

The barbecue kettle – a masterpiece of cooking supremacy. When cooked in a barbecue kettle, meat, poultry and seafood have a magnificent taste and appearance, and they remain naturally juicy. Because the round kettle is really a very sophisticated convection oven, food is cooked quickly and evenly on all sides. Beautiful flavours are created by small amounts of smoke which occur naturally in the kettle.

The secret of this remarkable cooking lies in the shape and design of these barbecues. When properly vented, they allow cold air to enter through the bottom vents. This cold air is drawn by convection, to the glowing coals, where it provides oxygen to keep them burning. Here the air becomes heated. It rises up and around the food being cooked, and finally passes out through the top vent. This flow of air continues in, around and out of the cooking chamber for as long as the fuel lasts, or until the vents are closed.

The temperature of the air is determined by the amount of fuel which is burning inside the kettle. The more fuel you have burning inside, the higher the temperature will be. The less fuel you have burning, the lower the temperature.

No matter how much fuel is being used, the temperature is always higher at the commencement of cooking. As the fuel gradually burns away, the temperature inside the kettle begins to fall. It continues falling gradually until the fuel is finally exhausted. This whole process can take as long as nine hours, depending on the quantity and type of fuel being used. At any time the temperature may be dropped abruptly by closing off the top and bottom vents. This deprives the coals of oxygen, causing them to go out.

Conventional barbecues can only grill or fry the food: kettles are able to do this, but they are also able to roast and bake. The picture shows a cross section of a barbecue kettle which is ready to roast or bake. You will notice that the coals providing

the heat are placed out to the sides. When roasting or baking, the food is placed on the upper grill between the two fires, directly above a foil tray. This method of cooking is called indirect cooking. It will be used for the majority of recipes in this book.



Cross-section of a complete barbecue kettle

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Choosing a Barbecue Kettle

The first thing you should do is to make sure that you get a real barbecue kettle. Barbecue kettles are round, not rectangular. It is the “roundness” that provides the near perfect air circulation which gives them such a huge cooking advantage.

Over the past 40 years, there have been somewhere between 30 and 40 different brands of barbecue kettles sold in Australia (interestingly only 2 or 3 of these brands still survive).

Barbecue kettles vary greatly in price and quality. Often the essentials needed for barbecue kettle cooking are not included as standard equipment for your purchase. For these reasons we thought it would be helpful to examine the components of a barbecue kettle, and identify the essentials required for successful cooking.

Vents

The vents are very important because they control the amount of air which can flow through the barbecue. They create the natural convection necessary for this type of cooking. Both top and bottom vents should be large enough to allow a good flow of air to enter and exit the cooking chamber.

In our opinion the One-Touch™ system as found on some of the Weber® models is superior to all others. It allows the user to remove accumulated ashes without having to remove the internal grills. It also allows the 3 bottom vents to be closed with one simple movement.

Enamel or Paint

One thing is certain – all barbecue kettles should be coated inside and out with vitreous or porcelain enamel.

Painted barbecues inevitably deteriorate for two reasons. They are usually unable to withstand the fierce heat generated by cooking fires, and they cannot withstand cleaning with caustic-based oven cleaners. Perhaps this is why kitchen ovens always had an enamel surface.

Leg Attachment

For safety reasons, the legs should be firmly attached to the barbecue bowl. They should be capable of being locked into place, rather than held by thumb screws. This will avoid possible serious accidents.

Inside The Barbecue

There should be two grills. The top grill (cooking grill), which is usually chromed or nickel plated, supports the food. The bottom grill (charcoal grill) supports the barbecue fuel.

If you intend to roast or bake in your barbecue kettle, charcoal rails or baskets are essential. They hold the hot coals to the sides and prevent them from collapsing and falling under the food. If these were not included as standard equipment with your barbecue kettle they can be acquired as an accessory. Some type of tray placed between the coals on the bottom grill will be required to catch fats falling from the meat being cooked above. We recommend the use of foil trays, rather than baking dishes or steel trays which may become too hot, causing the fats to smoke excessively or even ignite.

The Size of Your Barbecue Kettle

Most barbecue kettles are 57cm (22½”) in diameter. This is an excellent working size for the average family. We always use two barbecues when entertaining friends with a menu of several courses. For instance, you could smoke your food or use the wok on one barbecue while cooking a large roast on the other. Barbecue kettles with a smaller diameter than 57cm usually have limitations with respect to the size and variety of food that can be cooked on them.

