

Barbeque Starters guide and recipes

As the winter approaches, you start to feel the chill in the air and as the temperature drops the fire for barbequed fare rises in your stomach. But many of us are accustomed to having the barbequed fare like Chicken Tandoori, Kebabs and Tikkas at our favorite Mughlai restaurant looking at the charcoal grill and paying a top price for miniscule tasty portions of the barbequed meat and veggies.

But you don't know how to barbeque at home? Or are you afraid of those gleaming hot coals in the Tandoor? Well Fear Not!! As barbequing and grilling meats and veggies at home is as easy as boiling water on the gas.

So we start with which barbeque to use? Charcoal or Gas?

Not either one is superior to the other. However, each one has its pros and cons.

Starting with the charcoal barbeque: It's one of the most inexpensive to be bought from the market and it comes in varied sizes which can easily fit in your home and it gives your palate a smoky flavor whenever you grill your fare on it. The only cons this grill has are, it takes much longer to heat to the desired temperature, sometimes it gets very hot and it becomes tough to control the temperature of the grill, it gets harder to clean due to the ashes and there is always a risk of fire.

Starting with the gas barbeque: It is a bit more expensive than the charcoal grill but it is more convenient and easier to clean, however, you may end up missing the smoky charcoal flavor which comes with the charcoal grill.

Few Barbeque tricks and tips:

- To avoid losing the juices, always flip your meat or veggies using a tong instead of pricking with a fork
- Limit the flips to 2-3 times before the meat is well done
- Do not press down the meat on the grill with pressure as it will tend to lose the juices and become dry

Few easy recipes to make your barbeque a great success.

We start with an easy fish recipe 'Tuna steaks with Mustard'. An easy grilled fish recipe with hint of pungent mustard sauce which will be sure to give a great start to your barbeque.

What do we need to make the 'Tuna Steaks with Mustard'?

4 tuna steaks or King fish steaks if tuna is not available, 2 tablespoons butter, 3 teaspoons mustard sauce, 1 tablespoon lemon juice, salt and pepper to taste

How do we make the 'Tuna steaks with Mustard'?

Melt the butter on a low flame and mix in the mustard sauce along with the lemon juice, salt and pepper thoroughly. Bring the marinade down to room temperature and gently apply it to the tuna steaks covering them completely. Let the tuna steaks marinate for an hour and then put them on to the hot grill for 20 minutes flipping them each every 10 minutes or till the steaks are well done. Serve with lemon wedges as garnish.

Moving ahead we try to answer the riddle of 'Why the Chicken crossed the road?' Well, to reach the grill of course!! We share the recipe of 'Honey Barbequed Chicken', a succulent chicken dish with sweet honey undertones to the taste.

What do we need to make the 'Honey Barbequed Chicken'?

4 chicken drumsticks with skin on and with three slits made on each side, 2 tablespoons butter, 1 onion finely chopped, 2 tomatoes skinned and chopped, 2 tablespoons Worcestershire Sauce, 1 tablespoon honey, salt and pepper to taste.

How do we make the 'Honey Barbequed Chicken'?

We start by melting the butter in a saucepan over a low flame and adding in all the ingredients except the chicken drumsticks into it gently mixing it thoroughly for half an hour and bringing it to a consistency of a thick sauce.

Bring the sauce off the heat and down to room temperature. Then spread the sauce over the chicken drumsticks covering them well and put the drumsticks over hot grill flipping them over from time to time till the juices run clear and the drumsticks look cooked. The honey barbequed chicken is generally had with plain rice along with the left over sauce as a relish.

Vegetarians can also enjoy barbequed dishes by grilling the choice of their vegetables over a grill with different marinades. For our herbivore readers we bring 'Teriyaki Grilled Vegetables and cottage cheese'. A Japanese sauce glazed over your choicest vegetables to give you a feel of the real barbeque.

What do we need to make the 'Teriyaki Grilled Vegetables and cottage cheese'?

A cup of Teriyaki sauce (Recipe Below), 300 gms cottage cheese (Paneer) cubed and vegetables of your choice such as, button mushrooms, baby potatoes, capsicums (quartered and deseeded) and zucchini.

Recipe for Teriyaki Sauce:

We need: 1 cup water, ½ cup soy sauce, 2 tablespoons honey, 1 teaspoon garlic powder, 2 tablespoons corn flour, 1 tablespoon oil, salt and pepper to taste

Preparation: Add the water to a sauce pan over a low flame and add in the ingredients in the above order stirring gently till the mixture reaches to a consistency of a thick sauce. To make it spicier, you can add in few red chili flakes while the sauce simmers.

How do we make the 'Teriyaki Grilled Vegetables and cottage cheese'?

Apply the Teriyaki sauce to the cottage cheese and vegetables thoroughly and let them marinate in it overnight in a fridge. Put the marinated vegetables and cottage cheese in the skewers and gently grill over the hot coals for 15 minutes turning the skewers from time to time till the vegetables and cottage cheese are evenly cooked.

These are few of the tantalizing barbeque recipes which are sure to warm your chilly winter evenings over a barbeque.