

YOUR GUIDE TO FOOD AND TRENDS

HATCH





HELLO

Welcome to the second edition of Hatch: Summer BBQ 2022.

With the weather warming up, we are exploring the wonderful world of BBQ food and outdoor cooking in all its glory. As more and more of us take our eating experiences outside, with alfresco dining becoming an all year-round occasion, we will deep dive into some tips and tricks to make your BBQ experience easier, tastier and even more enjoyable. In this edition the team have pulled together some fantastic insights: from the origins of BBQ food to regional US BBQ classics and what's 'hot' in global BBQ trends.

The chefs have cooked up a storm with 16 new delicious BBQ chicken recipes for you to try at home, all shot on location at the beautiful Finnebrogue Woods near Downpatrick in Northern Ireland. Enjoy!

We would love to hear what you think of Hatch. Let us know by emailing hellohatch@moypark.com.

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Contents

BARBECUE: A BRIEF HISTORY OF COOKING OVER FIRE	5
THE UNITED TASTES OF AMERICA	6
WORLD OF BBQ	10
OUR CHEFS' TOP TIPS FOR A SUCCESSFUL BARBECUE	14
THE SECRET TO GREAT BARBECUE: BRINING	16
CHARCOAL VS WOOD: THE PROS & CONS	18
THE GLOBAL BBQ ELITE & WHO'S ON FIRE IN 2022/23	20
THE HOT LIST	22
FUTURE BBQ TRENDS: WHAT THE CHEFS ARE SAYING	24
CHARRED, SEARED AND SCORCHED: RECIPE SECTION	26



**WHITE ALABAMA
SPATCHCOCK WITH
OLD BAY SEASONING** -Page 28

BARBECUE: A BRIEF HISTORY OF COOKING OVER FIRE

—The Origin of Barbecue—

The history of the word barbecue goes back to the indigenous people of North and South America: the Spanish word 'barbacoa' was used by the indigenous Taínos people who inhabited Hispaniola, Jamaica and Cuba. 'Barbacoa' was used to describe the slow-cooking of meat over an open flame.

The Spanish explorer Gonzalo Fernández De Oviedo y Valdés first coined the term '*barbecoa*' in printed form in Spain, circa 1526. After the Spaniards and Christopher Columbus landed in the Americas in 1492, they found the people of Taíno roasting meat on a wooden framework, resting on sticks above a fire. The conquerors from Spain embraced this style of cooking, taking it to more areas of America and beyond.

There have been many instances across history of similar words being adopted into the English language; these include '*barbacado*', '*barbacu'd*' and '*barbaqued*' until finally we ended up with '*barbecue*' or '*BBQ*' for short.

The 1950's and 1960's saw backyard barbecuing and grilling come into vogue, and in America, barbecue fast became a lifestyle in its own right. The social aspect of barbecue was introduced into the American way of life and entertaining with BBQ's was seen as a modern and hip way to impress your family and friends.

As its popularity grew, new BBQ equipment continued to be developed. Two key pieces of equipment introduced during the 1960's were the Weber kettle grill and the gas grill, introducing gas as an alternative fuel option to charcoal and wood.





THE UNITED TASTES OF AMERICA




In America, BBQ is king. The USA is the home of BBQ food and has undoubtedly led the way in influencing global BBQ food trends.



There's no single overarching style of barbecue in the USA. Flavour profiles differ by state, and even within some states we see a variance of flavour. Every state has a rub or sauce that has long been associated with delicious BBQ food and, of course, each will claim that theirs is best!

Most barbecue falls into one of four regional styles: The Carolinas, Kansas City, Memphis and Texas. To best understand the difference between your Texan BBQ and Kansas City BBQ or the variance between North Carolina and South Carolina BBQ, we have created this simple guide to understanding regional USA styles and flavours.



WHAT'S COOKIN'?

The Carolinas

WHAT'S IT ALL ABOUT? In North Carolina and South Carolina, it's typically pork cooked over hardwood, usually Hickory. In the western Carolinas, it's served with a tomato-based vinegar sauce; in the eastern Carolinas, it's a vinegar sauce with pepper (no tomatoes). The dividing line between east and west is roughly Raleigh, North Carolina. Usually the barbecue is served with a side of vinegar-based coleslaw as well. In South Carolina, the sauce will be mustard based.

CLASSIC CUT: In the eastern Carolinas, it's the whole pig, mixed together and chopped up, skin and all. In the western part of the states, it's the shoulder.

BBQ TRIVIA: Carolina barbecue is all about pork. After all, North Carolina has more pigs than people!

WHERE CAN I TRY IT? Lexington, North Carolina, claims to be the barbecue capital of the world. Home of western Carolina-style barbecue, the city's claim may have merit as every October its barbecue festival draws in around 200,000 people.

Kansas City

WHAT'S IT ALL ABOUT? It's the sauce that gives Kansas City barbecue its distinct character. It's a thick tomato and molasses sauce, based on a similar version originally

from Memphis, Tennessee, boasting a sweeter and darker taste profile.

CLASSIC CUT: Kansas City BBQ is famous for its burnt ends: charred fatty edges of brisket that often get smoked a second time, with the recipe originating in Kansas.

BBQ TRIVIA: Originally pit masters gave away the ends of brisket, figuring the meat was too fatty to serve by itself. But once the pieces gained a dedicated following, burnt ends became a staple in Kansas City barbecue restaurants.

WHERE CAN I TRY IT? Opened by the man who invented Kansas City BBQ, **Arthur Bryant's BBQ** restaurant has been serving mouth-watering barbecue since the 1920's.

Memphis

WHAT'S IT ALL ABOUT? Pork and chicken, wet or dry: it's up to you! Wet means your barbecue (typically ribs or chicken) comes with a tomato-based sauce, added after the meat is smoked and basted. Order it dry and you'll get barbecued meat coated with herbs and spices, including onion, garlic and paprika, before being smoked.

CLASSIC CUT: Pork ribs and chicken cuts are the staples.

BBQ TRIVIA: Chefs in Memphis, Tennessee like adding local barbecue to all sorts of other

dishes like spaghetti (Interstate Barbecue) and pizza (Coletta's Restaurant).

WHERE CAN I TRY IT? Central BBQ's three locations in Memphis serve smoked ribs (wet or dry), pork, chicken, turkey, beef brisket, sausage and chicken wings (wet or dry).

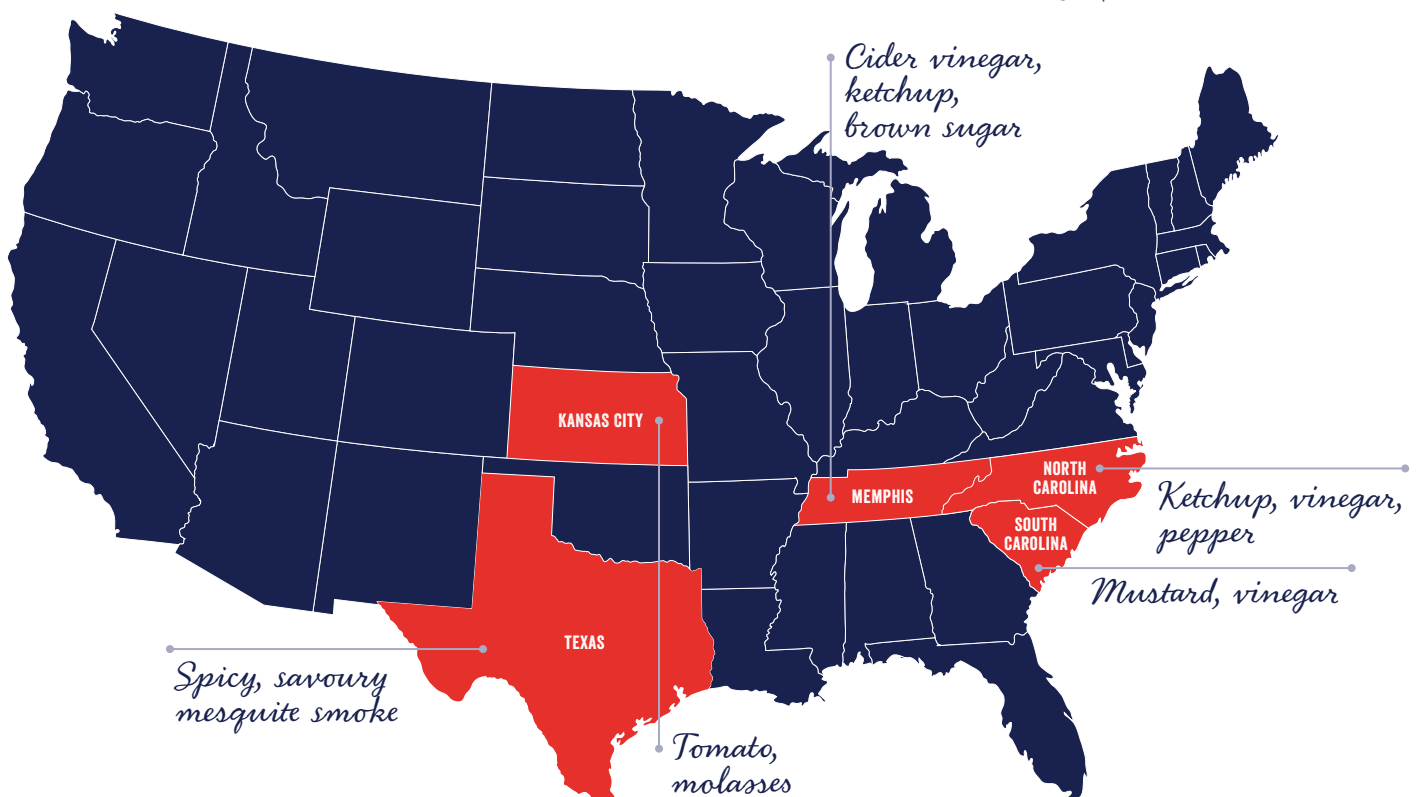
Texas

WHAT'S IT ALL ABOUT? Texan BBQ is more about the rub than the sauce and is famed for its beef brisket, which is smoked over Mesquite or Oak. In Texas, the focus is on the meat, rather than the sauce which is why rubs are more prevalent. However if a sauce is used, it will likely be tomato-based.

CLASSIC CUT: Brisket that is just falling off the bone.

BBQ TRIVIA: Franklin Barbecue in Austin has had many famous visitors including ex-US President Barack Obama and renowned chefs David Chang and the late Anthony Bourdain.