Barbecue Kettle Accessories

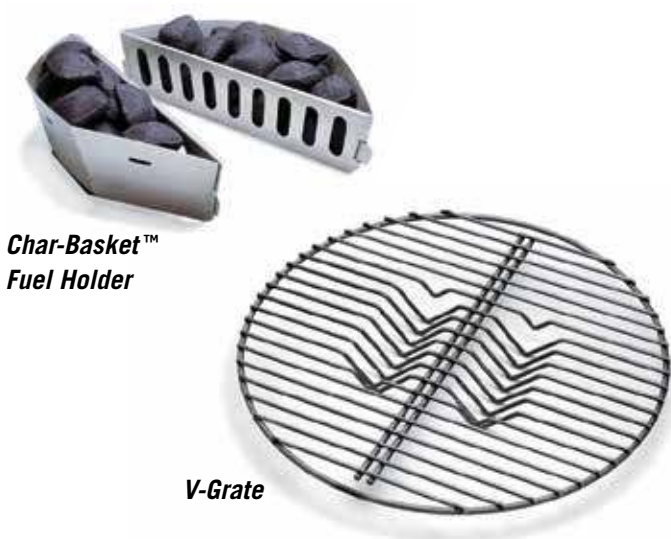
There is an extensive range of barbecue kettle accessories, many of which are excellent value and of great aid to the outdoor chef.

The Charcoal Basket Lighting System

Developed during the 1990’s this system is a must for people who bought their kettle for the purpose of roasting outdoors.

They make lighting preparation much quicker and easier.

This system comprises two accessories; the first, metal baskets that hold just the right amount of fuel for indirect cooking, and the second, a specially shaped charcoal grate, with cavities designed to hold firelighters directly below the baskets.



Barbecue Tongs

We recommend that the barbecue kettle chef has at least three sets of household tongs for use with the kettle. One pair we always leave with our barbecues. It is a long pair, and is used solely for moving hot coals, or left over fuel around from one side to the other in the barbecue. This long set is not used to pick up or turn food. The two other sets of tongs are shorter, and are used for picking up small or large roasts, steaks, chops, and the like. They soon become an extension of your hand.

Meat Thermometer

The meat thermometer takes the guesswork out of barbecue cooking. You can estimate when your food will be ready, but the meat thermometer confirms it for you by indicating the internal temperature of the meat being cooked.



Cooking Chart

<i>Meat</i>	<i>Target Temperature</i>	
Beef, Lamb (rare)	48°C	120°F
Beef, Lamb (medium)	60°C	140°F
Beef, Lamb (well done)	68°C	155°F
Pork (medium)	63°C	145°F
Pork (medium-well)	68°C	155°F
Ham (cooked)	60°C	140°F
Ham (uncooked/green)	71°C	160°F
Poultry	74°C	165°F
Venison roasts	60°C	140°F
Fish	57°C	135°F

The thermometer should be inserted into the thickest part of the meat. Wait a few minutes and you can then read the temperature. This indicates how well the meat is cooked. We have found it is better not to leave the thermometer in the meat during the cooking process. Meat thermometers may shatter under the fierce heat generated inside the barbecue kettle. They also tend to brown over and become difficult to read. Using the thermometer when you think the meat is cooked is a much better idea. When inserting the thermometer take care not to touch any bone as this will give a false reading.

The latest meat thermometers are digital and can give a much more accurate temperature reading than a traditional meat thermometer.



Instant Read Thermometer

Instant Read Thermometer

An instant read digital thermometer will accurately read the internal temperature of your food in a matter of seconds. Like a traditional meat thermometer, use it to confirm that your food is cooked the way you like it, towards the end of the estimated cooking time.

iGrill® Meat Thermometer

The Weber® iGrill Bluetooth® thermometers make barbecuing easier, more convenient, and a whole lot smarter. Download the iGrill app, connect, and open up a new world of endless barbecue opportunities. From preset temperature guides to state of the art smart features.

The iGrill Bluetooth thermometer monitors food from beginning to end. Insert the temperature probe(s) into your meat and track the doneness of your food from your smart phone on the Weber iGrill app, without having to lift the lid.

With the iGrill, you never have to worry about serving over or undercooked food again.

