

# Super-Fast Thermapen<sup>®</sup>

## BBQ Cookbook

**20**

Sizzling Recipes,  
Top Tips, Food Safety  
Advice & Cooking  
Temperatures



*'taking the guesswork out of  
barbecuing - ensuring your meat  
is cooked correctly every time'*

## Why use a Thermapen?

As a barbecue user, we do not have to tell you the importance of cooking meat, poultry and fish to the right temperature.

But don't assume that if meat is charred on the outside that it will be cooked on the inside - the SuperFast Thermapen takes away the guesswork and will provide you with an accurate temperature reading, ensuring your meat is cooked correctly every time.

The Thermapen indicates temperature over the range of -49.9 to 299.9 °C and the reduced tip ensures you will have an accurate reading in just three seconds. The stainless steel food penetration probe folds safely away when not in use and turns the instrument off automatically.

The Thermapen is used worldwide by home cooks, barbecue enthusiasts and the catering trade. Available in a wide variety of colours it is suitable for many different applications.

## Food Temperatures

To prevent food poisoning, it is essential to kill bacteria. Most bacteria are killed quickly between 75 and 100 °C. The 'danger zone' is between 5 and 70 °C where bacteria will grow rapidly.

It is important that there are no cold spots in the food, likewise when reheating food or sauces, ensure that the food is reheated to above 75 °C.



**100 °C** bacteria will be destroyed

83 °C reheated food internal temperatures

74 - 80 °C poultry internal temperatures

71 °C meat internal temperatures - well done

**63 °C** bacteria is gradually killed

60 °C fish internal temperatures

37 °C ideal temperature for bacteria to grow

4 °C safe storage for a short period

2 °C safer for storage

**-18 °C** bacteria will not grow but may not die

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## Direct vs Indirect Cooking

When we think 'BBQ', we tend to think about grilling directly over hot coals or a gas burner. Cooking our food quickly and at a high temperature, is known as direct cooking or grilling.



However, there is another way to cook on a BBQ - indirect. Setting your BBQ up for indirect cooking is easy and offers a whole new way of cooking exciting food.

If you want to try indirect cooking you need a BBQ with a lid. You also need to be able to position the food so it is not directly over the fire. If you have a charcoal BBQ, try putting a foil tray on one half of the charcoal grate and your coals on the other half, then place your food over the drip tray. If you're using gas and have more than one burner, light only one burner and place your food off to one side.

It's important to remember that when you're cooking indirect, you need to keep the lid closed and try not to keep checking the food every two minutes. If you're looking, the food isn't cooking!!!

Most importantly....**Enjoy your BBQ!**

## Recipe Contributors

We would like to thank the following people who have contributed their own recipes to this cookbook and are avid users of the Thermapen for BBQ cooking.

### Dr BBQ AKA Ray Lampe

Dr BBQ has written 7 cookbooks including 'Dr BBQ's Big-Time Barbecue Cookbook'. Ray has been involved in competition BBQ since 1982 & is often featured on TV & radio.



### Tim Hayward

Writer and food expert Tim Hayward was the Guild of Food Writers 'Food Journalist of the year' in 2012. Tim's first book 'Food DIY' is about curing, smoking, baking & preserving.

### Toby Shea

Founder of 'The British BBQ Society' & 'IBQN', Toby has been organising BBQ competitions in the UK since 2009. He competes in both Europe & the USA as 'British Bulldog BBQ'.



### Steve Heyes

Steve has been competing in BBQ contests in the UK, Europe & USA since 2009. Formerly head cook of 'Royal Q Pit Crew', Steve started competing solo in 2013 as 'Jedi Swine Tricks BBQ'.

### Dr Sweetsmoke AKA Al Harris

As well as competition BBQ, Al also runs his own catering company & operates a consultation business for new restaurants & menu development.



### Simon Dyer

Owner of Cyderpig Q 4 U – an American style pop up BBQ catering company. Simon also manufactures and sells 'Ugly Drum Smokers'.