WHERE CAN I TRY IT? Franklin BBQ in Austin is an absolute must-visit. From humble beginnings as a food truck, chef Aaron Franklin has won many prestigious awards including 'the best BBQ restaurant in the USA'. **Black's BBQ**, Austin, which has been serving meat cooked low and slow since 1932. It currently serves nine different types of smoked meat with its signature rub and local Oak wood. And its current pit, which is 66 years old, can hold 500 pounds of meat at one time.



MY BBQ WORLD

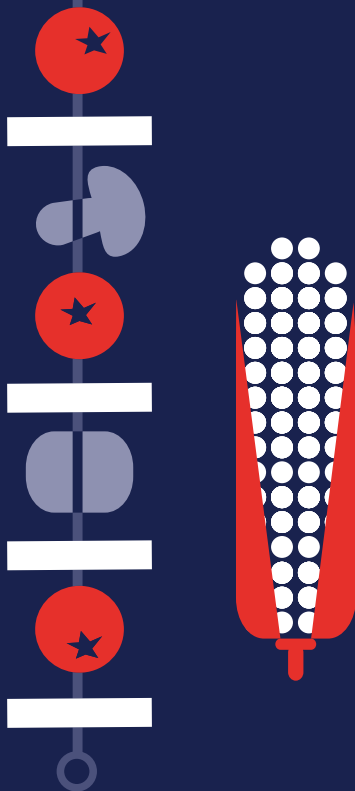
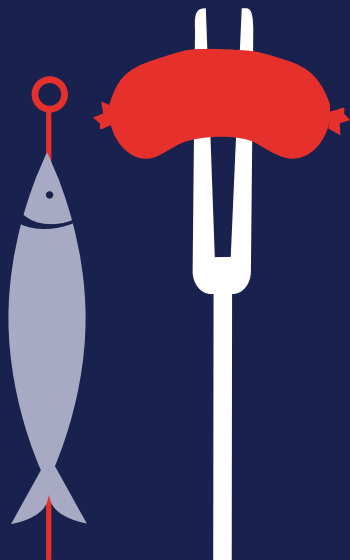
BY NEWLYWEDS DEVELOPMENT
CHEF, ADAM EDWARDS

As long as man has had fire, man has had BBQ. There are many forms of BBQ whether that is cooking over hot charcoals, buried underground in a Mexican piñab or on a classic American smoker.

Every country and every area around the world has a form of BBQ, and although they may cook using different methods, the BBQ ethos stays the same: it is about a group of people coming together to share stories and enjoy time together, with great food at the centre.

My first memories of barbecue were on a small charcoal BBQ in the south of France with my dad, cooking slightly cremated sausages and burgers with fresh tomatoes, corn on the cob and crispy French bread.

Once I became a chef, I worked using different types of smoke, learning various techniques of charring and creating crusts and barks. It wasn't until I joined Newly Weds Foods that the world of BBQ really opened up and I got my first taste of proper American BBQ with reverse smokers, reverse searing and the opportunity to understand how different woods burnt to create different flavours within meat, fish and poultry.



I was very lucky to spend time with the owner of SMOKESTAK in Shoreditch. David Carter taught me how to use an ole' Hickory smoker to create succulent beef brisket, pork bellies and ribs, with the perfect smoke ring and great barking on the outside of the meats.

SMOKESTAK is still one of my favourite places to visit - before you enter the restaurant, walking down the road you can smell the smoke wafting on the breeze, with hints of cooking pork fat and beef that almost pull you through the door to your table.

Once seated (usually right next to the smoker), food is brought to the table: perfectly juicy, succulent meat with a smoke ring to die for and a barking on the outside of the meat that adds a perfect textured crunch and flavour, boasting hints of black pepper, paprika and a lingering smokiness that penetrates the meat delicately to the core.

Having spent time learning the basics of BBQ at SMOKESTAK I was lucky enough to be invited to my first ever BBQ competition (why not jump in with both feet?) - the Memphis in May World Championships.

I arrived in Memphis on the first day of set up. I walked through the BBQ park on the side of the Mississippi: it was early in the day and seemed unusually quiet. As the day went on the lorries, jeeps, American trucks, caravans, flat beds full of scaffolding and BBQs, (many, many, BBQs) began to arrive.

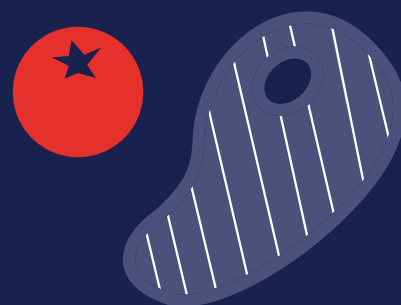
Throughout the day stages were built and pit bosses set up their cooking areas, some three storeys high with dance floors and bars at the top. I had never in my life seen something on such a large scale - trust the Americans to have to do everything big!

As the day drew on BBQs were ignited and teams began stoking up their pits. The air quickly thickened with smoke and smells - Hickory, Maple and Apple wood were the most prominent. This was BBQ on a scale I had never seen before. We entered all the events possible - the sauce, the bird, the butt and the ribs. The first thing that struck me was how welcome all the other teams (over 300 in the main events) made us. So welcome, this felt like one big family BBQ.

My key dish for the weekend was the main event brisket. Meat was inspected at 12 o'clock on the Saturday and submission for judging was 24 hours later, on the Sunday. It felt very daunting - that the next 24 hours would be spent with 20 whole briskets, tending the fire and hopefully creating the perfect cook. This was the longest I have ever spent caring for just one element of a dish, spending a total of 24 hours on my feet.

First came the brining: slowly injecting the briskets with a salt brine, helping the meat to absorb the smoke and also keep succulent and moist.

After letting the meat rest for an hour, it was time to rub. Our rub was very simple - cracked black pepper, sugar, mustard, paprika, salt and four different types of yeast. This was to show everyone in America you can use more natural ingredients to get the MSG flavour - this was very risky! It was time to smoke. We loaded the offset BBQ with Hickory wood and the smoke belled out: once the smoker reached 48°F (approximately 25°C), it was time to load the meat.



The job was now simple - keep the temperature at a constant 48°F. This can be done by opening the door to let in air, shutting the door or adding more wood. My job was now to control the fire, control the smoke and hopefully create the perfect brisket.

Keeping the meat juicy was a fine balancing act. Every half hour we opened the doors and sprayed the meat with a sugar-free pomegranate water - this added succulence and a slight sweetness and helped enhance the barking.

After 4 hours the meat is wrapped and it's back to fire management for 8 hours. This was probably my favourite time of the event cooking; alone through the night, knowing that 300 other pit masters were also doing the same thing.

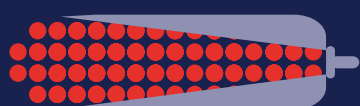
After cooking the meat is then rested, still wrapped, for 2 hours and only when I removed the parchment, minutes before sending to the judges, would I know if the cook had been good. Time to hold my breath.

As I pulled the parchment away, the smoke wafted out. The barking was just how I wanted it and, upon slicing, the smoke ring was a perfect pink. The meat was perfectly sliceable, with a little bite that then melted away. After 24 hours of cooking, this was the perfect moment. It had all come together.

The brisket was finished in an HP BBQ sauce, pickled red chillies and smashed cucumber. We had to have something that told them we were British and the HP worked perfectly.

Time to send the food to the judges... This was probably the best cooking experience I have had in my life. I learnt so much in so little time and there is still so much more to discover. Memphis in May, I will be back and will improve on my first placement of 19th out of 300 experienced pit masters.

America beware, the British are coming.



OUR USA INSPIRED BBQ RUBS

KANSAS BBQ RUB

50g light brown sugar
15g paprika
10g salt
10g onion powder
5g garlic powder
4g black pepper
4g chilli powder
2g cayenne pepper

CAROLINA RUB

25g paprika
15g salt
10g ground white pepper
10g sugar
10g light brown sugar
5g ground cumin
3g chilli powder
3g cayenne pepper

MEMPHIS RUB

30g muscavado sugar
10g white sugar
15g paprika
5g garlic powder
3g ground black pepper
3g ground ginger
3g onion powder
1g rosemary

TEXAN RUB

30g muscavado sugar
15g salt
12g chilli powder
5g ground black pepper
5g ground white pepper
4g ground cumin
4g mustard powder
2g cayenne pepper

These rubs are great on any cut of meat or indeed vegetable, but especially chicken.

WORLD OF BBQ

BBQ and its methods, appeal and reach aren't reserved to the USA. There is a whole world of BBQ techniques out there to be discovered. From the asados of Argentina, the churrascarias of Brazil to the braai's of South Africa or shawarmas of the Middle East, the BBQ experience and way of life stretches right across the globe.

Check out the regional variations of the BBQ world here.

ASADO



Originating in South America, traditionally beef is roasted or grilled on a special brick-built grill called a parilla, or slow-cooked next to smouldering fires. Traditionally it might be served with a chimichurri or salsa criolla.

CHURRASCO



Cuts of meat are skewered and grilled or rotisserie-roasted over a wood fire. In a restaurant setting, the juicy, seared, and smoky edges are sliced and served. One famous and delicious cut which is cooked in this style is called picanha.

Latin America

BARBACOA



Mexican barbacoa involves digging a hole in the ground, lining the bottom and the sides with rocks, and adding a layer of burning wood, which is covered with agave leaves. However it should be noted there are many different varieties and meats, which are considered barbacoa.

JERK



Jerk barbecue was originally meat cooked specifically over Pimento wood; but today it could be chicken, pork, or beef, cooked on a fire pit or grill. A key element of jerk is the spicy, warm and sweet seasoning, marinade, or glaze.

BRAAI



A South African term for barbecue, it is said that if the food isn't cooked over real fire, it isn't braai. These assortment of meats are generally cooked over searing hot charcoal fires.

SHAWARMA



Marinated for long periods with yogurt and an assortment of spices including clove, cinnamon, garlic and ginger, shawarma rotates on a skewer and is continuously roasting, charring and basting in its own juices and fat.



Middle East and Africa



MECHOUI



A popular barbecue in North Africa, a whole sheep or lamb is slowly spit-roasted over a carefully prepared pile of wood coals. During cooking the meat is basted with melted butter or oil, making the meat surface extra crispy.

ZARB



This ancient technique involves cooking food in an underground pit. The food is placed on metal racks and lowered into a coal-filled pit, which is then covered with blankets, allowing the food to almost steam and absorb the smoke flavour from the coals.