The Weber iGrill app is your dashboard for all Weber iGrill connected products. This is where you can track food doneness, set up barbecuing notifications, select preset barbecue times, and take advantage of everything else iGrill has to offer. An amazing breakthrough in barbecue meat thermometers.



Skewers

For kebabs we like to use stainless steel or bamboo skewers. Bamboo skewers require no washing up, and they are fully disposable. If you are going to place wooden skewers directly over coals, it pays to soak them in water for some time prior to cooking. It is important, however, to use stainless steel skewers when cooking foods which take a long time.

Weber® Gourmet BBQ System™

With the Weber Gourmet BBQ System (GBS™), you can build the ultimate outdoor charcoal cooking system. It starts with the heavy gauge 57cm cooking grill. The grill has a removable insert and this is where the clever part really starts. In place of the insert you can add any of the Weber GBS accessories.

Cast Iron Sear Grate

You can char grill restaurant quality steaks with perfect crisscross sear marks every time. The GBS Cast Iron Sear Grate conducts heat evenly and the porcelain enamel coating means it's rust resistant. Cook magnificent steaks with the flavour only charcoal cooking can give you.



Cast Iron Griddle

Cook delicious bacon, eggs and pancakes on the GBS Cast Iron Griddle. Perfect for a champagne breakfast outside.

Cast Iron Wok

Add variety and excitement to your outdoor cooking with a GBS Cast Iron Wok for your Weber kettle. Keep heat and smells out of the kitchen and create beautiful stir fried and deep fried meals, cooked outside. The porcelain enameled cast iron gives you the ideal high heat for wok cooking.

How to Test the Temperature of the Oil when Deep Frying

When deep frying in the wok, always test the temperature of the oil before adding your food. This is best done by using the handle of a wooden spoon. To do this heat the oil for a short time. Place the handle of the spoon in the oil so that it is pressing against the bottom of the wok in the centre. If bubbles rise freely from the wood at the bottom, the oil is hot enough for cooking.

Warning!

Do not leave the wok unattended. A hot wok containing 1-2 litres of cooking oil should always be under adult supervision. After cooking always remove the wok from the barbecue and put it in a safe place out of the reach of children. If the wok is left on the barbecue, the oil may overheat and even ignite. Because the wok becomes very hot very quickly, never preheat the wok for more than 20 or 30 seconds before adding your oil. If the wok becomes too hot the oil will spontaneously ignite.

Barbecue Mitts or Gloves

An insulated mitt or heat proof gloves should always be worn when using the barbecue. The surfaces can be extremely hot. Avoid touching any hot areas with bare hands while the barbecue is in use.



Barbecue Fuel

There are two main types of barbecue fuel available on the Australian market, barbecue briquettes and hardwood lump charcoal. From years of testing, we have learnt that choosing the right fuel will lead to a wonderful cooking experience.

Briquettes

Barbecue briquettes are made from mineral char, charcoal, or a combination of the two, and may be blended with other natural ingredients to enable binding and ignition. They are then pressed into a uniform size to ensure long burning and consistent heat. Over the years, we have found the best barbecue briquettes to be made from Australian mineral char. Charcoal based briquettes burn out quicker, meaning you may need to add fuel to complete your roast. There's a reason we have used Australian mineral char based briquettes in Weber® kettles for so long - they can do everything! They're perfect for high heat direct cooking, indirect roasting and low and slow smoking. They burn hot enough to get those caramelised sear marks on steaks, long enough to give you the perfect lamb roast, pork crackling or Christmas turkey, and consistently enough for those marathon low and slow sessions - a big brisket can take 12 hours! Always ensure that you use barbecue briquettes, not heating briquettes.



Lump Charcoal

Hardwood lump charcoal has been used for cooking since man discovered fire, and nothing beats the traditional flavour of a barbecue cooked with

natural wood charcoal. Australian charcoal is some of the best, our favourite being made from red gum, which burns very hot and produces little ash. Lump charcoal doesn't provide the longevity that briquettes do, but it lights faster and the high heat output makes it the ideal fuel for direct cooking and small roasts. Steaks benefit greatly from being cooked over charcoal; the high heat creates the perfect sear on the surface, and the smoke infuses the meat with that unbeatable charcoal flavour.



