

BBQ RECIPE

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Food Recipe Category

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How to cook perfect steaks in 4 different ways

Grilled



Grilling steak is quick, simple, and after a short period of learning, hard to mess up. All you need is a grill (gas or charcoal), some steaks, salt, pepper, and oil.

Start up the grill and let it get nice and hot. Oil and season the steaks on both sides. When the grill is good and toasty, throw the steaks on and leave them alone for between 3-5 minutes a side, depending on how red you like them. When the time is up, remove the steaks from the grill and let them rest for a few minutes covered in foil — then serve.

If you like to be fancy, you can rotate the steaks halfway through cooking each side to achieve that classy cross hatch look.



Blowtorch to Scorch steaks



Start with a massive chunk of bone-in beef rib, enough to make as many 2-inch-thick steaks as you need. Using a powerful blowtorch, thoroughly and quickly scorch the whole exterior of the joint. This helps get the flavor started, and also kills off any bacteria that would inevitably ruin the meat if given half a chance.

Preheat an oven to 122 degrees Fahrenheit using a separate in-oven thermometer to ensure accuracy. If your oven doesn't go that low, try propping the door open — it's important to be able to hold that temperature. Now here's the fun part: put the massive lump of meat into the oven and leave it there for 24 hours. This is why you need to sear the outside of the meat before you put it in the oven, because if you don't, at 122 degrees, any bacteria will breed like, well, bacteria at 122 degrees, and the meat will not be edible the next day.



Over the 24 hours, the meat is effectively force-aged, which generates a whole host of new flavors and makes the meat amazingly tender.

After 24 hours, remove the meat from the oven, cover with foil, and leave to rest for 2 to 4 hours. Now, using a sharp knife, debone the meat, then cut off and dispose of all exterior surfaces and slice into however many steaks you desire, and season.



Heat a good pan as hot as you can get it (really, really hot), then cook the steaks for 4 minutes a side, turning every 15 to 20 seconds. Let it rest again, then, finally ... serve.



This recipe starts out like most steak-on-a-charcoal-grill recipes: with some coals in a chimney starter. But this time only fill the chimney halfway up and place a metal grill on top. Prepare the steak like you would for the regular grill, but leave out the pepper, the heat the steak is exposed to using this method will just burn the pepper.

When the coals are at the point where you would usually dump them out, leave them right where they are and just go right ahead and drop your steak onto the metal grill. Since the temperature is that much higher using this method, you might want to turn the steaks over more than once during cooking for a more even finish. If your steak is under an inch thick, 3 minutes a side (total) should give you medium-rare deliciousness. Leave it longer for less red, but don't get complacent with an afterburner because an overcooked steak is just one distraction away.



As usual when the time is up, remove the meat from the chimney and let it rest under foil for a few minutes before serving.



Bare-Naked Coals



There are days when you want to be the master of technology and technique, using complex recipes and equipment and amazing your friends in the process. And there are other days when you just want a nice, hot chunk of charred meat as soon as humanly or Neanderthally possible.

Start with a couple of (relatively thin) skirt steaks, season thoroughly with salt, and leave out of the fridge on a rack to warm up for an hour. Start enough charcoal to easily cover the bottom of your grill, Alton recommends natural lump charcoal, and when it's about ready (no flame, just glowing and ash) place the steak directly on the coals for 35 to 40 seconds a side. Remove from the heat, wrap well in foil, and put aside for 15 minutes to rest. Then slice across the grain, and consume immediately without silverware or table manners.



How to cook perfect salmon in 2 different ways

Grilled



Grilling fish can be tricky—after all it's not as sturdy as meat. This makes a certain amount of finesse necessary when grilling any type of fish, not just salmon. Some say the skin must be removed for you to enjoy the finished product. We're here to say that those people are wrong. When grilling the fish, the skin crisps into the most delicious part of the meal. Marinate the fillet before grilling, reserving some marinade to coat the top of the fish when cooking. This will keep the salmon from drying out when placed over the direct heat of the barbecue. Place the salmon directly over the charcoal grill, roughly medium heat. Grill uncovered, flip after three minutes, and continue to cook for an additional three minutes.



En papillote, or "in paper," is a simple and elegant French technique of baking protein, such as fish, wrapped in parchment. For this ingenious method, the food is cooked by the steam trapped inside the paper. Since most types of fish, including salmon, are sensitive to overcooking, this method allows you to cook the fish delicately using the gentle steam while aromatics of choice infuse it with just the right amount of flavor.