TANDOORI



A blazing fire is made in an open-top clay oven, fuelled by wood and charcoal, giving these uniquely spiced foods a distinct flavour. The tandoori technique is a beautiful and cherished experience, resulting in intensely coloured red and yellow dishes, depending on the marinade used.

SATAY



Often found in the street markets, satay is a popular dish consisting of meat marinated in soy, sugar, garlic and lime, before being skewered and roasted closely over hot embers and is served with a variety of complementary sauces.

Asia and South Pacific

CHAR SUI



Traditionally roasted with a large fork over an open fire, pork is marinated with soy, hoisin, rice wine and star anise. The sugars from the marinade help develop bright colours and sweet caramelized edges.

LECHON



Suckling pigs are stuffed with lemongrass, tamarind, garlic, onions and chives and slowly roasted on a large bamboo spit over an open fire. The crispy, reddish, smoky crackling skin is especially loved.

KHOROVATS



A unique Armenian barbecue method where pork ribs or chops are quickly marinated, seasoned with only salt and pepper, skewered, and grilled over a mangal, shared amongst neighbors.

SASHLIK



Lamb, beef or pork, is marinated overnight with vinegar, herbs, spices and dry wine, and is then skewered, sometimes with an assortment of vegetables and grilled in chunks over the fire.



Europe and Russia

SPIESSBRATEN

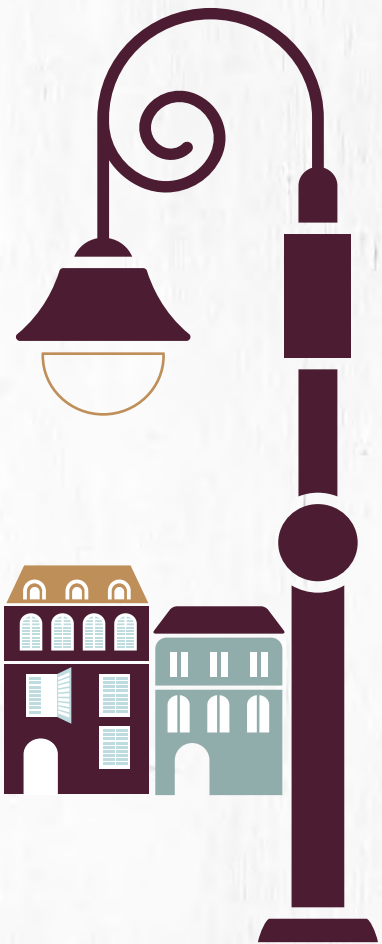


Spit-cooked over an open wood fire, the meat is allowed to be kissed by the flames continuously, developing crispy flame charred edges. Robust cooked flavour combines wonderfully with a simple salt, pepper, onion and garlic spice mixture.

ANTIKRISTO



A young lamb or goat is salted, placed on large wooden skewers and arranged around a live fire. This process lets the meat cook slowly in its own fat, while continuously taking on smoke from the fire.



OUR CHEFS' TOP TIPS

for a successful barbecue



1. LIGHT THE BARBECUE BEFORE GUESTS ARRIVE

It's the delicious smell of outdoor cooking that will get your guests salivating when they turn up. Once you've lit the barbecue, the coals should be ready after about 30-40 minutes.



2. BE ORGANISED AND READY TO GO

Having everything prepared in advance will make it all run more smoothly. Make sure you have all your equipment to hand. Have ample table space around the barbecue and ensure all your food will fit on the grills. If necessary, borrow an extra barbecue from a friend or neighbour. Being well prepared means you should have time to have a drink and relax.



3. STAY WITH YOUR BARBECUE

Success depends on turning and basting the food regularly to prevent burning or flame-ups. You won't be lonely for long - who can resist the tantalising smell of a well-tended grill? And now for the food...



4. DON'T BE TEMPTED TO TURN TOO SOON

It's important to allow the food to cook, sear and 'set' properly before you think about flipping it over. If too soon you can rip or tear your food.



5. MARINATING

Unless you have a fantastic piece of tender, aged beef, which requires no more than a mere brush of oil and the quickest cooking, nothing beats a marinade for adding flavour and tenderising the meat. Marinate overnight to get the best result.



6. GET THE TEMPERATURE RIGHT

Give food enough time out of the fridge so it loses its chill and starts to approach room temperature. If ingredients are cold, the outside may burn before the inside is cooked. A good rule of thumb is to remove raw food from the fridge when you light the barbecue.



7. REST MEAT ONCE IT'S COOKED

This is essential. Eat steak or chicken directly from the grill and it will be tough, but leave it to rest for a few minutes and the meat reabsorbs the juices.



8. USE A TEMPERATURE PROBE

A temperature probe is a great addition to your BBQ setup to firstly ensure you are cooking meat like chicken safely and thoroughly, but also as important that you're not overcooking the meat so that it is dry and not very palatable.



CAROLINA GOLD HALF CHICKEN

Page 46

THE SECRET TO GREAT BARBECUE: BRINING

What is a brine?

In its most basic form, a brine is a concentration of salt and sugar within a liquid that helps meat accept and retain moisture. Herbs and spices can be added to create various flavour profiles.

How does it work?

There are two basic principles: osmosis and diffusion. Brining alters the chemical structure of proteins by breaking some of the bonds that give proteins their shape. The salt denatures the meat proteins, causing them to unwind and form a matrix that traps the water, and those bonds are sensitive to changes in temperature, acidity and salinity. This causes the proteins themselves to break down slightly, allowing the salt, sugar and other flavourings to permeate the food's flesh.

Brine safety

Make sure your brine is cold before using it - adding warm brine to chicken could result in a food safety hazard.



OUR HOUSE BRINE

We have created a fantastic brine recipe with a wonderful flavour infusion to make your BBQ recipes really sing.

We have picked several recipes in the Charred, Seared and Scorched recipe section that uses the brine, but in reality it can be used with all the recipes to take your BBQ game to the next level.

2 litres cold water
200g soft brown sugar
100g sea salt
1 bulb of garlic, cut in half
1 lemon, cut in half
1 tbsp fennel seeds
1 tbsp coriander seeds
1 tsp allspice
2 bay leaves
1 tsp crushed juniper berries
1 small bunch thyme
1 small bunch rosemary
2 star anise
1 tsp black peppercorns

METHOD

Place the water, sugar and salt into a large saucepan. Warm the mixture over a medium heat until the salt and sugar dissolves. Remove from the heat.

Once it's lukewarm add the rest of the ingredients and stir well until all the ingredients are well dispersed through the liquid. Allow to cool completely.

To brine your raw chicken you can either tumble the brine into the chicken or to static brine submerge your chicken into the brine solution overnight.

For an even deeper penetration of flavour you can prick your chicken all over with the tip of a sharp knife or metal skewer to really allow the brine to work its magic.





CHARCOAL VS WOOD: THE PROS & CONS

Most of us will likely use a gas BBQ. It's effective, clean and convenient, but for BBQ purists it's almost sacrilege to use anything other than charcoal or wood to cook over. Here we look at these alternatives and how they can take your BBQ game to new heights.

CHARCOAL

Both charcoal and wood have their pros and cons.

Wood-fired ovens are everywhere and it proved difficult to get your hands on one during the recent lockdowns, as the world went wood fire crazy. But here's the simple truth: charcoal cooks better. To know charcoal is to love charcoal, so here's an introduction...

WHAT IS CHARCOAL ANYWAY?

Charcoal used to be wood. It's wood that was pre-burned with very little oxygen, and is almost pure carbon.

WHAT IS SO GREAT ABOUT IT?

- Charcoal burns hotter and longer than wood. This is because there's less moisture than wood.
- Charcoal doesn't give off smoke. When briquettes first start to burn, they may give off a bit of vapour, but that will cook off and then start its 'clean burn'. Unlike wood, which continues to create smoke and particulates right through its cook.
- Charcoal is cleaner burning than wood.
- Charcoal is more consistent. Wood can vary in moisture levels between species and age. Charcoal is pretty much consistent, and can be relied on to deliver the same results and heat output every time you BBQ.

WHAT ABOUT FLAVOUR?

Charcoal as a flavour and colour has become a trend in the past few years, from charcoal-infused burger buns, to adding it to healthy smoothies to aid detoxification. It's a great way of adding extra flavour to your grilling and further enhancing your food.

How? The answer is extremely hot radiant heat. When the meat heats up, it releases juices and drippings that hit the super-hot coals and combust, returning the flavour back into your meat. It's constantly increasing the flavour profile of your meat, the longer it cooks the better it gets!

Charcoal and wood can also work brilliantly together to add even more flavour, so once your charcoal is glowing white hot, add a handful of your favourite wood-chips to the charcoal to infuse even more flavour into your cooking.

WHAT CHARCOAL SHOULD I USE?

There are two mainstream charcoals widely available, which are lump and briquettes.

Briquettes

ADVANTAGES

- Designed to burn at a lower temperature for longer, making them perfect for smoking
- The uniform shape makes it easy to arrange in your BBQ
- Lightweight
- Affordable
- Convenient

DISADVANTAGES

- Contains additives and possible allergens
- Slower to light
- Produces more ash

Lump

ADVANTAGES

- Charcoal burns hot, making it ideal for searing, but you need to watch it carefully if you want to smoke low 'n' slow style
- It's made to burn for around an hour
- Has a natural wooden smell
- Produces loads of smoke flavour

DISADVANTAGES

- Burns quickly, so you'll have to add more while grilling as necessary
- Uneven pieces that often vary between a half to 4 inches. This can make it difficult to predict cooking times, and can cause inconsistent results
- Pricier than briquettes
- Can break easily into tiny, unusable pieces and dust. This dust will reduce airflow, giving you a slow-burning fire

Premium Charcoal

There are some other more premium charcoals now available to order – one in particular is fantastic but pricey – Binchotan.

Binchotan wood charcoal has been traditionally made since the 17th century in the Kishu province in Japan. The raw material is Oak, specifically Uamegashi (*quercus phillyraeoides*); it is a particularly hard, fibrous wood unsuitable for use as building timber but excellent for making wood charcoal. Binchotan offers a unique combination of purity, power and performance. It is made honouring the traditional, centuries-old production methods that give this charcoal a rock-hard iron / metallic feel and white colouring on the charcoal. This coal glows red hot, is flame free, virtually smoke-free, odour free and burns for hours. Due to the unique high heat, food becomes quickly sealed, creating a delicious outer layer and moist tender meat.