## Beastly Beef Steak Marinade

by Steve Heyes

- 1 tbsp hot cayenne pepper sauce
- 125ml Worcestershire sauce
- 25g dark muscovado sugar
- 1 small onion, chopped
- 2 garlic cloves, crushed
- 125ml soy sauce
- 2 tbsp lemon juice



## Carolina Style BBQ Sauce

by Simon Dyer



- 1½ cups cider vinegar
- ½ cup tomato ketchup
- ½ tsp dried chilli flakes
- ½ cup water
- 1 tbsp sugar
- 1 tsp salt

## The Doc's Chicken Elixir

by Dr Sweetsmoke

- 3 sprigs of fresh thyme
- 5 garlic cloves, chopped
- 1 lemon, juiced
- ½ tsp pepper sauce
- ¼ tsp lemon zest
- 25ml extra virgin olive oil
- 25ml white wine
- 2 tsp smoked paprika
- 1 tsp cumin
- 1 red onion, diced
- 1 yellow onion, diced



Increase the flavour by adding herbs or spices to your meat or fish, then cover & chill in the fridge overnight

# Chicken & Mango Skewers

by Dr Sweetsmoke

Serves 4

8 boneless, skinless chicken thighs

1 fresh mango

1 cup sweet chilli sauce

¼ cup honey

¼ cup soy sauce

¼ cup dark brown sugar

2 garlic cloves, minced

extra virgin olive oil

sea salt

freshly ground pepper



## Method:

- In a saucepan over a medium heat, add the sweet chilli sauce, soy sauce, honey, sugar and garlic. Bring to a simmer and cook gently until reduced by a quarter.
- Cut each chicken into two pieces. Peel the mango and cut it into cubes large enough to fit securely. Skewer both the chicken and mango alternating between. Brush with olive oil and place on the grill over a medium heat.
- Brush skewers lightly with the BBQ sauce as they are cooking on the grill, basting regularly until cooked. Use your Thermapen to check that the internal temperature of the chicken is at least **74 °C** before removing from the BBQ.
- Serve with reserved barbecue sauce on the side for dipping.



A key part of the Thermapen's popularity is its simplicity & ease of use. Just unfold, probe & read!

# Grilled Buffalo Wings

by Steve Heyes

Serves 4

- 1 kg chicken wings (*about 12 wings*)
- 4 tbsp bottled hot pepper sauce (*Frank's Original*)
- 3 tbsp butter, melted
- 1 tbsp paprika
- ½ tsp sea salt
- ½ tsp cayenne pepper
- ¼ tsp ground black pepper

## Method:

- To make the sauce, mix all ingredients together in a bowl, excluding the chicken.
- Add the chicken wings to a large dish and pour over half of the marinade, turning the wings to make sure they are well coated.
- Cover and place in the fridge between **2 and 4 °C** allowing to marinate for a minimum of 2 hours, although the longer the better.
- When ready to cook remove from the fridge and discard the marinade.
- Grill the chicken wings on the barbecue over a high heat for 10 to 15 minutes turning regularly. Using your Thermapen, check that the internal temperature of the wings are a minimum of **74 °C** before serving.
- Heat up the remaining marinade and pour over the cooked wings, serve immediately and get stuck in!



Clean & coat the grill with oil before you start cooking as this will prevent food contamination & sticking!

# Portuguese-Style BBQ Chicken

by Toby Shea

Serves 4-6

- 2 x 1kg whole chickens
- 5 - 7 fresh red bird's eye chillies  
chopped (*very hot!*)
- 2 long red chilli, chopped
- 3 garlic cloves, chopped
- 60ml olive oil
- 2 tbsp fresh lemon juice
- 1 tsp sea salt
- lemon wedges



