



National BBQ Week's **Lockdown Barbi Guide**



Helping you make the most of your BBQ's in Lockdown!

Unfortunately Barbi's together



 **COVID-19**
Coronavirus
now look like this!



Life in Lockdown has been tough for us all, but at least if you're lucky enough to have a garden or outdoor space you can still conform to the Social-distancing and Stay at Home rules by enjoying a Barbi!

BBQ is a great way to relax, chill, unwind and taste some great food & drink, as long as you're with members of your own household, and without having to follow the 2mt rule.

National BBQ Week have been promoting Better BBQ'ing and Gastro-grilling since 1997 and are the guardians of the Nations BBQ heritage, so to keep you safe and secure, we've set out some basic guidelines to help you get the most out of your Barbi experience during Lockdown.

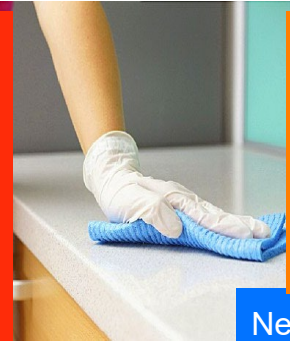
Chill, Grill & Enjoy!



Barbi Health & Hygiene!



Follow stay safe guidelines, wash your hands thoroughly before preparing food, after touching raw meat and before serving & eating.



Wipe down and disinfect all prep surfaces before and during use to prevent cross-contamination.



Always keep raw and cooked meats separate and keep uncooked meat, fish and vegetables separate from each other when preparing.



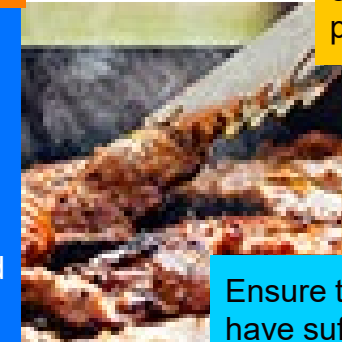
Unless the cooking instructions say otherwise, always ensure that frozen food is defrosted before BBQ'ing so that it cooks evenly.

**Chill,
Grill,
Enjoy
& Stay Safe**

In hot weather, do not leave food standing, serve immediately throw away any BBQ'ed food left out for more than an hour.



Never part cook on a BBQ and finish off later. However, you can par-boil poultry in the oven and then immediately finish off on the Barbi for added flavour.



BBQ'ed food may look well-cooked when it's not. Burgers, sausages and chicken should ideally be checked with a meat thermometer or cut open and visually checked. If necessary, continue grilling until cooked through.



Ensure that you have sufficient preparation and serving areas and keep these two apart. If using separate tables, ensure that these are kept well away from the grill.



BBQ Safety Tips



Keep children, animals and the elderly well away from the BBQ grill & any fuel.



To light charcoal, always use environmentally friendly BBQ lighter cubes or fuel, ideally odourless, or newspaper knots. **Never, ever** use petrol or other highly inflammable liquids.



If using gas, ensure that the grill lights immediately. If it fails to light at second attempt, turn off gas immediately leave for a few minutes then turn on and retry.



Make sure that all knives and grill utensils are securely stored when not in use and regularly wipe down all utensils and prep areas with a disinfected disposable cloth.



Position BBQ's on level ground, well away from fences, hedges, trees, any over-hanging foliage or anything that could catch fire!



It may be obvious, but remember that BBQ's can be dangerous, the grill is very hot and can cause nasty burns, or even serious fires if knocked over.



If using charcoal have a fire-blanket or water spray handy, if using gas turn-off and rely on the fire-blanket



Ensure charcoal is cold and/or gas securely turned off or disconnected before retiring for the night.



Finally, however tempting it may be please don't drink alcohol whilst lighting or grilling food on the Barbi!

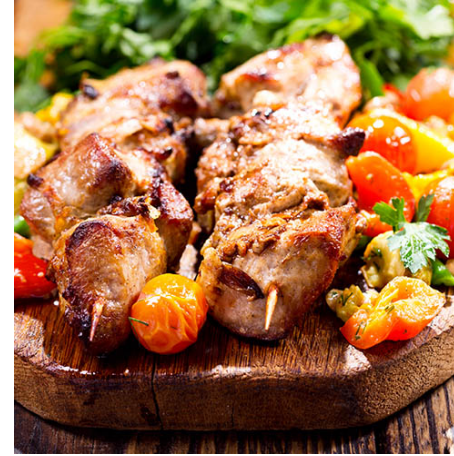
Make your Barbi the Best!

