

the techniques for

Barbecuing

Teriyaki steak with wasabi butter

There is an art to barbecuing, but it's easily mastered with these four simple steps and our 10 barbecuing hints and tips.

one



Coat the meat in oil instead of adding oil to the barbecue grill or hotplate. If the meat has been marinated lightly pat it dry with paper towel.

Two



Ensure the barbecue is hot before you cook; the meat should sizzle as it makes contact with the plate or grill.

Three



Let the meat cook on one side until moisture appears, then turn once only. Use tongs rather than a barbecue fork to turn the meat.

four



With practice you can judge the meat's readiness by touch. Rare is soft, well done is very firm. Rest the meat for a few minutes before serving (see our chart on page 11.17 for more information).

Best cuts to barbecue

Beef

Fillet/tenderloin, rib eye/scotch fillet, sirloin, t-bone, rump, round, blade, oyster blade, silverside sandwich steaks, silverside steaks (for kebab only), topside steaks (for kebab only).

Lamb

Steaks (round or topside), fillet/tenderloin, eye of shortloin/backstrap, loin chops, leg chops, chump chops, spare ribs, lamb cutlets.

Veal

Leg steaks, schnitzels, fillet steaks, eye of loin, loin cutlets, loin chops, rump steaks, shoulder steaks, spare ribs.

Barbecuing

not all marinades make meat tender / **acids force water out** / add just enough acidic ingredient to flavour / **lightly pat the meat with paper towel** / do not pour marinade mixtures over meat while it is cooking / **post-season rather than pre-salt** / don't crowd the grill plate / **always rest meat after it comes off the heat**

1. Rethink some marinade formulas: not all make the meat tender.

Wine and other acidic ingredients such as vinegar and lemon juice are often used in marinades to supposedly tenderise meat. But if there is too much of an acidic ingredient it makes the meat dry. Like heat, acids 'cook' the meat by breaking down the protein, forcing the water out and the meat becomes tough. In very acidic marinades the outside of the meat can turn grey as if it is cooked. The key is to add just enough of the acidic ingredient to flavour, say one or two tablespoons to one cup of other liquids such as oil and sauces.

To cook meat that has been marinated, remove it from the liquid and lightly pat it with paper towel before placing on the barbecue. This stops meat stewing on the hot plate.

You can use the marinade liquid to quickly make a sauce. Place the marinade in a small saucepan and boil until the liquid has reduced by half, check seasoning and enrich with a little butter if you like.

You can baste the meat with a little of the marinade as the meat cooks, however do not apply it during the last minute or so. Do not pour marinade mixtures over meat while it is cooking, it makes the meat stew and causes flare-ups.

Never pour raw marinade mixture over cooked meat. It must always be brought to boiling point and boiled for a few minutes before using to avoid food poisoning.

2. Post-season rather than pre-salt.

Don't use salt in a marinade or rub mixture and then leave the meat to stand for several hours before cooking. The salt will draw out the juices, making the meat tough. You can add salt to meat just before barbecuing if you like. Or you might even prefer to season the meat with a little salt and freshly ground black pepper once it is cooked.

3. Oil the meat and not the grill.

Rather than drizzle oil on to the barbecue plate, brush the meat lightly or better still, rub meat with oil before cooking. If you are flavouring the meat with a dry spice mixture, brush off any excess spice and rub a little oil over the meat before cooking. In both instances this ensures the meat does not stick to the grill and allows it to sear, giving good colour and flavour.

Tips

4. When to cook – use your hand as well as your eyes to determine the heat of the barbecue.

The hand test can give you a good sense of how hot the grill or barbecue plate is. Hold your outstretched palm about 6cm from the heat. If you can only hold it above the heat for about a second it means it's too hot. If you can hold your hand above the heat for three to four seconds it's at a moderately high temperature which is perfect for barbecuing. Any longer, say eight seconds, and the heat is too low. Of course the usual visual clues work alongside this: when the coals are covered with light ash, the fire is moderately hot and ready to cook on.

5. Don't crowd the grill plate.

This reduces the heat and the meat will then release juices and begin to stew.

6. Bastes and mops add flavour, colour and moisture.

Baste mixtures can be brushed on to steaks and meat kebabs throughout the cooking time to add flavour and colour.



A mop mixture is thinner than a baste or marinade, with a water-like consistency. It is used to combat the heat of an open fire or kettle-style barbecue when cooking larger cuts of meat. It creates steam and adds a little flavour to the meat while it's cooking. The mixture is applied with a small kitchen tool that looks like a regular cotton floor mop, and it's also called a "mop".

Take care not to include too much sugar or honey to baste and mop mixtures as they tend to char. You want the meat surface to caramelize, not burn.