We recommend using Weber branded barbecue fuel in your kettle, whether it be Weber BBQ Briquettes or Weber Red Gum Charcoal. Weber BBQ Briquettes are manufactured in Australia; designed and shaped for faster light up and a long burn time. Weber Charcoal is produced from sustainable Australian Red Gum timber, providing premium grade charcoal that lights and burns consistently. The charcoal is graded to remove most of the smaller pieces and oversized chunks, making it ideal for use in your Weber kettle.

To get the best of both fuels in one cook, use a combination of the two. The charcoal will help with faster ignition and enhance the smoky flavours in your food, while the briquettes will make sure you get a long-lasting burn time.

The recipes and recommended fuel quantities in this book have been tailored to suit Weber barbecue fuel.

The Indirect Cooking Method

Preparing Your Barbecue for Indirect Cooking

It is the indirect cooking method that distinguishes the barbecue kettle from other barbecues. When roasting or baking, the food is placed on the upper grill between the two fires, directly above a foil tray. This method of cooking is called indirect cooking. It will be used for the majority of recipes in this book (see photograph on page 2).

If your barbecue is equipped with a Charcoal Basket lighting system go directly to **Indirect Cooking using a Charcoal Basket lighting system** on page 10.

1. Open the top and bottom vents on the barbecue, and remove the lid.



2. Position the charcoal grate so that its steel rungs run across the bottom of the barbecue from front handle to back handle, and set the charcoal rails in place.



3. When positioning the charcoal rails, make sure that the hooks on the rails hook over the outside straight rungs of the charcoal grate. The front of the charcoal rails will then slip over the third rung of the bottom grate and click into place.

Lighting the Indirect Fire

1. Having positioned the charcoal rails correctly, place two firelighters on each side so that they are about 80-100mm apart.



2. Add the required number of barbecue briquettes (for quantities see table on page 12) so that they completely cover the firelighters.



3. Light the firelighters by passing a lit match or taper through the charcoal rails, and touching the lighters with the flame. Make sure that all of the firelighters are burning well before leaving the barbecue (sometimes a strong wind can blow them out if they are not burning well).



4. The barbecue may now be left until the briquettes are ready to cook. It will take about 25-30 minutes for the fire to establish itself. During this time, make sure that the lid is left off the barbecue. This allows more oxygen to reach the coals. ***On no account should you place the lid on the barbecue while the fire is getting ready to cook.***



The fire will now progress through the following stages:

Stage 1. The firelighters burn with a yellow flame for about 10 minutes. Do not attempt to cook in this time. The temperature will not be hot enough, and the food will absorb kerosene fumes giving it an unpleasant taste.

Stage 2. After the firelighters cease burning, the fire will appear to go out. This is not so, the briquettes are in fact burning below, and the fire will continue to grow. There is insufficient temperature to cook at this stage.



Stage 3. 15-20 minutes after lighting, some of the coals will be glowing and coated with brownish ash. To achieve the correct cooking temperature, most of the briquettes should be ashed over, so don't attempt to cook yet.



Stage 4. 25-30 minutes after lighting, most the coals will be ashed over and ready for cooking.

This completes the fire preparation for indirect cooking.



Indirect Cooking Fire – Quick Method

The time taken to establish the fire can be shortened from 25-30 minutes to about 20-25 minutes. This is done by using 4 firelighters on each side instead of 2. This “quick method” should only be used in emergencies, due to increased cost of firelighters involved.

Indirect Cooking using a Charcoal Basket Lighting System

1. Open the top and bottom vents on the barbecue, and remove the lid.
2. Position the charcoal grate so that its steel rungs run across the barbecue rather than from front to back, this ensures that the hot baskets are not located under the handles when your fires are alight.
3. Place 4 firelighters (2 on each side) in the cavities provided in your charcoal ‘V’ grate.
4. Place the metal baskets on the charcoal grate and fill them with the required number of briquettes. (For quantities, see table on page 12).

The inside of your barbecue kettle should now look like this.



Lighting the Indirect Fire using a Charcoal Basket Lighting System

1. Light the firelighters using a lit match or taper. Make sure that all of the firelighters are burning well before leaving the barbecue (sometimes a strong wind can blow them out if they are not burning well).



2. Once the firelighters are alight move the metal baskets to the centre of the charcoal grate over the flames.



Stage 1. The firelighters burn with a yellow flame for about 10 minutes. Do not attempt to cook at this time. The temperature will not be hot enough and the food may absorb kerosene fumes, giving it an unpleasant taste.

