



Basic BBQ Secrets - by Chef Brian Henry

- There is something inexplicably tantalizing to one's taste buds when the gentle wafting aromas of a neighbour's BBQ find their way into our olfactory senses. It's almost instinctive the way we react to the smell of flesh cooking over an open flame. This is quite understandable seeing as this is one of the oldest documented cooking methods.
 - The word barbeque is a derivative of the Cariban word barbaquoa. The Carib's at one time inhabited the southern Caribbean. The Arawak's inhabited the northern islands. It was common to find barbaquoa Arawak on a Cariban's dinner menu. This influence came from the Caribbean to the Gulf and made its way through Texas into North American cuisine.
 - Now I'm assuming that everyone has completed a spring tune-up on their BBQ's prior to the start of the grilling season, as I recommended in my article "Getting All Fired Up!!" So now it's time to get down to the business of grilling.
 - To become a BBQ pro the rules are as follows. Pre-heat your Q to around 400-500 °f
 - Do not leave your BBQ until the cooking is done. This means that you must gather everything that you will need and have it in arms reach. This includes any of those frosty beverages you may need to get the job done right. Prior to grilling assemble all of the items that you will. Include a squirt bottle of water to put out any small flare-ups as well as a fire extinguisher for large flare-ups.
 - Secondly your BBQ has variable temperature control dials; therefore you should not always have your BBQ cranked up so high that you run the risk of re-tempering it's steel construction and charring your own flesh let alone your dinner.
 - Lastly for basic grilling techniques, leave the lid of your BBQ open so you can see what's going on. Keep the lid closed when preheating your Q. The lid assists in protecting the BBQ's fire bowl when not in use or for advanced grilling techniques such as smoking and roasting.
 - For grilling fish, choose firm fleshed fish such as salmon, sea bass or tuna. For fish you will need to give everything a light coating of oil, your flipper, tongs the BBQ and the fish. This will allow you to cook the fish just like a steak without it sticking to the grill. You can cook the fish with the skin on it, simply cook it skin side down on the grill. These techniques will allow you to cook your fish without it breaking or flaking apart on the BBQ.
 - Keep in mind that you can BBQ anything. With proper use of techniques bread, pizzas, cheese, desserts and shellfish can all be barbequed. For advanced reading look into "The King of the Q" series of books produced by Ted Reader.
 - <http://www.chefbrianhenry.com>
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