

Summer's here – time for a BBQ!!

Hopefully by the time you read this we will be enjoying a long glorious hot summer and spending time in the garden relaxing! Having just got a new BBQ myself I am planning on spending as much time in the garden as possible.

I have put together some of my favourite simple and easy BBQ recipes for you to try and hopefully enjoy!



Home Made Beef Burgers

A really quick and easy recipe for homemade beef burgers, these taste so much better than the shop bought ones! And only take 20 minutes to prepare and 10 minutes to cook.

What you will need:

- 750g Quality Minced Beef
- 1 bunch flat leaf parsley chopped
- 1 onion chopped
- Dash of Tabasco sauce
- 1 egg beaten
- 1 red onion sliced
- 3 tomatoes halved and finely sliced
- 2 tablespoons of olive oil
- 2 tablespoon lemon juice
- Salt and Pepper

How to do it:

Mix the beef, half the parsley, the onion, garlic, Tabasco, egg and salt & pepper together. Shape in to beef patties. Cook the burgers on an oiled grill above a hot BBQ for 3 – 4 minutes on each side according to how well done you like your beef. Mix the rest of the salad ingredients together, serve piled on top of the cooked burgers on toasted bread rolls.

Barbecued Bananas with Cinnamon Sugar

Throw some of those bananas on the barbi! A scrumptious dessert that will make your tastebuds jump for joy! Try pouring a drop of your favourite liquor over the bananas and ice cream just before serving."

Prep Time: 15 Minutes
Cook Time: 6 Minutes
Ready In: 21 Minutes
Servings: 4

What you will need:

- 4 bananas
- 1 teaspoon ground cinnamon
- 1 tablespoon lemon juice
- 2 cups vanilla ice cream
- 1 cup brown sugar

How to do it:

Halve each of the bananas lengthwise, then width wise. Sprinkle bananas with lemon juice. Then, In a small bowl, mix together the brown sugar and cinnamon. Roll banana pieces in sugar/cinnamon mixture until well coated. Lightly oil the grill grate. Arrange bananas on preheated grill, and cook for 3 minutes per side. Serve in a bowl with vanilla ice cream topped with a sprinkling of remaining cinnamon/sugar mixture. Yum!

Foil Wrapped Veggies

Really yummy mixed veggies grilled in a foil packet. You'll want to use multiple packets to keep them all to a manageable size. Open the finished packets carefully - the veggies are HOT!

Prep Time: 15 Minutes
Cook Time: 30 Minutes
Ready In: 45 Minutes
Servings: 10

What you will need:

- 2 1/2 pounds new potatoes, thinly sliced
- 1 large sweet potato, thinly sliced
- 2 Vidalia onions, sliced 1/4 inch thick
- 1/2 pound fresh green beans, cut into 1 inch pieces
- 1 sprig fresh rosemary
- 1 sprig fresh thyme
- 2 tablespoons olive oil
- salt and pepper to taste
- 1/4 cup olive oil

How to do it:

Preheat grill / BBQ for high heat. In a large bowl, combine the new potatoes, sweet potato, Vidalia onions, green beans, rosemary, and thyme. Stir in 2 tablespoons olive oil, salt, and pepper to coat. Using 2 to 3 layers of foil, create desired number of foil packets. Brush inside surfaces of packets liberally with remaining olive oil. Distribute vegetable mixture evenly among the packets. Seal tightly. Place packets on the preheated grill. Cook 30 minutes, turning once, or until potatoes are tender.

Foil Fish Parcels

Don't like beef or burgers? then try this really quick and simple fish dish

Serves: 4
Preparation time: 15 minutes
Cooking Time: 15 minutes

What you will need:

- 2 carrots
- 75g / 3oz green beans
- 4 skinless fish fillets of your choice – about 100g / 4oz each
- Juice & grated zest of ½ lemon
- 25g / 1oz butter
- 1 tbsp fresh chopped parsley
- Salt & Pepper to taste

How to do it:

Peel the carrots and cut in to thin sticks, trim the beans and blanch the both the carrot and beans in hot water for 4 minutes, drain and refresh. Cut out 4 pieces of tin foil, at least 30cm / 12inch square. Divide up the vegetable between the foil squares and place a fillet of fish on each one. Sprinkle the lemon juice over the fish and in a bowl mash together the butter, lemon zest, parsley and salt & Pepper. Dot over the fish and then bring the edge of the foil together to make airtight parcels. Bake on a hot BBQ for 15 – 20 minutes, until the fish flakes easily, serve hot in the foil parcels