7. Don't turn the meat too often, the rule is – turn once only.

Turn the meat, don't stab it and always use tongs rather than a barbecue fork as a fork could pierce the meat, draining the juices on to the grill or barbecue plate.

8. Feel your way, to judge steak doneness.

With a little practice you can learn to judge the readiness by touch.

- Make a circle with your index finger and thumb and apply a little pressure to the centre of the ball on the palm side of your thumb, it will feel soft.
- With either your fingertip or the back of your tongs, press the centre of the steak. If it has the same soft texture, it is rare.
- Move your thumb to the middle finger and test the ball of your thumb again; steaks with the same spring will be medium rare.
- The ring finger and thumb together will indicate a medium doneness.
- The little finger and thumb together will be firm; if a steak feels the same it will be well done.



9. Invest in a thermometer to tell when large joints are done.

When barbecuing larger cuts and particularly bone-in pieces a thermometer is your best way to gauge doneness.

Check the temperature just before the estimated cooking time is up. The internal temperature for rare is 60°C, medium rare 65°C, medium 70°C, well done 75°C.

Take the meat off the heat just short of your goal, as the larger cuts tend to continue to cook and increase in temperature as they rest.

10. Always rest meat after it comes off the heat.

Resting allows the juices, which have been driven to the centre of the meat by the heat, to return to the surface. If given the time to rest the meat will lose less juice when you cut or carve it, resulting in a juicy, tender and tasty meal.

As a guide, steaks and small bone-in pieces should stand for two to five minutes while larger pieces will benefit from resting for 10 to 30 minutes.

Rest meat in a warm place and cover loosely with foil. Wrapping hot meat too tightly will cause it to sweat.

Use any juices to make your sauce, or simply pour over the meat just before you serve.

The perfect steak – knowing when to turn and when it's cooked



Rare

Cook for a few minutes per side, depending on thickness. Turn once only. Cook until steak feels very soft with back of tongs. A meat thermometer will show the internal temperature of a rare steak as 55-60°C.



Medium rare

Cook on one side until moisture is just visible on top surface. Turn once only. Cook on the other side until surface moisture is visible. Steak will be cooked to medium rare when it feels soft with back of tongs. A meat thermometer will show the internal temperature of a medium rare steak as 60-65°C.



Medium

Cook on one side until moisture is pooling on top surface. Turn once only. Cook on second side until moisture is visible. Steak will be cooked to medium when it feels springy with back of tongs. A meat thermometer will show the internal temperature of a medium steak as 65-70°C.



Medium well

Cook on one side until moisture is pooling on top surface. Turn and cook on second side until moisture is pooling on top. Reduce heat slightly and continue to cook until steak feels firm with back of tongs. A meat thermometer will show the internal temperature of a medium well steak as 70-75°C.



Well done

Cook on one side until moisture is pooling on top surface. Turn and cook on second side until moisture is pooling on top. Reduce heat slightly and continue to cook until steak feels very firm with back of tongs. A meat thermometer will show the internal temperature of a well done steak as 75°C.

Barbecue recipes

Cumin rubbed beef with tabouli



Preparation time:
20 mins
plus 1 hour
standing time

Cooking time:
8 mins

Serves:
4

INGREDIENTS

- 4 x 200g** rump steaks
- 2 tsp** cumin seeds
- 2 tsp** coriander seeds
- 1 tbsp** oil
- small tub prepared baba ganoush and pita bread to serve

Tabouli

- 1 punnet** cherry tomatoes, diced
- 2 tbsp** cracked wheat (burghul), soaked in 2 tbsp water
- 1 bunch** flat leaf parsley
- 1 bunch** mint
- 4** spring onions, finely chopped
- 1** lebanese cucumber, finely diced
- ¼ tsp** cracked black pepper
- juice** of one lemon
- 2 tbsp** extra virgin olive oil

Combine cumin and coriander seeds and toast in a small dry fry-pan until seeds are fragrant. Remove from pan and grind/crush into a powder. Rub ground spices on the steaks.

Trim any visible fat from steaks. Brush steaks lightly with a little oil.

Ensure barbecue is hot before you cook. Let the steak cook on one side until moisture appears. Turn and cook for a further 3-4 minutes for medium or cook until desired doneness. Turn steaks once only. Use tongs rather than a barbecue fork to turn.

Remove from the heat and cover loosely with foil to rest for five minutes before serving.

To serve, cut the steaks into slices and serve with the tabouli. Accompany with dollops of baba ganoush and pita bread.