## Method:

- To make the chilli sauce place the chillies and garlic in a small food processor and process, until chillies are finely chopped. Add the oil, lemon juice and salt and process until just combined.
- Place the chicken, breast side up, on a clean work surface. Use poultry shears to cut breast in half, splitting breast bone. Press chicken to open flat. Cut on either side of the backbone and discard backbone. Remove breast bone halves and tuck under wings. Pat dry with paper towel. Repeat with the remaining chicken.
- Preheat barbecue grill on high. Use a knife to make 5 mm deep and 4 cm long cuts into the chicken flesh. Reserve 2½ tbsp of the chilli sauce and brush underside of chicken with some of the chilli sauce.
- Reduce heat to medium. Place the chicken, skin-side up on the preheated barbecue grill. Cook for 10 minutes, brushing occasionally with a little of the chilli sauce. Brush the top of the chicken with the remaining chilli sauce and then turn over. Cook for a further 8 minutes or until your Thermopen reads **74 °C** when placed in the thickest part of the chicken (*between the breast and thigh*). Alternatively the juices will run clear when pierced with a skewer.
- Transfer chickens to a plate, cover loosely with foil and set aside for 5 minutes to rest. Brush chicken with reserved chilli sauce. Serve with the lemon wedges and some hot potato chips.



The Thermopen thermometer provides fast & accurate temperature readings in just 3 seconds!

# Beer Can Chicken

by Dr BBQ

Serves 6

2 x 3-4lb whole chickens

BBQ rub

2 cans of beer

1 medium onion, finely chopped

4 cloves of garlic, crushed

4 sprigs of fresh thyme

juice of 1 lemon

cherry wood chips

## Method:

- Prepare the grill to cook indirect at **350 °F** using the cherry wood chips for flavour.
- Rub the chickens liberally with the BBQ rub.
- Open the beers and drink half of each, using a can opener open the tops of the cans adding half the onion, garlic, thyme and lemon juice to each can.
- Place the wings of the chicken behind it's neck as if it were relaxing on the beach. Place a chicken on each can bung hole side down and slide it down as far as it will go. Pull the legs forward so it looks as though it's sitting down.
- If desired fashion a brassiere out of aluminium foil and put it on the chicken. When the chicken is done remove the brassiere and it will appear that the naked chicken has tan lines from the sun. Place the chickens in the sitting position on the grill.
- Cook until the chicken reaches an internal temperature of **180 °F** deep in the thigh and **160 °F** deep in the breast. This should take about 1 ½ hours.
- Remove the chickens from the grill and set aside to rest for 5 minutes.
- Carve the chickens on the cans being very mindful of the hot liquid inside.



Use your Thermapen to ensure your chicken is cooked by inserting the probe into the thickest part of the meat

# Bourbon Soaked Ribeye Steak Sandwiches

by Dr BBQ

Serves 6

6 ribeye steaks, cut thin

## Marinade:

- 40ml Kentucky Bourbon
- 60ml soy sauce
- 60ml Worcestershire sauce
- 2 garlic cloves, crushed
- 60ml vegetable oil
- 1 tbsp black pepper
- salt & pepper
- 6 hoagie/submarine rolls
- 2 yellow onions, halved & thinly sliced



## Method:

- At least 4 hours before you plan to cook and preferably the night before, whisk all the marinade ingredients together in a bowl and set aside.
- Put the steaks in a re-sealable bag and pour the marinade over them. Squeeze all of the air out of the bag and seal. Refrigerate until you're ready to cook, tossing occasionally to coat evenly.
- Heat the oil in a large skillet over medium high heat. Add the onions and cook for about 10 minutes, stirring occasionally until soft and well browned. Transfer to a bowl and set aside.
- Prepare the grill very hot and direct. Take the steaks out of the marinade and place on to the grill.
- Cook the steaks for 2 to 3 minutes and then flip and cook for a further 2 to 3 minutes depending on how done you like your meat. For rare **52 °C**, medium **60 °C** or well done **71 °C**.
- Remove to a platter. Quickly grill the rolls and top each with a steak and some of the grilled onions.