WOOD

Part of what gives BBQ meat its wonderful taste and appeal is the type of wood used to cook with or smoke over.

Each wood has its own unique flavour and properties which it passes on to the meat while barbequing or smoking. There are many varieties that you can use and in this feature we will look at the big four we think are the best to use to make your meat really sing – Hickory, Mesquite, Apple and Oak.

Hickory

This is the most common and universally preferred wood used in BBQ and meat smoking, due to its consistent delivery in flavour and reliability. The flavour of Hickory wood is a hearty, savoury one that really packs a 'meaty' punch

Hickory flavour goes well with the following meats:

- Chicken
- Pork cuts, but especially ribs
- Red meat
- Vegetables

Mesquite

Mesquite is the wood that is associated with Texas-style BBQ. It is a hard wood that packs a strong and intense flavour. It's one that demands a little more respect than the other woods on our list that we would suggest requires some experience when cooking. As a chef tip we recommend using one of the other woods on our list first before stepping into cooking with Mesquite, although gaining your mesquite wings is definitely worth the journey.

Mesquite wood goes well with the following meats:

- Red meat
- As added flavour while barbecuing

Apple

Apple wood is a versatile wood that delivers a mild flavour that is sweet and slightly fruity. It's a fantastic starting point if you are new or nervous about stepping into cooking with wood. Because of its mild flavour we would recommend using it in 'low and slow' cook ups to allow the flavour to develop on your meat.

Apple wood goes well with the following meats:

- Chicken
- Pork
- Ribs
- Chicken
- Game
- Vegetable
- Sausages
- Turkey

Oak

Like Apple, Oak is incredibly versatile to use with the barbecue. It's stronger than its Apple wood brother, and its versatility means it's one wood that can be used on pretty much any meat (or veg). It's another good starting point for any smoke/wood newbies who want a smoky punch that delivers consistently.

Oak wood goes well with the following meats:

- Chicken
- Lamb
- Beef – with particularly brisket
- Sausages
- Pork
- Ribs
- Game
- Turkey
- Seafood
- Vegetables

Of course there is a whole world of other woods out there to discover and experiment with. Our wood smoke chart is a guide to some of these woods such as Maple, Alder and Peach and what meat, seafood, veg or indeed cheese they work best with. So get those smokers fired up and once you build some confidence in the smoking game, give some of these guys a go – you won't be disappointed!

	POULTRY	SEAFOOD	LAMB	PORK	BEEF	VEGGIE	CHEESE
<i>Alder</i>	✓	✓		✓			
<i>Apple</i>	✓	✓	✓				
<i>Cherry</i>	✓	✓	✓	✓	✓		
<i>Hickory</i>				✓	✓		✓
<i>Maple</i>	✓					✓	
<i>Mesquite</i>				✓	✓		✓
<i>Mulberry</i>	✓	✓		✓			
<i>Oak</i>	✓	✓	✓	✓	✓		
<i>Olive</i>	✓						
<i>Peach</i>	✓			✓			
<i>Pear</i>	✓			✓			
<i>Pecan</i>	✓			✓	✓		
<i>Walnut</i>				✓	✓		

Chef's Tip

Always use hardwood when cooking and smoking as soft woods like Pine or Cedar have a high resin content making them unsuitable to use in cooking.

THE Global BBQ Elite

IN 2022/23

FRANKLIN BARBECUE TEXAS – UNITED STATES

Famed for its queues as well as its food, Franklin Barbecue is proof that good things come to those who wait. Every day, patient patrons idle for hours for a few slices of pitmaster Aaron Franklin's slowly smoked beef brisket. The rewards are worth it. Though the brisket is the star of the show, pulled pork shoulder, ribs, sausages and sides make this Austin institution a must-visit for any self-professed barbecue lover.

CASA JULIAN SAN SEBASTIAN – SPAIN

Barbecue might not be the first thing that springs to mind when you think of San Sebastian. But, beyond the cramped chaos of the thriving pintxos bars, the small Basque city serves up some of the best beef going. At beloved steakhouse Casa Julian, huge slabs of Txuleton rib are seared over a gigantic blackened grill. Thick slabs of yellow fat melt into pools of beefy butter, producing a steak that's more like a religious experience than meat.

VENTO HARAGANO SÃO PAULO – BRAZIL

Popular among the F1 teams that frequent the nearby Interlagos race track, Vento Haragano is arguably one of the best BBQ restaurants in Brazil. A prime example of the churrascaria tradition, the restaurant specialises in huge skewers of "picanha rump" and "baby beef", served and sliced at the table by highly skilled waiting staff. Whatever your preference, Vento Haragano has got the lot.

MZOLI'S CAPE TOWN – SOUTH AFRICA

Aside from the Springboks and Charlize Theron, South Africa's most famous export has to be the braai. A communal feast of charcoal-roasted beef, bushmeat and everything in between, this tradition has defined South African dining for decades. Perhaps nowhere does it get better than Mzoli's. Based in the Gugulethu township, the meat comes without fanfare or cutlery and has been a popular destination for locals and tourists since 2003. Choose your cut from the attached butcher's shop, hand over your meat and watch the magic happen. Like all of the best BBQs, alcohol is a must.

LA BRIGADA BUENOS AIRES – ARGENTINA

Few nations respect the cow quite like Argentina. At the tip of South America, beef cookery becomes an art form, with experts elevating their craft on the fiery altar of the asado. Every city and household has its own formula for barbecue bliss, but the best of the bunch has to be La Brigada in Buenos Aires. A temple to both beef and Malbec, La Brigada is an essential Argentinian experience.

WOORAEOK SEOUL – SOUTH KOREA

Drawing inspiration from a tradition that dates back centuries, Korean barbecue is quickly becoming as recognisable as kimchi or bibimbap. Given the dishes, this isn't a shock. If you want to get a taste of truly delicious traditional soy and sesame marinated 'galbi' short ribs, you'll do well to find better than the perennially

popular Wooraeok restaurant in the heart of Seoul. Serving sensational ribs and "bulgogi" steaks since 1946, it is a fixture of the city's dining scene – and with good reason.

EDLEY'S TENNESSEE – UNITED STATES

Famed for its fiery, sweet, whisky-infused barbecue sauces – of which, Bull's-Eye's own is easily one of the best going – Tennessee barbecue offers a mouth-watering mashup of Southern styles while still retaining its own distinct character. Few joints capture this contradiction of techniques and flavours quite like Edley's. The original site ranks regularly among the best barbecue joints in the state, delivering a self-described "tribute to all things Southern". If you want to try hot chicken alongside dry-rubbed ribs, this restaurant is not to be missed

SMOKESTAK LONDON – UK

Time was when British barbecue meant a four-pack of sad burgers from your local supermarket, accompanied by an octet of aggressively burnt sausages. Not so now. Smokestak in Shoreditch is leading the charge in Britain's barbecue renaissance. Taking inspiration from the American 'low and slow' tradition, the restaurant's Anglified southern-style has seen it dubbed the best in Britain by several prominent critics. Plus, it serves starters of crispy pig's tails, which makes it all the more awesome.

RODNEY SCOTT'S WHOLE HOG SOUTH CAROLINA – UNITED STATES

Butchering an animal is always impressive, but nothing makes a meat-lover happier than seeing a whole pig slowly cooking over coal. Rodney Scott, the legendary and award-winning proprietor of his eponymous hog joint, delivers just that. Every day, the South Carolina pitmaster puts on a masterclass, slowly cooking entire pigs before roughly chopping and stuffing them into the pillowy bosom of a waiting sandwich. If you want to experience the end result of pig + time, this is the place for you.



Who's ON FIRE?

ONES TO WATCH IN 2022/2023

EKSTEDT AT THE YARD LONDON

We called Niklas Ekstedt out as one to watch in the first edition of Hatch, and with good cause. His 'everything cooked over open fire' ethos runs through all he does with his food and drink. The menu is deeply rooted in his Swedish heritage, with signature dishes such as hay-smoked beef with morels and ramson and a quirky wood oven-baked Alaska with elderflower ice cream, lingonberries, aquavit being worthy callouts.

ACME FIRE CULT LONDON

Acme Fire Cult is a live-fire concept from chefs Andrew Clarke and Daniel Watkins. Set in a vibey outdoor heated courtyard, shared with a 40ft Brewery and Taproom, here the vegetables take centre stage, with rare and native breed meat from regenerative farms, and dayboat fish, taking a supporting role. Their inspiration comes from around the globe, evident in their grilling and fermentation techniques as well as their heavy use of chilli and spices.

FINNEBROGUE WOODS DOWNPATRICK

Finnebrogue Woods, near Downpatrick in Co. Down Northern Ireland, is not so much a restaurant as it is an outdoor wild cooking (and eating!) experience. It's a fully immersive opportunity to learn how to cook over wood and charcoal. With some heavyweight BBQ equipment such as a South African style braai oven and their Argentine asador grill, to several wild open fire campsites, Viking chef Daniel Carling will show you how to select your wood and set the fire in order to produce perfect hot embers to cook delicious meat and vegetables. Or indeed you can take some time with bushman Rob Hill to forage for some wild herbs or polish up on your bushcraft skills.

HUMBLE CHICKEN LONDON

Humble Chicken is a yakitori bar in Soho. It's a fantastic beak to feet chicken restaurant with each part of the bird paired with a specific marinade or condiment. You'll go from skin to shoulder to neck to breast to kneecap to feet - this is true carcass utilisation in all its yakitori glory. All wonderfully cooked over the finest binchotan charcoal. The man behind the fire, Angelo Sato, has worked with top chefs such as Clare Smyth and Daniel Humm at Eleven Madison Park in New York. The yakitori here is pretty faultless. Every part of the chicken is used and elevated to new heights. Key call outs would be the miso foie gras tart and the ginger spiced crispy chicken leg on rice.

CAVITA LONDON

This one will cause a stir within the Mexican food scene in London - a brand new restaurant by Mexican superstar chef Adriana Cavita. Following her residency at London's Dorchester hotel she is coming back to town and opening her own restaurant in Marylebone. Cavita will encapsulate cooking methods from all over Mexico, with Adriana drawing on both her roots in Mexico City and the time she spent travelling. Adriana was born and raised in Mexico City and has spent the last 15 years honing her craft at some of the best restaurants in the world, including El Bulli (three Michelin Stars), Pujol (currently 12th on the World's 50 Best list), and Aska (two Michelin Stars). Menu watchout has to be the wood-grilled herb-fed chicken, vibrant green mole with coal roasted vegetables, green herbs, pumpkin seeds.



