

HOT & TROPICAL

Your guide to what's hot and what's not for an Indian Summer BBQ

Question: Firstly, what is an Indian summer?

Answer: An unseasonably warm, dry and calm weather, usually following a period of colder weather or frost in the late Autumn

Secondly, what should I be cooking for an Indian summer BBQ?

Answer: See below!

Well, to be very British, how could I not mention the weather or lack of those scorching hot summer days that we now find to be just a distant memory of our childhood days of the summer of 76, and yes, I do remember that far back!

So, what should we be thinking of cooking as the latest meteorological rumours going around are that we are in fact, wait for it, drum roll.... yes, in for an Indian summer. OMG, LOL, whoop whoop! Barby time at last!

Here are a couple of cracking "Hot" little recipes for your Indian summer BBQ's using lamb and peaches.

As for what's "Not", I'd say stay clear of any thing on the bone, like chicken drumsticks and thighs, as they tend to take too long to cook over those hot charcoals and if you're not careful you may have them still a little on the pink side in the centre, not a good start to an Indian summer or any summer in fact.

Top Tips By cutting a relatively tender cut of meat such as a leg of lamb into small pieces, you can quickly grill it to medium rare or whatever temperature you like. Leave a little space between the pieces so that the heat can get to all sides.

Always keep the left side of your BBQ table for the raw meat and the right side for the cooked and salads.

Stick to these simple tips and you really can't go wrong, enjoy!

Happy cooking! Chef & Food Features Editor – **Nigel Brown**



HERBY LAMB KEBABS WITH TOASTED COUSCOUS

Ingredients

For the marinade

6 tablespoons extra-virgin olive oil
2 tablespoons red wine vinegar
1 teaspoon dried oregano
1 teaspoon minced garlic
1/2 teaspoon chopped fresh mint
1/2 teaspoon salt
Freshly ground black pepper

For the couscous

1 tablespoon extra-virgin olive oil
1/2 teaspoon minced garlic
100g couscous
50g toasted pine nuts
Salt

For the kebabs

1 red or yellow pepper, quartered, cored, and seeded
1 courgette, trimmed and halved lengthwise
1 bunch of asparagus
1 boneless leg of lamb, about 2lbs
salt and pepper

Method

To make the marinade:

In a small bowl whisk together the marinade ingredients along with pepper to taste.

Arrange the vegetables on a plate and brush all sides with some of the marinade. Cover with plastic wrap and refrigerate until ready to grill.

Trim the leg of lamb of any excess fat and cut into 1-1/2 inch pieces. Place the lamb pieces in a large, resealable plastic bag and pour in the remaining marinade. Press the air out of the bag and seal tightly.

Turn the bag several times to distribute the marinade, place the bag in a bowl, and refrigerate for 2 to 8 hours, turning occasionally.

To make the couscous:

In a medium saucepan over low heat warm the oil and cook the garlic until it sizzles. Stir in the couscous. Cook, stirring over low heat until the couscous begins to turn golden. Add 1-3/4 cup of water and the salt and heat to boiling. Stir once. Remove from the heat and let stand, covered, 10 minutes or until all the liquid is absorbed. Sprinkle with the pine nuts.

Remove the lamb pieces from the bag and discard the marinade. Thread the lamb pieces on skewers. Grill the skewers and vegetables over direct medium heat until the meat is medium rare and the vegetables are cooked through. Serve the lamb kebabs warm with the toasted couscous and vegetables.

Makes 4 servings.



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