

FOR THE BBQ – A Selection of Recipes

Homemade ketchup

- 4 good-size **onions** , very roughly chopped
- 250g **celery** , very roughly chopped
- 5 tbsp vegetable or **olive oil**
- 4 **garlic cloves** , sliced
- 1 tsp ground coriander
- 1 short cinnamon stick
- 1 tsp allspice
- ½ tsp ground black pepper
- 2 tsp **celery salt**
- 2kg ripe **tomatoes** , roughly chopped
- 3 tbsp tomato purée
- ½ tsp Tabasco sauce
- 200ml white wine vinegar
- 200g golden caster sugar



Makes about 2 litres

- 1.** Put the onions and celery into a food processor and whizz until finely chopped. Heat the oil in a very large saucepan, add the onions and celery, cover, then soften over a low heat for 5 mins. Add the garlic, cook 5 mins more, then tip in the spices and cook for 1 min.
- 2.** Now stir in all remaining ingredients and bring to the boil. Keep on a bubbling simmer, uncovered, for 1 hr until the tomatoes are squasy and the liquid has reduced by several inches.
- 3.** Whizz the mix with a stick blender until smooth, then sieve into a bowl. The ketchup will thicken a little when it cools, but if yours seems very runny (this will depend on the juiciness of your tomatoes), put it back on the heat and cook a little longer, stirring often, until reduced. Keep the ketchup in an airtight container in the fridge for up to 3 months, or freeze in batches. If you like, keep in sterilised bottles or jars for up to 6 months - see tip, below.

Jar sterilising

To sterilise jars, run them through the dishwasher, or wash in hot soapy water and let dry in a warm oven. Fill the jars while they and the ketchup are still warm, seal, then keep in a cool, dark place.

Barbecue baked sweet potatoes

- 8 medium **sweet potatoes**
- 4 tsp **olive oil**
- 4 tbsp Greek yogurt
- 1 **spring onion** , sliced

Serves 8

1. Rub each potato with a little oil and salt, then wrap in a double layer of foil.
2. As soon as the barbecue coals are glowing red, put the potatoes directly on them. Cook for 15 mins, turn with tongs, then cook for 15 mins more. Remove one, unwrap and check it is cooked through.
3. Peel back the top of the foil from each potato, split open and top with a spoonful of yogurt and a few spring onion slices.



Really easy beefburgers

- 500g pack lean minced beef , preferably organic
- 1 tsp mild chilli powder
- 4 slices mild cheddar , if you want to make cheeseburgers
- 4 burger buns
- choice of **lettuce** , cucumber, gherkin, tomato and red onion
- ketchup or mayonnaise , or both



- 1.** Flavour the meat: Put the meat in a mixing bowl, then sprinkle over the chilli powder and a little salt and pepper. Mix well with your hands or use a fork. The mild chilli powder gives the meat added flavour without making it too spicy.
- 2.** Shape into burgers: Divide the mixture into 4 equal pieces, then shape with your hands into round burgers about the width of the buns, or pack the mixture into large presentation rings (if you have them) placed on a chopping board. You need to press down on the meat to compact it, then carefully lift off the rings - a bit like making sandcastles.
- 3.** Now get cooking: Fry the burgers on a hot griddle or grill them outside on the barbecue for 5 mins on each side, turning them carefully with a metal spatula. Take care as hot fat from the meat may spit a little.
- 4.** Top with cheese and toast the buns: If you want to make cheeseburgers, put a slice of cheese on top of the burgers when you turn them over and let it melt while the other side cooks. When they are ready, cut the burger baps in half and warm them in the toaster or on the barbecue - take care that you don't burn them.
- 5.** Prepare the toppings: Meanwhile, prepare the toppings of your choice. Separate the lettuce into leaves. Then, using a sharp knife, thinly slice the tomato, cucumber and gherkin on a separate board to the one you prepared the burgers on. Peel and finely chop the red onion.
- 6.** Assemble and enjoy: Spread a little mayonnaise or ketchup - or both if you like - onto the toasted buns, then top with your burgers and salads of your choice, followed by the remaining half bun.