To make tabouli: preheat the oven to 200°C. Place the diced tomatoes on a baking tray lined with baking paper and bake in the oven for 15 minutes or until soft. Place in a bowl and add the cracked wheat. Finely chop the parsley and mint and add to the bowl along with the onions, cucumber and pepper. Toss through the lemon juice and oil and season to taste. Leave to stand at room temperature for at least one hour before serving.

Barbecued ginger lamb satays



Preparation time:
10 mins plus
marinating time

Cooking time:
8 mins

Serves:
4

INGREDIENTS

- 700g** lamb steak (round, topside or leg)
- 1 tbsp** finely chopped ginger
- 2 cloves** garlic, crushed
- 1 tbsp** brown or palm sugar
- 1 tbsp** fish sauce
- 1 tbsp** sesame oil
- 1 tbsp** oil
- 2 tbsp** lime juice
- 2 tbsp** sweet chilli sauce
- 2 tbsp** chopped coriander
- 1** red chilli, seeded and finely chopped
- 1 tbsp** toasted sesame seeds
- steamed jasmine rice to serve

Cut the lamb into long thin strips. Combine the lamb strips with the ginger, garlic, sugar, fish sauce and sesame oil. Cover and place in the refrigerator for 3-4 hours if time permits (30 minutes is sufficient).

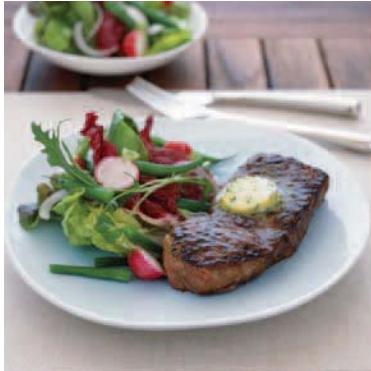
Soak eight bamboo skewers in cold water. Combine the lime juice, sweet chilli sauce, chopped coriander and chilli. Spoon into a small bowl to serve as a sauce alongside the lamb satay.

Thread the lamb on to the skewers. Brush lamb lightly with oil.

Ensure barbecue is hot before you cook. Let the lamb satay cook on one side until moisture appears, before you turn. Cook for 2-3 minutes on each side. Remove from the heat and cover loosely with foil to rest for two minutes before serving.

Sprinkle the lamb satays with toasted sesame seeds and serve with the sauce and steamed jasmine rice.

Teriyaki steak with wasabi butter



Preparation time:

20 mins
plus 3 hours
marinating
time

Cooking time:

8 mins

Serves:

4

INGREDIENTS

4 x 200g	rib eye/scotch fillet or sirloin or oyster blade steaks
4 tbsp	bottled teriyaki marinade
2 cloves	garlic, crushed
1	red chilli, finely chopped
1 punnet	baby beans, steamed
1	small red onion, halved and thinly sliced
8	small radishes, thinly sliced
	mixed salad leaves

Wasabi butter

50g	soft unsalted butter
2 tsp	wasabi paste
1 tbsp	finely chopped chives

Trim any visible fat from steaks. Combine the teriyaki marinade, garlic and chilli in a shallow dish. Add the steaks and coat with the marinade. Cover and place in the refrigerator for 3-4 hours or overnight.

Brush steaks lightly with a little oil.

Ensure barbecue is hot before you cook. Let the steak cook on one side until moisture appears. Turn and cook for a further 3-4 minutes for medium or cook until desired doneness. Turn steaks once only. Use tongs rather than a barbecue fork to turn.

Remove from the heat and cover loosely with foil to rest for five minutes before serving.

Combine beans, onion, radishes and salad leaves in a bowl and toss well.

Place the steaks on to four plates and top each with a quarter of the wasabi butter. Serve with the salad.

To make the wasabi butter: combine the butter, wasabi paste and chives, mix well.

Lamb chops with feta, tomato and asparagus



Preparation time:

5 mins

Cooking time:

12 mins

Serves:

4

INGREDIENTS

8-12	lamb chops or cutlets
2	bunches asparagus, trimmed
2 tbsp	olive oil
2 tbsp	lemon juice
12	cherry tomatoes, quartered
1/3 cup	crumbled feta cheese
1	lemon to serve

Place the lamb chops and asparagus in two separate dishes and pour the combined olive oil and lemon juice over both.

Ensure barbecue is hot before you cook. Let the lamb cook on one side until moisture appears. Cook for 3-4 minutes on each side for medium or cook until desired doneness. Turn lamb once only. Use tongs rather than a barbecue fork to turn.

While the lamb is cooking, add the asparagus to the barbecue and cook for 3-4 minutes, or until golden and just tender.

Remove the lamb from the heat and cover loosely with foil to rest for three minutes before serving.

To serve, place the lamb and asparagus on plates, and scatter the cherry tomatoes and feta over the top. Serve with lemon wedges.