

## **BBQ like a pro** *by Chef Brian Henry*

### **Straightforward Grilling Notes...**

First and foremost you need to recognize two important things. First do not leave your BBQ when cooking. Secondly your BBQ has variable temperature control dials; therefore you should not always have your BBQ cranked on high.

Prior to grilling assemble all of the items that you will need to get the job done. Including a squirt bottle of water to put out any small flare-ups as well as a fire extinguisher for large flare-ups!

Cuts of beef to utilize are NY striploin, Rib eye, Tenderloin, or Sirloin. About 5-10 minutes prior to cooking the steaks lightly drizzle them with olive oil and sprinkle with sea salt and pepper. Cook steaks on a hot BBQ. Do not keep flipping them or turning them. You will only need to touch your steaks five times when cooking them.

1. Place steaks on hot BBQ.
2. After the flesh has been seared and marked, give the steak a quarter turn. This ensures the lovely criss-crossed grill marks you get in restaurants.
3. Flip the steak over.
4. Repeat step 2.
5. Remove the steaks from the BBQ.

This process is the same for chicken, lightly oil the chicken prior to BBQ'ing it as this will ensure that the chicken will not stick to the grill.

For grilling fish, choose firm fleshed fish such as salmon, sea bass or tuna. For fish you will give everything a bit of oil, your flipper, tongs the BBQ and the fish. This will allow you to cook the fish just like a steak. You also can cook the fish with the skin on it. Lightly oil the skin and cook it skin side down on the BBQ. This technique will allow you to cook your fish without it breaking or flaking apart on the BBQ.

For grilling veggies such as zucchini, eggplant and Portobello's lightly marinate the veg in olive oil with balsamic vinegar in a ratio of two-part vinegar to one-part oil. The veg do not need to be soaked in this mixture just a light drizzled will do.

For cedar planking... Make sure that when you purchase your planks that they are untreated. Also you must soak the planks for at least two-three hours prior to cooking with them.

When using skewers in grilling, make sure you soak them for an hour prior to using them, as this will prevent them from catching fire. Use your imagination here, try soaking your skewers in brandy, apple juice, or soy sauce. As your food cooks the skewers will impart flavours into the food.

You can also utilize rosemary sprigs as skewers, or grape vines as your skewer and these will also impart flavors into your food.



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