Stage 2. After the firelighters cease burning, the fire will appear to go out. This is not so, the coals are in fact burning below, and the fire will continue to grow. There is insufficient temperature to cook at this stage.

3. The barbecue may now be left until the coals are ready to cook. It will take about 25-30 minutes for the fire to establish itself. During this time, make sure that the lid is left off the barbecue and all vents are open. This allows more oxygen to reach the coals which helps establish the fire faster. ***On no account should you place the lid on the barbecue or close the vents while the fire is getting ready to cook. (Your barbecue is not the same as an oven.)***

The fire will now progress through the following stages:



Stage 3. 15-20 minutes after lighting, some of the coals will be glowing and coated with a brownish ash. To achieve the correct cooking temperature, most of the briquettes should be ashed over, so don't attempt to cook yet.





Stage 4. About 35-40 minutes after lighting, all the coals will be ashed over and ready for cooking. It's now time to separate the metal baskets. Using long handled tongs and mittens, move them as far as possible out to the sides.

This completes the fire preparation for indirect cooking.

Controlling the Temperature – Indirect Cooking

The temperature of the air is determined by the amount of fuel which is burning inside the kettle. The more fuel you have burning inside, the higher the temperature will be. The less fuel you have burning, the lower the temperature.

In this book, cooking temperatures are described for the various recipes in the following ways:

- Hot Fire
- Normal Fire
- Low Fire
- Low Smoke Fire

The majority of recipes in this book call for a normal fire, but there are some exceptions. A hot fire is used to achieve such things as pork crackling, while a low fire will often be used when cooking more delicate meats and desserts, which benefit from cooking in a lower temperature.

In a 57cm (22½") barbecue kettle these temperatures are achieved by using the following barbecue briquette quantities:

Weber Barbecue Briquette Quantities (per side)

Normal fire	18-20 Briquettes
Hot fire	22-24 Briquettes
Low fire	14-16 Briquettes
Low smoke fire	7-8 Briquettes

Weber Red Gum Charcoal Quantities (per side)

Normal fire	Full basket (level)
Hot fire	Heaped basket
Low fire	¾ basket
Low smoke fire	⅓ basket

The temperature is always higher at the commencement of cooking, and as the fuel gradually burns away, the temperature falls. As a rule of thumb, after approximately 2 hours of cooking with briquettes, with the lid on, a hot fire will become the equivalent of a normal fire, and a normal fire will become the equivalent of a low fire after the same period of time. Knowing this can be very useful when planning to cook a second course.



Cooking Using the Indirect Method

Use of Foil Drip Trays

When the fire is ready for cooking, a drip tray or trays will need to be placed on the bottom grate between the two fires. These trays will catch any fats, juices and bastes which fall from the food during cooking. When selecting a drip tray, it is important that the tray be large enough to catch all of the drippings from the food above. In this book, we have suggested two configurations for the use of drip trays.

A single drip tray is used for smaller roasts, and is adequate for most meals. For larger meals 1½ drip trays should be used by placing one large and one small tray on the bottom grate as shown in the illustration.



1 drip tray



1½ drip trays

Positioning the Cooking Grill

Place the cooking grill on the barbecue with the grill handles directly over the fires. You will notice that there are hinges in the grill located adjacent to the handles. These are to facilitate the addition of either smoking wood chunks or, should the need arise, extra barbecue fuel.



The hinged cooking grill in action.

Indirect Smoke Cooking

Smoke cooking adds a beautiful change to the aroma and flavour of many foods. Throughout this book, we have provided many recipe suggestions using smoke cooking. Smoke cooked foods are particularly delicious when combined with sweet glazes. The great advantage of this type of cooking is that it is so simple.



Normal indirect fires are transformed into smoke cooking fires by adding just 1 or 2 chunks of hickory wood (or other smoking material) to the coals on each side of the barbecue. The more smoke flavour you require, the more hickory chunks you add. It is a good idea to leave the lid off for a little while when adding the hickory. Once it is burning, replace the barbecue lid, and it will begin smoking quite intensely. It is important to use chunks of smoking wood rather than chips or sawdust. The chunks smoke longer and require less attention, resulting in a far superior smoke flavour.

Lower temperatures are created inside the barbecue by using less fuel. We have found “The Low Smoke Fire” creates an excellent temperature for smoking small fish.