THE HOT LIST

— Insta Watch —

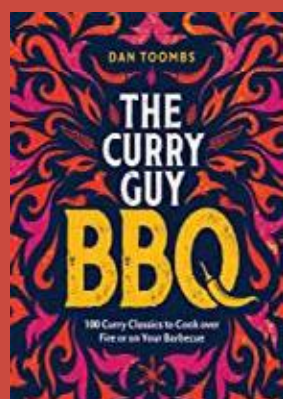
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 @daydreamworkshop @hardcorecarnivore
 @overthefirecooking @girl_meets_grill
 @menwiththepot @nycbbq
 @ks_ate_here @smokestakuk
 @kimchismoke @countrywoodsmoke
 @niklasekstedt @ryanslowandslow
 @onlyslaggin @cavitaadriana
 @meatatbillys @huntergathercook
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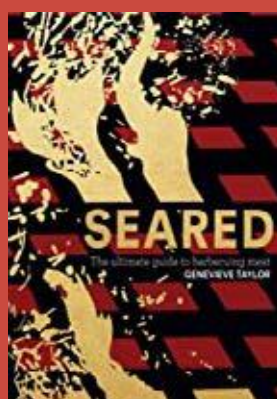
— Book Watch —



Christian Stevenson AKA DJ BBQ's feasting with friends and family



Curry Guy Dan Toombs cooks curry on the BBQ and why the hell not!



A fantastic follow up to Charred by Genevieve Taylor



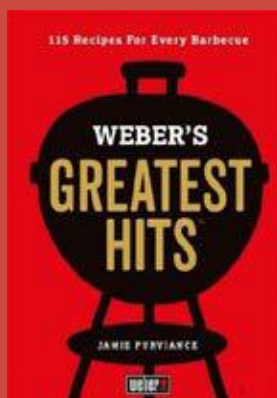
A meaty bible from one of the OG's of classic 'US of A' BBQ



252 BBQ chicken recipes, what's not to like!



Genevieve Taylor's second book on our list is a must read for any BBQ newbies



115 recipes for every occasion from BBQ kings Weber



Josh Katz of the wonderful Berber & Q goes veggie mad on his latest offering

— Netflix And Grill —



Eight of the USA's best backyard smokers and pitmasters compete for the title of American Barbecue Champion in a competitive faceoff of their grill skills.



A collection of the world's most revered pitmasters including the award-winning Rodney Scott and legendary Texan Tootsie Tomanetz allow the cameras behind the scenes to give a snapshot of their passion for BBQ.



It's smoky, it's delicious and every stage of its preparation is part of Argentinean culture. It's all about the asado and this feature length documentary takes you right to the heart of this Argentine way of life.

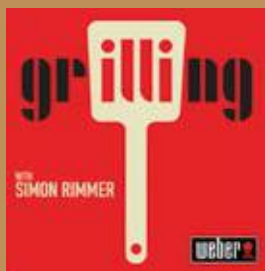


This Amazon Prime series features the UK's top grill master at work. Each episode will take you through the various stages of smoking and grilling. A must-see for any BBQ enthusiast!

— Podcasts —



The Pitmaster's Podcast



Grilling with Simon Rimmer



The Smoking Hot Confessions

FUTURE BBQ TRENDS: WHAT THE CHEFS ARE SAYING

Let's face it, BBQ isn't going anywhere. In fact the occasion, the skillset, knowledge and hunger for amazing BBQ will only continue to grow and grow. Our global chef friends from Kerry Foods have shared a selection of trends that will further enrich our insatiable need to cook over fire and eat delicious BBQ food.

BBQ Everything

BBQ might just be the world's new favorite flavouring. People are using the versatile flavours in diverse applications. Consumers love the balance of sweetness, salt, spices and smoke that seem to enhance in virtually any culinary scenario.

We regularly see BBQ flavoured items showing up in all parts of the menu, accelerating its use and appearing to be commonplace into virtually all markets.



Authenticity And Sophistication

Largely because of Covid keeping people at home, global backyard cooking is at an all time high, driving record sales of grills and cooking fuels. These experiences are electrifying the consumer craving and elevating the authenticity expectations in grilled and smoked foods.

With access to such a variety of tools at home, the desire for complexity in the cooking method flavour profile in BBQ or grilled foods has been elevated.

Ethnic Influences

The BBQ flavour trend globally has shown no sign of slowing. This worldwide trend has consumers looking for new and ethnic inspired specific BBQ flavours such as Korean, Texan, or Brazilian BBQ in various meat and snack products.

BBQ flavour systems must be expertly crafted to best capture the authenticity and differences between these ethnic flavour profiles.



Kunalan Muthiah

Executive Chef, Singapore

"Local spices from Korea and Japan which pair well with chicken, such as Gochujang and Ume, are emerging in BBQ."

Many different types of cheese can complement BBQ meat well as we've seen in Korean BBQ, and this is still an unexplored space for Europe."

Richard Troman

Senior Development & Application Chef, UK

"I use sweet and beverage flavours for meat inspiration, such as: anise, peanut butter, turmeric, limoncello, gingerbread, hawthorn, chicory bean."

2022 is the year for named smoke methods, hardcore regionalisation and fermented BBQ sauce flavours."

Thomas Chai

Executive Chef, Singapore

"Spicy foods open a 'world' of flavour. The pandemic has made people yearn to travel through foreign food and taste experiences."

Dry aged meat, fermentation of vinegar and seaweed cured seafoods provide Umami notes which enhance flavour."

Pascal Miola

Development Chef, Europe

"A dry-aged cut of meat, or whole joint on the BBQ, cooked slow and low on Tuscan grill. I think we'll start to also see new and different smoke tastes such as pinecone."



Chef Focus

GLOBAL BBQ DIVERSITY

BY KERRY INGREDIENTS
CHEF, RICHARD TROMAN

Rewind a few years and ask anyone "where is BBQ from?" and they would have confidently answered "America".

Looking at the supermarket shelves and the high street of the time, you could easily see where they got that impression. Back then the world of BBQ was revelling in a renaissance of regional discovery, and there was so much to discover. From the dry rubs and Hickory smokes of Kansas City, to the slow-cooking and vinegar-based sauces of Memphis the BBQ profile was a far cry from the sweet and sticky days of yore.

But BBQ is not confined to the USA. If you consider humanity's culinary development as a whole it really was the first, and most persistent, cooking method we ever employed. The cooking, charring and smoking of meat over open flame has been with us since the start, and has been baked into our very DNA. The evocative nature of this cooking method automatically flips some switches in our heads and immediately captivates the imagination.

For example: picture a chicken breast cooked in the oven. The poor thing is pale and slightly shrunken, sitting apologetically in a pool of its own juices and is altogether an unfitting eulogy for the chicken that gave up its life for it. Now, imagine that same breast cooked directly over smouldering coals, pressed firmly onto hot metal bars, its own juices spilling out to vapourise in the heat and add back their own unique flavour. Imagine the dark colour, textural difference and smoky hit from the delightfully crusted exterior. Now, pick the one you want to eat.

With this in mind it's no surprise that BBQ style cookery has flourished globally, and is fully embedded in cuisines across the world.

The same characteristics of smoke, sweetness, saltiness and savoury depth, as well as the elemental process of cooking over an open flame has allowed these global profiles to infiltrate the previously USA dominated BBQ market.

Coming into a market that already contains such authentic and regional dishes, the global BBQ trend came preloaded with authenticity. Now the consumer can expect to experience hyper-authentic and specific dishes. South African Braai, Japanese Yakitori, Russian Shashlik, South American Asado, all would be exotic and indulgent anywhere else, but on the BBQ they seem somehow perfectly at home. The ingredients may change, but the flavour balances remain. Sweetness, umami, acidity and charred smokiness all combine to create a common thread through these different cuisines and create a sense of familiarity.

Now, cuisines that you wouldn't expect in the home are becoming commonplace on the grill, with sticky-sweet Yakitori skewers dripping with umami rich Tare sauce rubbing shoulders with Memphis-style glazed pork ribs, and getting along like a house on fire. Asado sizzling and charring next to Kansas City style chicken brushed with a sticky smoky sauce, awaiting fresh bright chimichurri to finish. A whole chicken squatting awkwardly atop a half full can of beer, absorbing the delicious flavoured steam from within, and charring beautifully while you make sure the sausages aren't too pink inside.

The BBQ, previously the 51st state of America has become a microcosm of traditional global cuisines. Exotic and exciting profiles, fast tracked into the zeitgeist by the emotional link we all share with making meat real hot outdoors. And this is just the beginning. As consumers become more accustomed to a culinary odyssey every time they fire up the Weber, they will soon demand more and more exciting profiles and formats, scouring the globe for new and exciting experiences to bring home.

The shared joy of the smell, sounds and finger burning experiences of the modern BBQ has even the less adventurous consumer letting down their guard, looking at something a little outside their comfort zone and saying "what the hell, let's grill this thing".



A rustic outdoor cooking scene. In the foreground, a dark metal pot sits on a large, flat rock, filled with a thick, yellowish-orange soup. Behind it, another pot is visible, containing a green herb and a piece of orange. A small fire burns in the background, with glowing embers and a piece of wood. The scene is set on a bed of dark, charred wood and stones, with some green grass visible at the bottom.

Charred, Seared and Scorched

RECIPE SECTION



WHITE ALABAMA SPATCHCOCK WITH OLD BAY SEASONING

Prep time: 30 minutes

Cook time: 50 minutes

Temperature: 190°/170° fan/gas 5

Serves: 4

1 whole chicken

OLD BAY SEASONING

1 tbsp celery salt

2 tsp ground bay leaves

2 tsp smoked paprika

1 ½ tsp coarse black pepper

¼ tsp allspice

½ tsp cayenne pepper

1 pinch of cinnamon

1 pinch of nutmeg

1 pinch of ground ginger

WHITE ALABAMA SAUCE

150g mayonnaise

1 tbsp French mustard

1 tbsp horseradish

1 tbsp apple cider vinegar

1 tbsp Tabasco sauce

2 tsp ground black pepper

½ tsp salt

METHOD

Preheat oven to 190°C / 170°C fan / gas 5. First make the Old Bay seasoning by mixing all ingredients together. Next, add all the White Alabama Sauce ingredients together in a bowl and whisk to combine.