Regularly probe meat for tenderness as various weights, cuts and sizes cook differently

# Butcombe BBQ Brisket

by Simon Dyer

5-6lb brisket, untrimmed  
2 tbsp Marmite  
1 low-salt beef stock cube  
2 tsp cooking oil  
1 bottle Butcombe Bitter (500ml)  
BBQ rub (*I recommend 'Ploughboys Bovine Bold Rub'*)

1 tbsp Maggi seasoning  
1 tbsp Worcestershire sauce  
cornflour, for gravy  
apple & acacia wood chips

## Method:

- Trim the fat cap down to  $\frac{1}{4}$ " and mix together the Marmite and cooking oil to form a paste, spread this thinly all over the brisket.
- Coat the meat well with the BBQ rub and place in the fridge for at least 2 hours to marinade.
- Using the wood chips bring your Smoker up to a temperature of **225 - 250 °F**. Place the meat on the grill fat cap down and cook until the bark on the outside of the meat has set and the internal temperature is **165 °F**.
- While the meat is cooking pour the Butcombe Bitter into a saucepan and crumble in the stock cube, heating gently. Add the Maggi seasoning and Worcester sauce and stir well. When the stock cube has fully dissolved remove from the heat.
- Remove the brisket from the Smoker and place in a disposable tin foil tray and pour some of the warmed Butcombe sauce over the top of the meat and then cover tightly with tin foil, place back on the Smoker and cook until the meat has an internal temperature of **200 - 210 °F**.
- Unwrap foil and vent meat for 5 to 10 minutes, reserve the cooking juices and cool to remove the fat. Wrap the meat in a double layer of foil and then wrap this in a towel and leave to rest for at least 30 minutes.
- Mix the defatted cooking juices with the remaining Butcombe sauce and bring to a light boil thickening with some cornflour to make gravy. Slice the brisket against the grain and serve with homemade chips, horseradish sauce and the beer gravy.



# Pulled Pork

by Tim Hayward - extracted from his book "FOOD DIY"

1 x pork shoulder

## Dry Rub:

smoked paprika  
chipotle chillies  
dried onion flakes  
English mustard powder  
salt

## Mop:

vinegar  
water  
sugar, honey or molasses sugar



## Method:

- For the dry rub I used roughly equal quantities of smoked paprika, chipotle chillies, salt, dried onion flakes and English mustard powder. These are run through a grinder or blender. Using smoked ingredients in the rub helps build up the flavour if you don't own a barbecue pit.
- Massage the rub into the surface of a pork shoulder, making sure to cover it completely. Then seal it in a heavy plastic bag and refrigerate overnight.
- If you're working with a normal-sized barbecue, set it up for the most indirect heat you can manage. If you're using charcoal, add wood chips. If you're using gas, put a metal box or tray of smoking chips or sawdust on the bars over the direct heat. Close the lid and allow to smoke for 45 minutes. With the charcoal barbecue, put the meat on as the heat is past its peak. With gas, keep the flame to medium. The intention with this 'cheat's method' is not to cook the meat but to build up a healthy smoke deposit on the outside.
- Make a large wrapper for the meat with a double layer of foil in a roasting pan. Lift the meat in. Pour over your "mop". This is made of equal quantities of vinegar and water liberally sweetened with sugar, honey or molasses and several big tablespoons of English mustard powder. The idea is that this will keep the meat moist while building another layer of flavour.
- Seal up the foil into an envelope and place in the oven, preheated to **100 °C**, for 5 or more hours.

- Remove the meat (*internal temp should be 85 °C*), open the foil and allow to rest. Crank the oven up to maximum. Draw off the liquid - a mixture of pork juice, fat, the mop and the rub - with a turkey baster and keep it in a safe place. If you have time to cool it, it will make it easier to de-fat it. When the oven reaches top heat, put the meat back, uncovered for a 10 minute sear.
- The meat should now be at least tender enough to cut with a spoon. Lift aside the skin layer and, wearing thick rubber gloves, pull the pork apart with your fingers. You can also use forks. Be sure to thoroughly mix the spicy outer crust with the moist, steamy interior. (the only downside of the cheat's method here is that the skin may have to be discarded as too rubbery to be good).
- Heap onto a dreadful white bun and top with coleslaw.
- The magical liquid you saved from the pan, de-fatted if you so wish, contains not only the ingredients of a rich sauce but also all the juices that would have been lost in a traditional barbecue. Treasure it. Add only a healthy squirt of commercial ketchup or Sriracha hot sauce for the vital hit of MSG before pouring it back over your bun. Do not, I repeat do not, make the mistake of adding any kind of commercial barbecue sauce. You'll miss the whole point if you do.
- Consume in a lawn chair with some beans on the side, an ice-cold Pabst Blue Ribbon and try to imagine what the sun would look like if it was going down behind Grandfather Mountain instead of your garden shed and the incinerator chimney on the hospital.



