you'd hoped or were informed they would, mainly because the charcoal used is cheap and burns quickly, so cook only simple recipes on them, and make sure you buy one more tray than you thought you'd need. If I'm wrong then you can always save it for another time.

Building your own Barbecue

Some do-it-yourself is the other option you might consider, and this is certainly worthwhile if you have your own garden, you enjoy cooking outdoors, and you're not moving anywhere for a little while. If you have no bricklaying experience you can build a sturdy barbecue without mortar with far less hassle than you'd first imagine. Try the method below, or consult a specialist DIY book for further advice and more complicated designs.