Now spatchcock the chicken - using a sharp pair of kitchen scissors or a sharp knife, cut down each side of the backbone. Remove the backbone (you can freeze this and use it for stock).

Now that the backbone has been removed, use a knife to make a score on the centre of the underside of the breastbone, and then flip the bird over. Using the heel of your hand, press down like you're giving the bird the Heimlich. You will hear a snap and the bird will flatten. Your bird has been spatchcocked. Then with a sharp knife, score your breast and legs of the spatchcock for penetration of the rub and sauce.

Massage the Old Bay seasoning into the spatchcock. Place on a rack and cook in oven for approximately 50 minutes, then finish off on the BBQ, searing for a few minutes. Once removed from the BBQ, slather with White Alabama sauce.





EAST MEETS WEST DRUMSTICKS

Prep time: 30 minutes

Cook time: 35 minutes

Temperature: 190°/170° fan/gas 5

Serves: 4/6

2kg chicken drumsticks
(approximately 16 drumsticks)

ASIAN BASE RUB (FOR ALL RECIPES)

2 tsp brown sugar
1 tsp garlic powder
1 tsp ginger powder
1 tsp onion powder
1 tsp salt
½ tsp cracked black pepper
½ tsp chilli powder
¼ tsp ground star anise

HONEY, SOY AND YUZU GLAZE

6 tbsp light soy sauce
3 tbsp honey
2 tbsp yuzu
2 tbsp Worcestershire sauce
1 tbsp black treacle

YELLOW SWEET CHILLI GLAZE

5 tbsp sweet chilli sauce
(we used Mae Ploy)
1 tsp turmeric
1 tbsp ginger purée
Juice of 1 lime
1 tsp dried lime leaf
¼ finely shredded lemon grass stalk

WASABI, GINGER & WILD GARLIC OIL

35g wasabi paste
65g ginger purée
40g wild garlic
70g rapeseed oil
5g salt
5g cracked black pepper

KOREAN PIMPED UP BBQ SAUCE

100g BBQ sauce of your choice
(we used a Memphis BBQ sauce)
50g Gochujang paste

METHOD

Preheat oven to 190°C/170°C fan/gas 5. Sprinkle the Asian rub onto the chicken drumsticks in a large bowl, making sure you coat the chicken well and evenly, and chill for at least 1 hour, or overnight if possible.

Lay each drumstick onto an ovenproof wire rack and cook for approximately 35 minutes, basting 4 drumsticks with generous amounts of each of the 4 sauces/glazes.

As an alternative, cook in the oven for 30 minutes and finish on the BBQ, searing for a few minutes for a smoky, charred kick.

CHICKEN ARMADILLO POPPERS

Prep time: 1 hour
Cook time: 50 minutes
*Temperature: 190°/
170° fan/gas 5*
Serves: 4

4 large jalapeños
450g chicken mince
8 slices streaky bacon
6 tbsp BBQ rub
4 tbsp BBQ sauce (use our
recipe here, or use a shop
bought BBQ sauce)

BBQ RUB

1 tsp salt
2 tsp brown sugar
3 tsp chilli powder
2 tsp black pepper
2 tsp white pepper
2 tsp ground cumin
2 tsp mustard powder

NACHO SAUCE

350ml whole milk
50g butter
25g plain flour
100g grated Red
Leicester cheese

100g grated mature cheddar
Pinch of ground white pepper
1 deseeded, finely diced
jalapeño

BBQ SAUCE

1 tbsp olive oil
1 finely chopped onion
400g can chopped tomatoes
3 finely chopped garlic cloves
85g brown sugar
3 tbsp malt vinegar
2 tbsp Worcestershire sauce
1 tbsp tomato purée
1 tsp English mustard powder

METHOD

Preheat oven to 190°C/170°C
fan/gas 5. Firstly mix all BBQ
rub ingredients together and
set aside.

Prepare the nacho sauce by
placing two saucepans on
medium heat. Pour the milk
into one of the pans and melt
the butter in the other. Stir
the flour into the melted butter
and cook for 3-4 minutes.

Gradually whisk the warm milk
into the flour and butter paste,
stirring constantly. Keep whisking
until the sauce is smooth and
silky before adding more milk.

This will ensure you get a smooth
sauce with no lumps. Once all
the milk has been added, keep
stirring and reduce the heat to
its lowest setting.

Cook the sauce for a further
4 minutes and then stir in the
grated Red Leicester, mature
cheddar cheese and diced
jalapeños. Allow the cheese to
melt, stirring continuously for
2 minutes. Season the sauce
with a little white pepper to
taste and set aside.

Prepare the BBQ sauce. Heat oil
in a saucepan and add onions.
Cook over a gentle heat 4-5
minutes, until softened.

Add the remaining ingredients,
season and mix. Bring to the
boil, then reduce heat and
simmer for 10 minutes, until
thickened. For a smooth sauce,
simply blitz. Set aside.

Chop the tops of
the jalapeños, then
with a knife, remove
the core.

Transfer the nacho sauce into
a piping bag and pipe the mixture
into the centre of each jalapeño.

Divide the chicken mince into
4 equal sections. Wrap each
jalapeño in chicken mince to
create an egg-shaped ball.
Then wrap each ball in 2 slices
of streaky bacon.

Sprinkle the BBQ rub over
the top of the bacon.

Place these 'Armadillo Poppers'
on a baking sheet and cook
in oven for approximately
20 minutes, then remove from
oven and slather each 'popper'
with a layer of BBQ sauce.

Place back into oven and
cook for another 15 minutes,
or alternatively finish off
on BBQ, searing for a few
minutes.



RACK OF DRUMSTICKS WITH HONEY, CIDER AND MUSTARD GLAZE

Prep time: 15 minutes

Cook time: 35 minutes

Temperature: 190°/170° fan/gas 5

Serves: 4

12 chicken drumsticks

HONEY, CIDER AND MUSTARD GLAZE

100g medium dry cider (we used Tempted Irish Cider)

70g honey (local if possible)

40g Worcestershire sauce

30g English mustard

10g ground mustard seeds

METHOD

Preheat oven to 190°C / 170°C fan / gas 5. Place the cider, honey, Worcestershire sauce, English mustard and mustard seeds in a saucepan and bring the mixture to the boil. Bring to the boil then simmer until reduced by 1/3, making sure to stir occasionally.

To prepare the drumsticks take 2 wooden skewers, approximately 25cm in length, and join all the drumsticks together by running the skewer through the fattest, meatiest part of the drumsticks loading 6 drumsticks onto each skewer.

Place the skewered drumsticks on ovenproof trays, spoon half the honey and cider glaze evenly over the drums and place in the oven for 30 mins. Remember to baste the drumsticks every 10 minutes and at the end of the 30 minutes add the rest of the glaze, basting all over the chicken and cook for a further 5 minutes.

Alternatively finish on the BBQ for the last 5 minutes and baste the drumsticks with the remaining sauce.

A really impressive summer centrepiece to wow your friends and family.







TOMAHAWK CHICKEN LEGS WITH WILD GARLIC BUTTER AND GREMOLATA

Prep time: 20 minutes

Cook time: 35 minutes

Temperature: 190°/170° fan/gas 5

Serves: 4

4 chicken legs

WILD GARLIC BUTTER

80g unsalted butter

40g wild garlic

2g sea salt flakes

2g cracked black pepper

GREMOLATA CRUMBLE

100g dried breadcrumbs (we used left over ciabatta crumbs)

30g chopped wild garlic

15g freshly chopped parsley

10g freshly chopped chives

Grated zest of 2 lemons

3g cracked black pepper

2g sea salt flakes

METHOD

Preheat oven to 190°C / 170°C fan / gas 5. To make the wild garlic butter soften the butter in the microwave for around 30 seconds. Blitz the wild garlic down in a food processor or hand blender, then add the softened butter and season with the sea salt and pepper and set aside.

For the gremolata, place the dried crumbs in a bowl and add the wild chopped garlic, parsley, chives, lemon peel and seasoning and mix well together and set aside.

To prepare the chicken, take each leg and using a sharp knife run the blade down each side of the chicken leg to expose the bones, making sure to leave all meat on the leg. This leaves the bones in the leg exposed.

To make the dish, take each butchered leg and slather with approximately 40g of wild garlic butter. Top each leg with a generous handful of the gremolata crumble and bake in the oven for around 35 minutes, until fully cooked and the crumble is golden.

Alternatively cook for 30 minutes and finish for approximately 5 minutes on the BBQ for a crispy charred finish to your chicken.

We use wild garlic in this recipe which is in season in the UK from late winter until the end of spring. If you find a source, grab as much as you can and stock up your freezer with wild garlic butters, or infuse some oil for the year ahead.

TANDOORI HASSELBACK CHICKEN CROWN

Prep time: 10 minutes

Cook time: 50 minutes

Temperature: 190°/170° fan/gas 5

Serves: 4

1 chicken crown

TANDOORI MARINADE

180g natural yoghurt

1 tsp red chilli powder

1 tbsp ground fenugreek leaves

1 tsp ginger purée

1 tsp garlic purée

1 small chopped green chilli

6 tbsp rapeseed oil

2 tbsp honey

½ tsp ground turmeric

1 tbsp garam masala

1 tbsp medium curry powder

1 tsp ground cumin

1 tsp ground coriander

Freshly squeezed ½ lemon

1 tsp red food colour (optional)

METHOD

Preheat oven to 190°C / 170°C fan / gas 5. Place the yoghurt into a bowl and add all the ingredients (except the chicken) to the bowl and stir until all are mixed thoroughly through the yoghurt and you have a vibrant spiced marinade.

To hasselback the chicken crown, use a sharp chef knife and make deep slices right across the backbone on the crown, around 10cm apart (make sure you do not cut right through the chicken, to ensure it stays in one piece when cooking).

Take the hasselback butchered crown and smother with the Tandoori marinade, making sure to get it into all the slices you made in the crown. This will ensure the flavour gets right to the centre of the flesh.

To cook, place the chicken onto a wire rack and oven tray and place in oven for approximately 50 minutes, until fully cooked.

Alternatively, you can cook this in the oven for 40 minutes and then finish on the BBQ, searing for a few minutes, to get that classic smoky charred Tandoor effect on the chicken.