Try using hickory or wood chips on your barbecue as these will add great flavours to both meat & fish

# Pork Belly Burnt Ends

by Simon Dyer

1.5kg belly pork slices

## Dry Rub:

1 tbsp celery salt  
 1 tbsp garlic powder  
 1 tbsp onion powder  
 1 tbsp cayenne powder  
 ½ cup turbinado sugar  
 ¼ cup smoked paprika  
 1 tbsp salt  
 1 tbsp black pepper

## You will also need:

BBQ sauce  
 American style mustard  
 Carolina Style BBQ sauce (*page 5*)  
 bottle of Traditional Dry Cider  
 (*Farmhouse Scrumpy is best*)  
 2 slatted disposable tin foil trays  
 1 large disposable tin foil tray  
 fruit flavoured wood chunks

## Method:

- Remove rind from the pork slices (*can be cooked as pork scratching's*). Cut the pork into approx. 1" pieces and rub well with a thin coating of American style mustard, making sure to cover all surfaces.
- Place pork in a large plastic bag and add the rub a little at a time until all the cubes are coated. Place the sealed bag into a fridge for at least 2 hours (*longer is better*).
- Preheat Smoker to **225 - 250 °F** and add fruit wood chunks to the fire basket (*mix of apple and cherry is good*). I use an Ugly Drum Smoker, but any large Kettle Type BBQ can be used to cook this dish using an 'indirect' fire set up if a Smoker is not available.
- Remove the pork from the bag and place onto the slatted BBQ trays and place into the Smoker, insert the probe from a good quality oven thermometer into a piece of the pork and cook to an internal temperature of **150 °F**.
- Remove from the Smoker and place the pork pieces into a large disposable foil tray, add half the Cider and half the Carolina BBQ sauce to the pork ensuring that the pork is lying in at least 1 - 1½ cm of liquid.
- Tightly cover the tray with foil and replace in the Smoker for at least 1 hour, check after 30 minutes and add more sauce and cider mix if needed.
- Remove tray from the Smoker, unwrap foil and pour the juices from the tray into a jug, place into a fridge to cool so that you can separate the fat from the remaining juices.

- Pour your bottle of BBQ sauce over the pork pieces in the tray and add the reserved cooking juices if you wish. Make sure the pork is well coated and return to the Smoker uncovered for a final 20 to 30 minutes to glaze and get sticky.

## Polynesian Ribs

by Toby Shea

Serves 4

- 1.5lb pork spare ribs
- ½ cup brown sugar
- 4½ tsp cornflour
- ½ tsp celery salt
- ½ tsp ground ginger
- ¼ cup water
- ¼ cup chopped onion
- 2 tbsp cider vinegar
- 2 tbsp soy sauce
- 1 tbsp Worcestershire sauce
- ½ cup crushed pineapple, with juice
- 1½ tsp grated orange peel
- ⅛ tsp hot pepper sauce



### Method:

- Cut ribs into serving size pieces. Place ribs bone side down on a rack in a shallow roasting pan (*this will catch all the fatty juices*).
- Bake, uncovered, at **350 °F** for 1 hour, draining the roasting pan after.
- In a saucepan, combine the brown sugar, cornflour, celery salt and ginger. Gradually stir into the sugar mixture the remaining ingredients, bring to the boil and cook for two minutes or until thickened.
- Brush ribs all over with the sauce and cook for a further 25 to 35 minutes or until meat is tender, basting with the sauce several times.
- Use your Thermapen to monitor the internal temperature of the pork when cooking. For medium **63 °C** or well done **71 °C**.