To cook the salmon en papillote, simply fold a large piece of parchment in half, then reopen to lay flat. Place the cleaned piece of fish on one side. Add lemon slices, grated ginger, garlic cloves, or other seasonings you prefer. Fold the parchment over to cover the fish and using your fingertips, fold over the edges securely to create a sealed pouch. Place the pouch on a baking sheet and transfer to the oven to roast until the salmon is cooked through to your liking and flakes easily with a fork.



Ready to wrap your salmon in parchment? Try this recipe from A Couple Cooks for perfectly cooked salmon. Here, salmon is wrapped up with carrots, lemon slices, garlic, green cucumber, onions and fragrant herbs in paper like a pretty little package. Depending on how thick your salmon is, you can find yourself enjoying this light, nourishing dinner in 10-15 minutes.



How to cook perfect turkey in 2 different ways

Roasted: Classic herb turkey

【Ingredients】

1 (14lb) turkey
1 tsp. salt
1 tsp. Black peppe
1/2 cup butter/margarine
2 tbsp. dried rosemary
2 tbsp. dried sage
2 tbsp. Dried thyme
Onion mushroom dressing



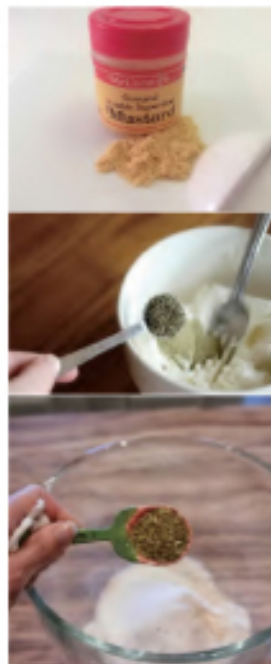
【Directions】

Preheat oven to 325f and put a rack in a roasting pan. N.B. If you use a foil roasting pan have it seated firmly on a solid tray do not attempt to carry it on it's own without bottom support. Remove neck& giblets from the cavity of the bird Rinse turkey thoroughly inside and out patting it dry with a paper towel. Sprinkle salt& pepper inside and over the skin of the bird Stuff the bird with dressing. N.B. Do not do this until just before you are going to cook the bird. Stuff the neck cavity as well as the body cavity. Secure the neck flap with a skewer or stitch it Tie drumsticks together and close the body cavity securely. In a small bowl combine butter, rosemary, sage& thyme, mix well Gently loosen the skin covering the breast, be careful not to tear it Spread herb mixture under the skin and over it Place turkey on rack in the roasting pan Roast the turkey basting every 20 minutes or so If the bird begins to brown too soon place a piece of tin foil loosely over it. The bird is cooked when a meat thermometer reaches 180 degrees in the thickest part of the thigh Apprx 5 1/2 hours Remove turkey from roaster and let stand for 25 minutes Remove ALL the stuffing from the bird, Carve and Serve (Left over turkey and stuffing can be frozen as long as you freeze them separately) Make gravy in the roasting pan while the turkey is resting (a separate recipe will be posted or try one that is already posted).



【Ingredients】

- 1 (12 lb) turkey
- 3 tbsp. brown sugar
- 1 tbsp. kosher salt
- 1 tsp. ground cumin
- 2 tsp. dried oregano
- 2 tsp. dried rubbed sage
- 2 tsp. dry mustard
- 1 tsp. dried thyme
- 1 tsp. ground coriander
- 6 hickory wood chunks



【Directions】

There will be a giblet bag and some other stuff. Next add vegetables to the inside of the turkey. You don't even have to peel anything. This is easy because the veggies are just for flavor -- you are going to throw them away later. Take the onion and cut it into quarters. Chop a nice long carrot. Do the same with a couple stalks of celery. Add several cloves of garlic that you mash between a broad kitchen knife and the kitchen counter. Throw it all inside the turkey. Then rub the turkey all over with olive oil -- not butter because butter usually has salt in it and salt is the enemy of a moist turkey. Make sure the whole bird is covered in olive oil. Put the turkey in a roasting pan and cover it with a large brown paper bag. Staple shut. If you have a huge turkey use two paper bags at each end. It won't stick to the bird because of the olive oil. Sprinkle the bag all over with water. Place into pre-heated 375 F oven. ON THE MIDDLE RACK. The bag won't burn because paper burns at 451 and we're at 375 degrees. The advantage of the brown paper bag over the Reynolds cooking bag is that the paper breathes so the turkey ROASTS. In the Reynolds bag the turkey STEAMS, giving it a different taste. Roast for 13-15 minutes per pound. When you think it's ready, shove a meat thermometer through the bag and into the turkey and give it a minute to register. Make sure it doesn't touch the bone. The thermometer should register between 163-170 degrees. Remove from oven, cut away the bag and remove the basting pan. Do not throw out the drippings! To make the gravy, strain the pan juices into a really big pot. Any juices that accumulate on the turkey platter get poured into the pot. Add six oz. of boiling chicken broth and 1/8 cup of corn starch to the gravy to thicken it up. Cook on low heat and stir and cook and stir. If it seems it isn't going to be thick enough, add a little more corn starch.