BBQ salmon fillet with lemon & dill

- 2 whole **salmon fillets** , about 750g each, skin on
- a large handful dill , roughly chopped
- 2 tbsp roughly chopped chives
- 2 **lemons** , thinly sliced
- **olive oil**



Serves 10

1. Lay one side of salmon skin-side down and cover with the roughly chopped herbs. Top with a layer of lemon slices and season well.
2. Put the other piece of salmon on top, skin- side up. Tie the salmon pieces together securely - you can use raffia or string for this, just make sure it's wet to stop it burning. Brush the salmon all over with olive oil and wrap in a double layer of tin foil.
3. Cook the salmon on a wire rack on the cooler part of the bbq for about 7 minutes on each side then remove the salmon from the foil and put back on the rack. Cook for a further 3-5 minutes on each side until the skin is charred and the fish cooked all the way through. Lift off carefully.

Tip:

For six

If you like, you can use two thick 500g salmon pieces for six people.

Cucumber, chive & yogurt dressing

Slice 1 cucumber in half and scoop out the seeds using a teaspoon. Thinly slice the cucumber and sprinkle with 2 tsp sea salt, set in a colander over a bowl and leave for one hour. Rinse the cucumber slices and pat dry on kitchen paper. Mix with 1 tbsp chopped chives and 300g natural yogurt, and season.

Avocado & citrus dip with spicy spuds & tortilla chips

- 4 small ripe **avocados** , or 3 larger ones
- 200g natural yogurt
- zest and juice 1 **lime**
- juice ½ **lemon**
- 1¼ kg baby **new potatoes**
- 2 tbsp **olive oil**
- 1 tsp hot chilli powder
- 1 tsp cumin seeds
- 200g bag tortilla chips , to serve



Serves 8

- 1.** Whizz half the avocado flesh with the yogurt, lime and lemon juice and seasoning. Dice the remaining avocado, then gently stir into the whizzed mix with most of the lime zest. Cover, then chill until ready to serve.
- 2.** Boil potatoes for 6 mins, then drain well and toss with olive oil, chilli powder and cumin seeds. Now set aside until half an hour before your guests arrive.
- 3.** Heat oven to 200C/180C fan/gas 6, then roast potatoes for about 30 mins, shaking the tray halfway, until golden and tender. Transfer the dip to one or two bowls, scatter with the remaining lime zest and serve with the hot potatoes, and tortilla chips for dipping.

TRY

RUBY MARGARITAS

MAKES 1 LARGE JUG - Pour 600ml ruby or blood orange juice into a jug with 400ml red wine. Add the juice of 2 limes, a thinly sliced orange, and a shot of tequila (if you like), then stir and chill. Add 600ml lemonade, a few mint leaves and some ice to serve.

Carrot and Sesame burgers

- 750g carrots , peeled and grated
- 410g can chickpeas , drained and rinsed
- 1 small **onion** , roughly chopped
- 2 tbsp tahini paste , plus 1 tsp to serve
- 1 tsp ground cumin
- 1 **egg**
- 3 tbsp **olive oil**
- 100g wholemeal breadcrumbs
- zest 1 **lemon** , plus 1 tsp juice
- 150ml pot natural yogurt
- 6 buns, **rocket** leaves, sliced red onion, sliced avocado and chilli sauce, to serve
- 3 tbsp sesame seeds



Serves 6

- 1.** a third of the grated carrot in a food processor with the chickpeas, onion, 2 tbsp tahini, cumin and egg. Whizz to a thick paste, then scrape into a large bowl. Heat 1 tbsp oil in your largest frying pan, tip in the remaining carrot and cook for 8-10 mins, stirring until the carrot is softened - it will become more golden as it is cooked. Add this cooked carrot to the whizzed paste with the breadcrumbs, lemon zest and sesame seeds. Add seasoning, then mix together well with your hands.
- 2.** Divide the mixture into 6, then using wet hands shape into burgers. Cover and chill until serving. Mix the yogurt with the remaining tahini and lemon juice, then chill.
- 3.** Fire up the barbecue, or heat a non-stick frying pan and brush the burgers with the remaining oil. Cook the burgers for 5 mins on each side, until golden and crisp. Meanwhile warm or toast the buns (or sit them on the barbecue alongside the burgers). When the burgers are ready, spread each bun with some of the lemony sesame yogurt, add the avocado, top with the burger, onion and rocket. Finish with a drizzle of chilli sauce.