Avoid cross-contamination between raw & cooked foods by keeping utensils, boards & plates separate

# Spicy Chilli & Lime Cod

by Dr Sweetsmoke

Serves 6

6 fresh cod fillets  
 ¼ tsp chilli flakes, to taste  
 ½ cup balsamic vinegar  
 ½ cup fresh lime juice  
 ¼ cup poppy seeds  
 1 cup sweet chilli sauce  
 bunch of fresh dill, chopped  
 wooden planks



## Method:

- In a bowl combine all the ingredients together leaving the cod fillets to one side.
- Soak the wooden planks in water for at least 30 minutes prior to cooking (*this will stop them from over-charring or catching fire*).
- Whilst the planks are soaking, place the cod fillets into a large dish or re-sealable bag and pour over the marinade and chill in the fridge for 30 minutes at **2 - 4 °C**.
- When ready to cook remove from the fridge and discard the marinade. Place the fillets onto the planks and grill over indirect heat.
- The fish is ready when the internal temperature reaches a minimum of **60 °C** and the texture becomes flakey.



The Thermanpen casing is washable and includes 'Biomaster' additive that reduces bacterial growth

# Grilled Sardines with Lemon

by Toby Shea

Serves 4

1 kg fresh sardines, prepared  
6 tbsp olive oil  
3 tbsp lemon juice  
2 tbsp fresh coriander, chopped  
paprika, generous pinch  
ground cumin, generous pinch  
sea salt & freshly ground black pepper, to taste  
1 lemon, quartered  
parsley to garnish

## Method:

- Combine the oil, lemon juice, coriander, paprika and cumin in a bowl. Season with the salt and black pepper then whisk to combine.
- Meanwhile, lay the sardines as a single layer in a large baking dish. Pour the oil mixture over the top then cover and place in the refrigerator for at least 80 minutes to marinate (*turn the sardines at least every 20 minutes during this time*).
- Preheat your barbecue/grill and cook the fish for about 3 minutes per side. Brush frequently with the marinade to ensure an even coating. The fish is ready when the internal temperature reaches a minimum of **60 °C**.
- Serve hot and pour any remaining lemon mix over the top and garnish with the parsley.



Use a sprig of herbs as an alternative to a brush when marinating meat or fish on the barbecue

# Mongolian BBQ Lamb

by Toby Shea

Serves 4

5lb boneless leg of lamb, butterfly cut

½ cup green onions, minced

⅔ cup of hoisin sauce

¼ cup soy sauce

6 tbsp vinegar

6 tbsp garlic, minced

2 tbsp honey

½ tsp sesame oil

1 tbsp sesame seeds, toasted

½ tsp white pepper

½ tsp ground black pepper



## Method:

- Get a re-sealable bag and place the ingredients such as the onions, hoisin sauce, soy sauce, vinegar, garlic, honey, sesame oil, seeds and peppers and shake to mix the seasonings well.
- Place the lamb inside the bag to marinate it well. Turn the meat and coat it with the seasonings. Then, refrigerate for about 8 hours between **2 and 4 °C**.
- Make sure the grate is clean and oiled.
- Preheat the barbecue grill and set it on a high heat.
- Remove the lamb from the bag and place on the grill, discarding the marinade.
- Cook for 15 minutes, with an internal grill temperature of **145 °F**. Use your Thermapen to monitor the internal temperature of the lamb when cooking. For rare **52 °C**, medium **60 °C** or well done **71 °C**.
- Once cooked, let it cool for 20 minutes and then slice into serving pieces.



With a Thermapen you can be sure about the timing of every step and the doneness of the meat you cook

# Spicy Grilled Lamb Chops

by Toby Shea

lamb

Serves 4

- 8 lamb chops, trimmed of fat
- ¼ tsp ground ginger
- ¼ tsp allspice
- 1 tsp curry powder
- 1 tsp oregano
- 1 cup tomato sauce
- 3 tbsp cider vinegar
- 3 garlic cloves, smashed & chopped
- ¼ tsp cayene pepper (optional)
- salt & pepper, to taste

## Method:

- Place all the ingredients, except the lamb chops into a saucepan and boil for 10 minutes.
- Add the lamb chops to a deep dish and pour over the marinade and chill in the fridge for 1 hour between **2** and **4 °C**.
- Make sure the grate is clean and oiled. Preheat the barbecue grill and set it on medium to high heat.
- Remove the lamb chops from the dish and place onto the grill and cook for 6 to 7 minutes each side.
- After meat has seared, season well and baste with the remaining marinade during cooking.
- Use your Thermapen to monitor the internal temperature of the lamb when cooking. For rare **52 °C**, medium **60 °C** or well done **71 °C**.



