

TOP TIPS FOR USING YOUR BARBECUE

Many people associate cooking on their barbecue with traditional burgers or sausages but used in different ways, you can cook a whole range of different dishes on your grill. Follow the tips below to get the most out of your grill.

- **Preparation and pre-heating**

Plan what you're going to cook before starting up the barbecue. Make a plan of what you want to cook first, decide how you're going to cook it and how long it will need on the barbecue. Organise buns, salads, plates, cutlery and sauces before proceeding so that you're ready to eat as soon as the meat, fish or veggies are cooked.

Pre-heating the barbecue is essential in order to get the best cooking results. Simply put the barbecue on low for around ten minutes before you start cooking and it will heat the barbecue's cooking grids. Remember, a cast iron grill will take longer to heat up so allow time before you need to start cooking. If your barbecue does have a cast iron cooking grid, don't forget to oil it before you start cooking.

The pre-heat does two things. Firstly, it will burn off any nasty chemicals and kill any germs and bacteria which have formed on the barbecue since the last use. It will also make sure the grill and overall barbecue is at the perfect temperature to cook on – similar to an oven.

- **Grilling Vs Indirect Grilling**

Most of us associate cooking on a barbecue with grilled meats or fish but using a combination of grilling and indirect grilling cooking techniques means you can significantly increase the range of food you prepare on your barbecue.

The two cooking styles are very different and each method is suited to different types of foods and produces a very different end result.

- **Grilling**

Grilling is a type of dry heat, where the barbecue food is placed on a cooking surface directly above the burners, cooking the meats, fish and vegetables from the outside in. Direct grilling is the quickest cooking method on the barbecue and is the most traditional way to cook al fresco.

Take care as the fat and juices lost through grilling can make some barbecue food dry, but the direct cooking gives the barbecue food its distinct texture and taste that we all love. If you are worried about meats becoming dry, marinating them beforehand or basting during the cooking process can help keep them moist. Most grilled food is cooked at a high temperature so making sure you take the time to pre-heat the barbecue is essential.

- **Indirect Grilling**

A less well known barbecue cooking technique, indirect grilling is a type of cooking technique where the food is not cooked directly above the heat source. Rather than quickly cooking food at a high heat, with indirect grilling the barbecue food should be placed near the burner so it benefits from the heat but not directly above the heat source.

Ideal for larger cuts of meat that need to be brought to their cooking temperature slowly, with indirect grilling the heat rises from the burners and then circulates around the foods, cooking it from every angle.

Indirect grilling can be achieved by just lighting one or two of the burners and cooking the items away from the direct heat. For this type of cooking to work best, the barbecue's lid should be closed. This creates a hot, oven-like environment that is ideal for dishes such as rotisserie chicken or thicker cuts of steak.

The Campingaz Culinary Modular System offers the use of a pizza stone and chicken rotisserie for the perfect indirect grilling experience.

- **Going beyond the burger...**

Enthusiastic cooks don't have to be limited to grilling. Campingaz® gas-powered barbecues combine cooking performance, full temperature control and handy features to open up a world of different recipes. Visit our recipe section for inspiration and advice.

Some barbecues, like the Master Series 4 SBS boast additional cooking functionality such as the Searing Boost Station which offers steak searing perfection. Other models include the multi-talented Campingaz Culinary Modular System which allows you to integrate different inserts to cook a wide range of dishes from tasty paellas to perfectly-crispy pizzas.

To help you achieve perfectly cooked food every time, Campingaz has created a handy guide to grilling different types of food.

Steak:

Depending on the thickness of your steak, there are two ways to cook it. Thinner cut steaks can be placed directly onto the cooking grid and cooked using the direct grilling technique. Use a high-heat to ensure a perfectly cooked exterior that is still pink on the inside.

For thicker cuts, you may wish to sear the outside on the grill and then move the steak off the direct heat, close the lid and use an indirect grilling technique to ensure the meat is cooked perfectly and not raw on the inside.

Pizza:

If you love a delicious pizza, why not try cooking one on your barbecue. A pizza stone can be placed directly onto the cooking grid and left to pre-heat for the perfect crispy base. Don't forget to turn down the burners once the pizza stone has heated up. Close the lid and the pizza should cook from the heat circulating around the barbecue.

Many Campingaz models are compatible with the Culinary Modular System which allows you to replace the central cooking grid with a specific Pizza Stone for maximum convenience. You could also use the pizza stone to cook flat breads.

Stir Fry:

For a taste of Asia in your very own garden, try preparing tasty stir fries. Some barbecues such as those with our Culinary Modular Accessory System feature the option of swapping the cooking grid for a specially developed Wok. If your barbecue doesn't have this option,

you could also prepare this dish on the barbecue's side burner and top it off with perfectly grilled meats or fish.

Fish:

Fish can be cooked in a variety of ways. More robust items like large prawns can be placed directly on the cooking grid and grilled. Larger fish or more delicate fillets benefit from the indirect grilling process. Remember to oil the fish before cooking and place them skin-side down. Make sure to choose a flat cooking surface or plancha to cook delicate fish and it will remain juicy and flavoursome.

Bread rolls and potatoes

Part baked bread rolls and grilled potatoes can be easily cooked on the barbecue using its warming rack. Partially cook the potatoes to ensure they are soft inside, place on the upper grill rack and close the oven.

Rotisserie Chicken:

Some barbecues have integrated rotisseries that are ideal for cooking rotisserie chicken or other meats such as a shoulder of lamb. Extremely easy to do, simply pre-heat your barbecue and place your meat onto the rotisserie. Turn the barbecue's heat down to medium and close the lid. A standard-sized chicken should cook in about one and a half hours. Don't forget to baste the chicken occasionally and test the internal temperature before eating it – it should be around 83 degrees and the juices must run clear.

You can also buy dedicated poultry roasters which can be inserted into the barbecue's cooking grid. Fill the roaster up with stock, wine or beer and place the chicken on top and cook it indirectly until fully cooked. Preparing it this way will produce a beautifully succulent, roasted chicken that is full of flavour.