Preparing a Low Smoke Fire

1. For this type of fire, only 1 firelighter is used. Place the firelighter behind a charcoal rail on one side of the barbecue.



2. Count out the required number of barbecue briquettes and carefully pile them over the firelighter. Ignite the firelighter in the normal manner
3. Allow most of the barbecue briquettes to ash over (about 25-30 minutes), then use tongs to transfer half of the briquettes to the other side of the barbecue.



4. Position the drip tray on the charcoal grate and add 1 dry hickory chunk to the coals on each side. Leave the lid off until the hickory is smoking well.
5. Place the cooking grill in position, and commence cooking as the recipe directs.



The Direct Cooking Method

This method of cooking differs from the indirect cooking method because the coals which provide the heat are placed on the bottom grate directly under the food being cooked. In barbecue kettles, direct cooking is used for grilling steaks, either on the wire grill provided or a cast iron cooking grill. Foods containing lots of fat, such as chops and sausages, should never be cooked using this method. The fats dripping from such foods cause excessive smoking and grease build-up inside the barbecue. They should be cooked using the indirect method. The direct cooking fire is also used for hotplate and wok cooking. We never use a direct cooking fire for any application other than steaks, toast, hotplate or wok cooking.

Preparing the Barbecue for Direct Cooking

1. Open the top and bottom vents on the barbecue and remove the lid.



2. Position the charcoal grate so that its steel rungs run across the barbecue from front handle to back handle, and set the charcoal rail in place.
3. When positioning the charcoal rails, make sure that the hooks on the rails hook over the outside straight rungs of the charcoal grate. The front of the charcoal rails will then slip over the third

rung of the charcoal grate, and click into place. In the case of direct cooking the charcoal rails keep the fuel centrally located on the charcoal grate.



Lighting the Direct Fire

1. Having positioned the charcoal rails correctly, place 3 or 4 firelighters on the charcoal grate between the charcoal rails, and add the barbecue briquettes.



2. Light the firelighters with a match or taper, and using a pair of tongs, cover them with barbecue briquettes. Make sure that all of the firelighters are burning well before leaving the barbecue

(sometimes a strong wind can blow them out if they are not burning well).



3. The barbecue may now be left until the coals are ready to cook. It will take about 25-30 minutes for the fire to establish itself. During this time, make sure that the lid is left off the barbecue. This allows more oxygen to reach the coals. ***On no account should you place the lid on the barbecue while the fire is getting ready for cooking.***

The fire will now progress through the 4 stages previously described under the section dealing with lighting the indirect fire (see pages 8-9).



25-30 minutes after lighting, most of the coals will be ashed over and ready for cooking. This completes the fire preparation for direct cooking.

Controlling the Temperature – Direct Cooking

The temperature of a direct cooking fire is determined by the amount of fuel used. In this book, direct cooking fires are described in two ways:

- Direct fire
- Low direct fire

When cooking directly over your fuel, the majority of recipes in this book call for a Direct fire, but there are some exceptions. You will use a Low direct fire when you are cooking more delicate dishes over direct heat.

In a 57cm (22½”) barbecue kettle, these temperatures are achieved by using the following fuel quantities:

Weber® BBQ Briquette Quantities

Direct fire	40 - 45 briquettes
Low direct fire	30 - 35 briquettes

Weber Red Gum Charcoal Quantities*

Direct fire	2 baskets, heaped
Low direct fire	1½ - 2 baskets

*Use a Weber Char-Basket™ to measure.

Positioning the Cooking Grill

Place the cooking grill on the barbecue with the grill handles directly over the fire. You will notice that there are hinges in the grill located adjacent to the handles. These are to facilitate the addition of either smoking wood chunks or, should the need arise, extra barbecue fuel.