Bring meat to room temperature before cooking as it will cook faster and any fat will drain better

# 'The Best' Corn on the Cob

Serves 4

4 corn on the cob  
25g butter, softened  
2 tsp fresh oregano, chopped  
1 tbsp olive oil  
freshly ground black pepper  
sea salt

## Method:

- Wash the cobs in cold water, brush with olive oil and place on a sheet of foil.
- In a bowl, mix the butter, oregano, salt and pepper.
- Spread  $\frac{3}{4}$  of the dressing over the cobs and wrap up the foil.
- Cook over a medium heat for 10 minutes turning regularly.
- Remove the foil and grill for a further 10 minutes or until corn is tender for that char-grilled finish.
- Pour the remaining dressing over each cob before serving.



The Thermopen thermometer takes the guesswork out of reheating leftover BBQ food

# Vegetable & Halloumi Kebabs

Serves 4

- 4 small aubergines, halved lengthways
- 1 yellow pepper, cut into chunks
- 1 red onion, cut into chunks
- 2 courgettes, cut into chunks
- 250g halloumi cheese
- 2 tbsp of parsley, chopped
- 8 cherry tomatoes
- 8 bay leaves
- salt & pepper
- 1 garlic clove, finely diced
- 100ml olive oil
- 8 kebab skewers



## Method:

- Soak the wooden skewers in water for 30 minutes (*this will stop them from burning when you grill them later*).
- Cut the halloumi cheese into 16 cubed pieces.
- Thread one piece of each vegetable onto the skewer including a bay leaf in the middle and one piece of halloumi at each end, once all the kebabs are made place in a dish ready to cook.
- Mix the garlic and parsley in with the remaining olive oil to use as a dressing.
- Place the kebabs on the barbecue over a medium heat, turning occasionally for 8 minutes or until the vegetables are soft and charred.
- Remove, pour over the dressing and lightly season to taste. Serve with a wedge of lemon and enjoy!



Most vegetables cook quickly, so it is unwise to leave them unattended on the grill, so stand guard!

## Pineapple with a Honey & Rum Glaze

Serves 4

- 1 medium pineapple
- 2 tbsp dark rum
- 2 tbsp honey
- 1 tbsp muscovado sugar
- 1 tbsp lime juice

### Method:

- Remove the top of the pineapple and cut into quarters, removing the core.
- In a small bowl mix together the rum, honey, sugar and lime until dissolved. Coat each quarter with the glaze, saving some for serving.
- Place on the barbecue over a medium-low heat, grill both sides until lightly charred and at **50 °C**. Brush a little glaze on when turning.
- Serve hot with the remaining glaze drizzled over the top.



## Fruitilicious Kebabs

Serves 4-8

- 1 punnet of strawberries
- 3 peaches or nectarines
- 3 apples, 3 oranges
- 1 pineapple, cut into chunks
- 4 tbsp lemon juice
- mixed spice
- cranberry jelly
- 8 kebab skewers

### Method:

- Preheat the barbecue and if using wooden skewers soak in water prior to use.
- Remove the stones from the peaches/nectarines and cores from the apples, cut into eight pieces, place into a bowl adding the lemon juice and stir until all the fruit is coated (*this will prevent it from going brown*).
- Thread all the fruit onto the skewers alternating between each. Once all skewers are full, give them a good coating of cranberry jelly and the mixed spice.
- Cook on a medium heat for 5 minutes, warming the fruits to around **50 °C**.



# Food Safety & Storage



Keeping fridges and freezers at the correct temperature is critical to ensure food safety.