If you're careful you can make yourself look like a real grill-star, increasing the level of smoke or 'flaring' the flames to create a real grill-master effect, but be careful to practice, as it can go wrong, so here are some tips to help get it right!



Theme

Before you start, choosing an overall theme for the food, and drink, especially if you're entertaining, is a great idea. The US, particularly the South, Australian and South Africa are all key BBQ regions and great bases to plan from. It also helps that they produce excellent wine! The Caribbean, South America and North Africa make equally great themes for a more exotic BBQ.



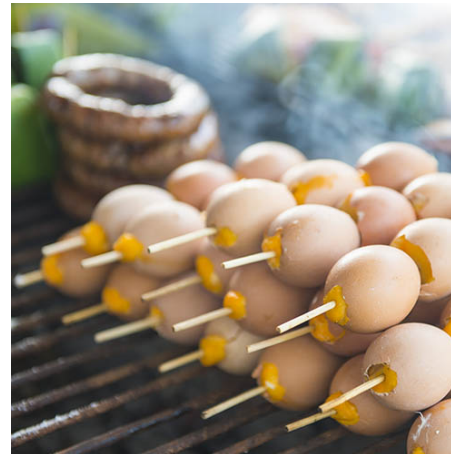
Colours

BBQ's look great with a mix of colours – red, green or yellow bell peppers look and taste fantastic and can be flame-roasted to increase their flavour; once the skin has begun to blacken, place in a plastic bag and allow to cool before removing skin. Green and yellow courgettes also look good and grill well, as do chillies, asparagus and aubergine.



Fruit, Veg &...

You know you can grill many vegetables, but did you know you can also grill lots of fruit including bananas, pineapple, papaya and mango, all of which add colour, flavour and taste on the Barbi.



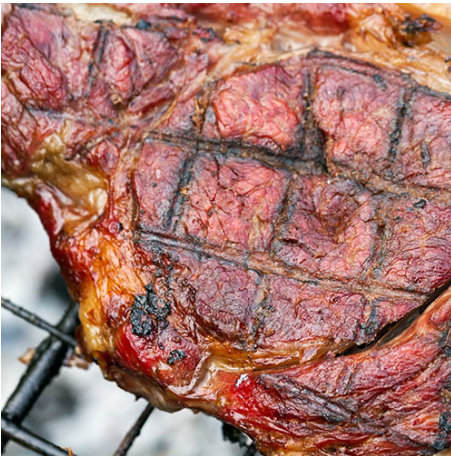
Diversity

Believe it or not there's no end to what you can cook on the Barbi; the classic English breakfast, yes even an egg can be BBQ'ed, easier on a griddle plate or plancha for fried-egg, alternatively simply pierce the shell with a needle and place directly on the grill-bars! However, perhaps the most impressive BBQ dish is a Baked Alaska, difficult to do, and to make a success, it's all down to accurate temperature control, but it will enhance your BBQ and street-cred, no end!



Smoke

Increasing the smoke level should only really be done on charcoal and can be achieved by throwing on either wet wood chips (fruit wood is best) or herb branches, even vine clippings which work really well. A similar effect can be achieved on a gas grill, as long as it has either a lava-rock bed, or diffuser bars, to place a metal tray on.



Grill-lines

To achieve professional 'cross-hatch' grill-lines, sear meat, poultry, fish or fruit/vegetables on highest heat at right angle to grill bars, remove, lightly wipe oiled cloth, then turn and repeat. Once both sides are seared, turn food lengthwise to grill-bars and repeat. Once achieved, return food to normal cooking heat.



Flames

Flaring the flames can easily be done on either gas or charcoal and is achieved by briefly pressing down, hard on meat or poultry with either long-handled spatula or tongs, which will release the natural fats/oils onto the grill causing a brief 'flare-up'. However please take care when attempting this as flame volume can be widespread, so keep your body well clear of the grill. **Do not**, under any circumstances, try to enhance the effect by adding extra oil.



Ambiance – Blues, Booze & BBQ's

Great BBQ planning should be based around the **3-B's- Blues**, or a combination of any good music, you fancy, **Booze**; chilled beer, wine, long summer & soft drinks and of course great food and **BBQ's**; the right company in Barbi lockdown all helps make for a great time and a great BBQ.. Enjoy!

Everything you'll ever need to know about Better BBQ'ing – www.nationalbbqweek.co.uk its packed full of Gastro-grilling tips, advice, recipes, Legends of the Grill + a special section for those first-timers, the Barbi-Babes. And don't forget to **Do Your Bit & BARBI for BRITAIN** from Bank Holiday Monday May 25th – 31st