How to cook perfect pork steaks in 2 different ways

Grilled Honey Pork Steaks

Ingredients

- 2 cloves garlic
- 2 tbsp. finely chopped onion
- 2 tbsp. lemon juice
- 2 tbsp. soy sauce
- 1 tbsp. honey
- 2 1/2 pounds pork blade steaks



Directions

Finely chop the garlic or put through a garlic press. Add it to a bowl along with the onion, lemon juice, soy sauce, and honey. Mix well.



Place the pork in a zipper-top bag. Add the marinade to the bag. Seal the top and shake the bag to distribute the ingredients. Place the bag in the refrigerator for 4-6 hours (or up to 24 hours).

When ready to cook, preheat the grill to medium heat.

Remove the pork steak from the bag and discard the marinade. Place the pork on the grill and cook 15 minutes, turning the pork once halfway through the cooking time.



Apple Marinated Pork Steaks

【Ingredients】

- 8 pork steaks, cut 3/4 inch thick
- 1 cup apple juice
- 1/3 cup soy sauce
- 1 tablespoon white vinegar
- 2 teaspoons rum extract
- 1 teaspoon prepared mustard



【Directions】

Trim any excess fat from the pork steaks.

Combine the apple juice, soy sauce, vinegar, rum extract, and mustard in a bowl. Whisk until smooth.

Place the pork steaks in a zipper-top bag and add the apple marinade. Seal the bag and shake well to combine and make sure the pork steaks are coated in the marinade. Place in the refrigerator and let marinate for 2-8 hours.

When ready to grill, remove the pork steaks from the bag and reserve the marinade.

Place the pork on the wire mesh of the grill and grilled for 20 - 30 minutes basting occasionally with the reserved marinade and turning the pork steaks once about halfway through the grilling time.



How to cook perfect shrimps in 2 different ways

Citrus-Honey Grilled Shrimp

【Ingredients】

1 1/2 pounds shrimp (peeled and deveined)
1/2 cup fresh lime juice
1/2 cup honey
1 tbsp. Vegetable oil
2 cloves garlic (minced)
1 tsp. white peeper
1 tsp. salt
8-10 wooden kebab skewers

【Directions】

Combine lime juice with honey, oil, garlic, white pepper and salt. Pour half of the mixture into a separate bowl for basting. Place peeled and deveined shrimp into a resealable plastic bag (use two if necessary.) Pour remaining half of citrus-honey mixture into a bag. Make sure all of the shrimp is coated. Seal bag and place in the refrigerator for 15-30 minutes (no longer than this) Preheat grill to high heat. Remove shrimp from refrigerator and thread 3-4 shrimps onto each wooden skewers.

Place shrimps on grill and cook for 2-3 minutes. Baste top sides with reserved citrus-honey mixture. Turn shrimp once, grill for another 2 -3 minutes, or until opaque. Remove from grill and serve immediately.



【Ingredients】

1 1/2 pounds/0.7 kilograms large shrimp
1 tbsp./ 15 milliliter fresh parsley(minced)
1 tbsp./ 15 milliliters fresh thyme (minced)
1 tbsp./ 15 milliliters fresh cilantro (minced)
1 tbsp./ 15 milliliters shallot (minced)
3 large garlic cloves(crushed)
1/2 cup/ 120 milliliters butter (melted)
1/4 cup/60 milliliters olive oil
3 tbsp./45 milliliters lemon juice (fresh)
Salt to taste
Black pepper to taste
Garnish: spinach leaves
Garnish: lemon slices



【Directions】

Peel and devein the shrimp, leaving the tails intact. Mince the fresh parsley, thyme, cilantro and shallots. Crush the garlic cloves. Combine the melted butter, olive oil, parsley, thyme, cilantro, lemon juice, cloves, shallots, salt and black pepper in large bowl. Mix in the shrimp. Marinate at room temperature for 15 minutes or in the refrigerator for 30 minutes. Do not go longer as the shrimp will become mushy. Discard the marinade as it will not be safe to reuse due to contact with the raw shrimp. Prepare the barbecue with medium-hot coals. Thread the shrimp on narrow skewers. Grill until just opaque (or pink in color and firm to touch), about 2 minutes per side. Line a platter with fresh spinach leaves. Arrange the skewers on the platter. Garnish with lemon and serve.