Food should be stored in a fridge at a maximum of **8 °C**, but this is only safe for short periods. It is better to store food in a fridge at **4 °C**.

Food stored in a freezer should be regularly rotated and stored between **-18** and **-22 °C** as bacteria will not grow at these temperatures.

These handy-sized fridge thermometers (*pictured below*) ensure that your food and drink is being kept cool and fresh at all times.

## Keep Cool!

Stay Cool! Using a fridge/freezer thermometer in your coolbox will allow you to monitor the temperature of your meat!

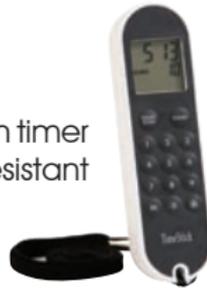


## Stay Clean!

Stay Clean! Use anti-bacterial ProbeWipes which are safe and easy to use. Always wipe your Thermapen probe after checking raw and cooked meat temperatures.

## Every Second Counts!

Don't lose track of time! Use a countdown timer which features a digital display, water resistant keypad and an audible alarm.



## Protect!

Protect against accidental damage by fitting your Thermapen with a protective silicone boot. Our glow-in-the-dark boot is ideal for outdoor cooking and incorporates rear magnets.

the above products and more are available to purchase on our main website [www.etiltd.com](http://www.etiltd.com)

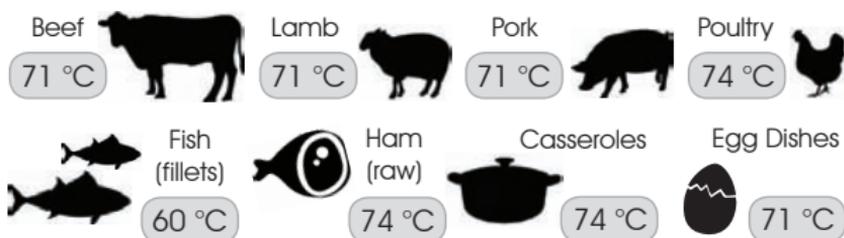
# Food Temperatures\*

Ensure your BBQ food is cooked before serving by checking the core temperature with your Thermapen.

Meat	Rare	Medium	Well Done
Beef, Lamb & Veal	52 °C	60 °C	71 °C
Poultry	-	-	74 °C
Pork	-	63 °C	71 °C
Fish/Shellfish	-	-	60 °C

\*the above temperatures are guidelines only - always check the core temperature of food with an accurate thermometer such as a Thermapen!

## Know when your food is cooked



# Cooking Times\*\*

Meat	BBQ Grill Temperature	Cooking Times
Steaks - Sirloin 2.5 cm	Medium (180 °C)	5-6 mins per side
Beef Burgers	Medium (180 °C)	8-10 mins turning occasionally
Chicken Breasts & Thighs	Medium (180 °C)	8-12 mins per side
Chicken Drummers & Wings	Medium (180 °C)	8-12 mins turning occasionally
Chicken Kebab 2.5 cm	Medium (180 °C)	6-8 mins turning occasionally
Pork Sausages	High (250 °C)	5-10 mins turning occasionally
Pork Chop/Rib/Loin 2 cm	Medium (180 °C)	10-15 mins turning occasionally
Lamb Chop/Loin 2.5 cm	Medium (180 °C)	8-10 mins turning occasionally
Lamb Rack 675g	Medium (180 °C)	25-35 mins turning occasionally
Fish - Fillet 2 cm	High (250 °C)	3-5 mins
Fish - Whole (450 grams)	Indirect with smoke (190 °C)	15-20 mins
Fish - Whole (900 grams)	Indirect with smoke (190 °C)	30-45 mins
Prawns - shell on	High (250 °C)	2-3 mins
Prawns - shell off	High (250 °C)	4-5 mins
Vegetable Skewers	Medium (180 °C)	8 mins turning occasionally
Grilled Ripe Fruit	Medium (180 °C)	5-20 mins (depending on size of fruit)

\*\*above is a guide to cooking times and temperatures when cooking on either gas or charcoal barbecues.



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