



Scorching BBQ tips

Having the family round for a barbecue in the garden is an ideal way to spend a long, hot summer afternoon. Something cold to drink, crunchy salads and food cooked over hot coals are the essential components of barbecue bliss.

However, knowing how much food to cook for a crowd, and storing leftovers, can be tricky. These handy hints can help you make the most of our food and ensure our barbecues are done to perfection.

Pre-barbeque prep

- Use up ginger, garlic and lemongrass by making a simple marinade for king prawns, lamb, beef or chicken skewers
- Spare lemons squeezed, combined with a sprinkling of sugar and sparkling spring water, makes thirst quenching lemonade. Alternatively, sliced lemons can be stored in an airtight container in the freezer for a refreshing addition to cold drinks. Frozen grapes and strawberries also make novel ice-cubes, which taste great

- If salad is looking tired and wilted, put it in a bowl of water with a couple of ice-cubes and it will become nice and crisp again
- A dollop or two of coleslaw and hummus make delicious additions to salads. Why not make your own coleslaw to use up your veg by combining grated carrot with shredded cabbage (red or white!) and some mayonnaise?

Making your food go further

- Store cupboard essentials, like dried noodles, make delicious cold oriental salads when combined with chopped spare veg like baby corn and sugar snap peas
- Wrap fish that needs using up in foil and barbeque
- If you have any Mediterranean vegetables to use up, such as courgettes, aubergines and peppers, brush them with olive oil and chargrill until soft
- If raspberries, strawberries and blueberries look past their prime, cook gently in a saucepan until soft and then serve with crème fraiche or ice-cream for an easy post-barbeque pudding
- Keep the kiddies entertained by giving them chocolate banana lollies! Peel excess bananas and

put them in the freezer. When they are frozen, cut them in half and poke a wooden lolly stick into one end of each of them. Coat the bananas with cooled melted chocolate and decorations/sprinkles. Allow the chocolate to set, then wrap the bananas in cling film, place in a freezer bag and refreeze

When the sun goes down

- If you have leftover cooked meat, wrap it well and keep it in the fridge – it will be good to use for up to 2 days
- Add a dollop of leftover dip to a cold burger for a tasty lunch the next day
- Add any leftover sausages or other leftover meats to an omelette or Spanish tortilla. Cold sausages also make tasty lunch box treats or can be frozen to eat later
- Any bread rolls that have gone a bit stale can be made into breadcrumbs and frozen in a freezer bag. This can then be used for making stuffings, bread sauce or mix with grated cheese for a gratin topping