FILIPINO CHICK STICKS

Prep time: 30 minutes

Cook time: 25 minutes

Serves: 4/6

750g chicken mince (can be bought at your local butcher or supermarket)

3 finely diced garlic cloves

100ml soy sauce

2 tbsp white vinegar

3 dried, crushed bay leaves

6 sliced spring onions

1 tsp dried chillies

6 slices of stale bread, blitzed into breadcrumbs

Dash of oil

FILIPINO SAUCE

2 tbsp rapeseed oil

3 minced or finely diced garlic cloves

1 finely diced small onion

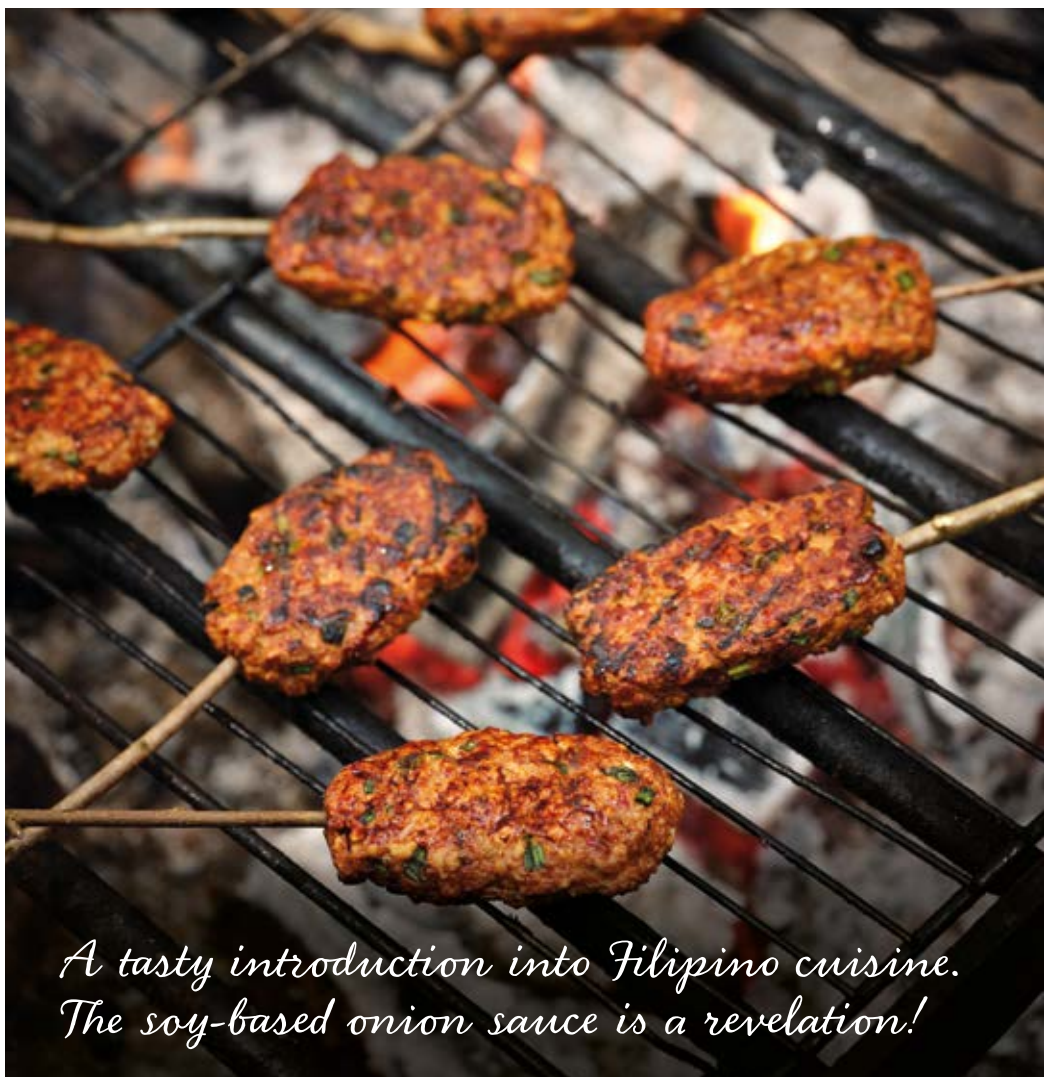
2 tbsp brown sugar

250ml water

1 tsp black pepper

150ml soy sauce

50g honey



*A tasty introduction into Filipino cuisine.
The soy-based onion sauce is a revelation!*



METHOD

Place chicken in a bowl, add garlic, soy sauce, white wine vinegar, bay leaves and mix with your hands until all ingredients are fully incorporated. Then add spring onions, dried chillies and finally breadcrumbs, ensuring the texture is firm.

Divide the mixture into 10 balls, 100g each. Then mould each ball into a rectangle shape (like the shape of a flapjack), approximately 12 cm in length and 3cm in depth.

Stick a skewer into the bottom of each. Place in fridge for approximately 1 hour before cooking.

To prepare the Filipino sauce, pan fry the garlic and onions with the oil over a medium heat and cook for approximately 3 minutes, then add the brown sugar, water, black pepper, soy sauce and honey. Simmer for approximately 10 minutes until the sauce has reduced and slightly thickened.

In a frying pan, at a medium heat, add oil and then fry the Filipino chick sticks for approximately 5 minutes on each side, then finish off on the BBQ, searing for a few minutes.

Once removed from the BBQ, smother each stick with Filipino sauce.

CHICKEN CAPRESE

Prep time: 30 minutes

Cook time: 50 minutes

Temperature: 190°/170° fan/gas 5

Serves: 4

3 tbsp olive oil

2 minced or finely chopped garlic cloves

250g spinach

3 tbsp olive oil

4 skinless chicken breasts

2 large beef tomatoes

2 packs of buffalo mozzarella,
cut into 10mm slices

Salt to season

Ground black pepper

1 tbsp balsamic vinegar

1 tbsp honey

METHOD

Preheat oven to 190°C / 170°C fan / gas 5. Heat olive oil in a large pan over a medium heat.

Stir garlic into a hot oil and cook slightly until softened, for approximately 2 minutes. Then add spinach and toss with hot oil and garlic, cover and remove from heat. Set spinach aside to wilt.

Heat 3 more tablespoons of oil in a pan. Cook chicken breasts in hot oil until browned, about 4 minutes per side. Season with salt and black pepper. Layer $\frac{1}{4}$ of the wilted spinach, tomato slices, and mozzarella slices on top of each breast.

Bake in preheated oven until the cheese has browned and chicken is fully cooked, for approximately 15 minutes, or alternatively finish off on the BBQ, searing for a few minutes.



THE AMERICANO

Prep time: 30 minutes

Cook time: 50 minutes

Temperature: 190°/170° fan/gas 5

Serves: 4

1 whole chicken, cut into 8 pieces

House brine (see recipe on page 16)

BLACK BBQ COFFEE RUB

3 tbsp brown sugar

1 tsp salt

1 tsp instant coffee

1 tsp chilli flakes

1 tsp ground cinnamon

1 tsp smoked paprika

BLACK BBQ & COFFEE SAUCE

25ml rapeseed oil

1 finely diced onion

3 finely chopped garlic cloves

200g tomato ketchup

100ml cider vinegar

50ml honey

100ml soy sauce

1 tbsp instant coffee

Pinch of salt

Pinch of coarse black pepper

25ml black treacle

20g brown sugar

METHOD

Preheat oven to 190°C / 170°C fan / gas 5.

Mix all Black BBQ Coffee rub ingredients together in a bowl and set aside.

In a pan, fry off onions with the oil over a medium heat and cook for approximately 3 minutes until onions are soft and translucent. Then add the rest of the ingredients and simmer for 10-15 minutes, until sauce has reduced and slightly thickened. Cool and place into an airtight container; this sauce will keep for up to 6 weeks in fridge.

Cut chicken into 8 pieces: 2 drums, 2 thighs, 2 breasts and 2 wings, utilising the whole chicken.

Place the 8 pieces of chicken in a bowl and cover with our house brine for around 30 minutes (recipe page 16). Remove from brine and add rub, massaging each piece of chicken ensuring it's fully coated. Then place onto a skewer, in the following order: add drum, wing, thigh, breast then again breast, thigh, wing and drum. Cook in oven for approximately 50 minutes and finish off on the BBQ, searing for a few minutes. Once finished, slather with the Black BBQ & Coffee Sauce and serve.



PASTRAMI & TREACLE CHICKEN CHOP WITH AMERICAN MUSTARD AND DILL PICKLE

Prep time: 20 minutes

Cook time: 35 minutes

Temperature: 190°/170° fan/gas 5

Serves: 4

8 chicken thighs

House brine (see recipe on page 16)

100g black treacle

PASTRAMI RUB

1 tbsp ground coriander seeds

1 tbsp brown sugar

1 tbsp cracked black pepper

1 tbsp garlic powder

1 tbsp onion powder

1 tbsp ground juniper berries

1 tsp dried thyme

1 tsp dried rosemary

½ tsp English mustard powder

METHOD

Preheat oven to 190°C / 170°C fan / gas 5. Make the pastrami rub by combining all the ingredients in a bowl.

To prepare the chicken, cut the chicken thighs around the bone as cleanly as possible, but not fully removing the bone, so that it sits up and can be used as a little handle for turning the chicken.

Tumble the chicken thighs in our house brine (see recipe on page 16) and 100g of black treacle for 2 minutes, before adding the pastrami rub. Mix in the pastrami rub covering all the chicken thighs and allow to rest in the fridge for at least 1 hour, or overnight if possible.

To cook place on a wire rack and set on an oven tray. Cook in oven for 35 minutes.

Alternatively cook for 30 minutes and finish for approximately 5 minutes on the BBQ for a crispy, charred finish to your chicken.

Serve with a generous spoonful of American mustard and dill pickles.



CHICKEN CAESAR THINS WITH CHARRED BABY GEM AND PICKLED SHALLOTS

Prep time: 50 minutes

Cook time: 30-35 minutes

Temperature: 190°/170° fan/gas 5

Serves: 4

4 chicken breast escalopes, cut in half

2 little gem lettuces, leaves washed and separated

1 handful of finely chopped chives

1 tbs olive oil

**400g ciabatta breadcrumbs
(or any crumb you wish to use)**

PICKLED SHALLOTS

1 banana shallot, sliced finely into rings

80ml of red wine vinegar

50g sugar

50ml water

CAESAR DRESSING

2 anchovies (optional)

2 finely chopped garlic cloves

20ml white wine vinegar

2 eggs

50g parmesan cheese

100ml olive oil

Salt and pepper to season

METHOD

Preheat oven to 190°C / 170°C fan / gas 5.

Prepare the shallots by heating the red wine vinegar, sugar and water in a pan and stir to dissolve the sugar. Once liquid is cooled, add the shallots and leave to pickle for approximately 30 minutes.

To make the Caesar dressing, using a pestle and mortar and grind the garlic and anchovies to a paste. Transfer to a large bowl, then whisk in the vinegar, lemon juice, eggs and parmesan. Slowly drizzle in the oil while constantly whisking to emulsify. Taste and season with salt and pepper. Transfer approximately one third of the dressing into a separate bowl to dress the leaves at the end.

To make the chicken and assemble the salad, dip the chicken pieces into the larger bowl of dressing then dip them into the breadcrumbs.

Preheat the frying pan to a medium heat, add olive oil and fry the chicken for approximately 5 minutes on each side, then remove and place on a baking sheet.

Place chicken in the oven and cook for 15 minutes, ensuring not to burn the crumb on the chicken. Alternatively you can cook the chicken on the BBQ for 10-12 minutes, turning regularly to ensure crumb is nicely charred but not burnt.

While the chicken is resting, place the little gem on a hot pan and char for around 30 seconds on each side.

Place the chicken pieces on top of the charred little gem with the pickled shallots and chopped chives and drizzle with the leftover Caesar dressing.





PIMM'S GLAZED CHICKEN WITH PEACHES, STRAWBERRIES, FETA AND MINT

Prep time: 30 minutes

Cook time: 30-35 minutes

Temperature: 190°/170° fan/gas 5

Serves: 4

8 chicken breast escalopes

1 tbsp olive oil

2 tbsp Pimm's

1 tbsp soy sauce

1 crushed garlic clove

2 tsp grated fresh ginger

1 tsp brown sugar

1 tsp white miso paste

PIMM'S GLAZE

100ml Pimm's

2 tbsp orange marmalade

2 tbsp dark brown sugar

1 tbsp cider vinegar

1 tsp white miso paste

STRAWBERRY SALAD

300g strawberries, sliced in half

150g feta, cut into cubes

3 peaches, cut in half

Small bunch of mint leaves

METHOD

Preheat oven to 190°C / 170°C fan / gas 5.

Put the chicken in a bowl with 2 tbsp Pimm's, soy sauce, garlic, ginger, brown sugar and miso. Toss, then leave to marinate in the fridge.

Place all the ingredients for the glaze in a small pan and heat over a medium heat to dissolve the sugar. Bring to the boil, then simmer for 5-6 minutes until thickened and syrupy. Set aside to cool.

Remove the chicken from the fridge, remove from the marinade and pat dry with kitchen paper. Heat a frying pan to a medium heat and fry peaches downside, with skin facing up, until they are charred. Remove from pan and set aside. Then add the oil to the pan and fry chicken for 5 minutes on each side, taking care not to burn them.

Then place chicken on a baking sheet and place in the oven for approximately 15 minutes or alternatively place on the BBQ for approximately 15 minutes until chicken is cooked. Set the chicken aside to rest.

For the strawberry salad, combine all the ingredients in a large bowl.

Serve the chicken on a large plate and add strawberries, feta and charred peaches and drizzle with extra glaze before topping with fresh mint.



It's Pimm's o'clock for this wonderful chicken summer salad. Enjoy Pimm's-glazed chicken with a fruity hit of grilled peaches, strawberries and zesty feta cheese.

All washed down with a Pimm's strawberry cocktail, of course!

PIMM'S STRAWBERRY SPARKLE

Prep time: 5 minutes

Serves: 6

Pomegranate juice gives this drink an enticing ruby glow and a big burst of fruity flavour.

12 strawberries (hulled and sliced)

300ml Pimm's

300ml soda water

600ml pomegranate juice drink

Bunch of fresh mint sprigs (to garnish)

Ice cubes

METHOD

Half-fill a jug with plenty of ice cubes.

Tip in the strawberry slices and pour in the Pimm's, soda and pomegranate juice.

Stir and garnish with mint sprigs.



ZHOUG BURGER WITH HALLOUMI

Prep time: 50 minutes

Cook time: 30-35 minutes

Temperature: 190°/170° fan/gas 5

Serves: 4

CHICKEN BURGER

400g chicken mince

6 dried, finely chopped apricots

Large bunch of finely chopped fresh mint

3 finely chopped garlic cloves

¼ tsp cinnamon

¼ tsp cardamom

¼ tsp clove

¼ tsp cumin

1 ½ tsps salt

½ tsp white pepper

1 tsp red bell pepper flakes

1 tbsp olive oil

1 pack of halloumi, cut into 4 slices

ZHOUG DRESSING

4 peeled and finely chopped garlic cloves

2 green cardamom pods

3 tsp black cumin seeds
(if you cannot get black, regular is fine)

2 tsp coriander seeds

1 large bunch fresh coriander

1 large bunch fresh parsley

4 fresh green chillies

Juice and zest of 1 lemon

2 tbsp olive oil

1 tsp salt

1 tsp peppercorns

METHOD

Preheat oven to 190°C / 170°C fan / gas 5.

Mix all burger ingredients together and combine thoroughly. Divide mixture into four portions.

To form the burgers, mould each patty into a burger shape, approximately 110g in weight apiece.

Place all Zhoug dressing ingredients in a blender and blitz. Place in fridge until you are ready to use it.

Heat a frying pan to a medium heat and cook the burgers for 4 minutes on each side, then place them on a baking tray.

Add a slice of halloumi and a dollop of Zhoug dressing on top of each burger, then place in an oven or BBQ and cook for a further 10-12 minutes until the burger is fully cooked throughout and the halloumi has softened and the Zhoug dressing is drizzling down the sides.

This is a delicious explosion of Middle Eastern colour and summer flavours that will take your burger game to the next level.







CAROLINA GOLD HALF CHICKEN

Prep time: 30 minutes

Cook time: 50 minutes

Temperature: 190°/170° fan/gas 5

Serves: 2/4

1 whole chicken, cut in half lengthwise

CAROLINA GOLD RUB

1 tsp garlic powder

1 tsp onion powder

2 tsp brown sugar

1 tsp black pepper

½ tsp salt

1 tsp ground turmeric

CAROLINA GOLD SAUCE

2 tbsp American yellow mustard

2 tbsp English yellow mustard

2 tbsp honey

2 tbsp brown sugar

25ml apple cider vinegar

1 tsp coarse black pepper

2 tps Worcestershire sauce

1 heaped tsp garlic powder

1 heaped tsp onion powder

1 heaped tsp salt

Pinch of cayenne pepper

METHOD

Preheat oven to 190°C / 170°C fan / gas 5. Prepare the Carolina Gold rub by adding all the ingredients together and mixing. Use your knife to place two scores in each leg and breast of the half bird, then cover them completely with the dry rub, allowing them to marinate overnight, if you have time.

Make the sauce by placing all ingredients into a pot and whisking them together. Bring the sauce to the boil, then reduce and simmer for 5 minutes. Set aside.

Remove the back bone of the chicken with scissors, then turn it around so that the breasts are facing each other. Use a sharp knife to slice through the skin in the centre of the breasts from top to bottom, to ensure its evenly divided. Place the knife on that line and press down through the meat — you will have to use a bit of muscle to cut through the bones and cartilage here—until the chicken is cut completely in two. Place two scores with your knife in each leg and breast, this will help with the penetration of the sauce.

Apply the Carolina Gold rub on to each chicken half, massaging evenly across the bird. To cook, place the chicken on a rack and cook for 45-50 minutes, ensuring that you baste the chicken regularly with the Carolina Gold BBQ sauce.







AL PASTOR PINEAPPLE KEBAB

Prep time: 15 minutes

Cook time: 50 minutes

Temperature: 190°/170° fan/gas 5

Serves: 4

6 chicken thigh fillets, with skin removed

1 large pineapple, peeled and sliced into 1-inch sliced rings (retain the leaves/head of the pineapple)

AL PASTOR RUB

3 tbsp rapeseed oil

2 tbsp muscovado sugar

Juice of 1 large lemon

1 tsp tomato purée

1 tsp cumin

1 tsp cayenne pepper

1 tsp dried oregano

1 tsp dried coriander

1 tsp rock salt

1 tsp garlic purée

1 tsp black pepper

½ tsp Ancho chilli

METHOD

Preheat oven to 190°C / 170°C fan / gas 5.

Make the Al Pastor rub by adding the rapeseed oil, tomato purée and lemon juice to a mixing bowl. Stir together, then add all dry ingredients and stir them together, until a smooth paste.

Place the chicken in the bowl with the marinade and tumble the chicken around until well-covered in the paste.

Next, take the peeled and sliced pineapple and layer with slices of the marinated chicken and rebuild into the pineapple shape again – like a layered cake. To secure it, place the head of the pineapple on top and spear together with a long metal skewer.

To cook, place it on its side in a deep oven tray and cook for 50 minutes, basting at regular intervals until lightly charred.

STICKY CAMPFIRE WINGS

Prep time: 20 minutes

Cook time: 30-35 minutes

Temperature: 190°/170° fan/gas 5

Serves: 4

1kg chicken wings

House brine (see recipe on page 16)

CAMPFIRE SAUCE

100g marshmallows

50g milk chocolate

30g brown sugar

30g whole milk

3g sea salt

1g cinnamon

1g cayenne pepper

METHOD

Preheat oven to 190°C / 170°C fan / gas 5. Place the marshmallows, milk chocolate, brown sugar and milk into a saucepan and cook on a medium heat, until the marshmallows and chocolate has melted. Make sure to stir the sauce as it heats. Next add sea salt, cinnamon and cayenne pepper and cook for 5 minutes on a low heat until the sauce is thick and sticky.

Next, brine the wings in our house brine (see recipe on page 16) for around 15 minutes.

To cook, place the brined wings on a wire rack. Place the rack onto an oven tray and brush the wings with some of the campfire sauce, ensuring you cover both sides of the wings. Place the wings in the oven and cook for 35 minutes. Remove the wings from the oven every 10 minutes and slather with the campfire sauce.

Alternatively, cook the wings for 30 minutes and finish on the BBQ, searing for a few minutes, for a crispy charred finish to your wings.



*Think hot chocolate topped
with marshmallows, enjoyed
around the campfire,
but on chicken wings!
It works, really!*