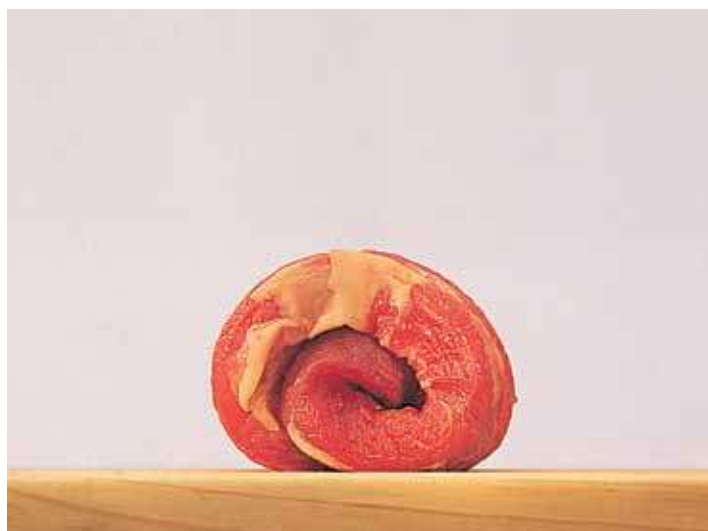
Guide to Meat and Poultry Cooking times

Measuring the thickness of meat will normally give a better indication of how long it needs to cook, rather than weighing it.

Although nearly all cookbooks suggest that you cook meat for so many minutes per kilo (or pound), we believe that the cooking time of roasts has surprisingly little to do with the weight of meat. It has more to do with its thickness and temperature.



The steak (above), 2.5cm (1 inch) thick takes approximately 20-25 minutes to cook in a barbecue kettle using the indirect cooking method. Yet exactly the same piece of meat rolled into a round roast (below) will take about 2 hours to cook.



This is because meat cooks by absorbing heat from the outer surface to its middle. Consequently, the thicker the meat the longer it takes to cook.

When cooking two or more roasts simultaneously, you will need to allow more cooking time. Extra roasts absorb a surprisingly high amount of heat from the coals.

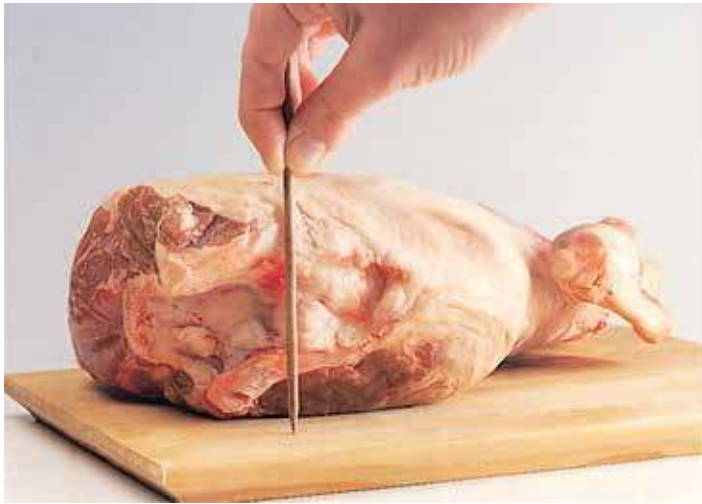
In addition to the factors that affect cooking times (on pages 21-22), the temperature of the meat when you start cooking is important. Obviously if the meat is icy-cold it will take much longer to cook. Try and start off with meat that is at or near room temperature and use a meat thermometer to confirm that the meat is cooked properly (see page 5).

Meat Roasting

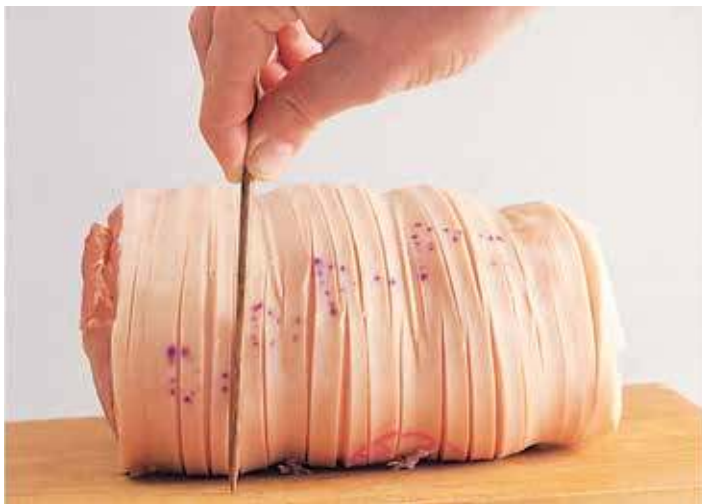
A good guide to the time needed to cook lamb, beef and pork roasts in this book is to measure the thickness of the meat and allow 1 minute of cooking per millimetre of thickness. If done correctly, this should produce a roast that is cooked to medium. For example, a leg of lamb 90mm thick should cook to medium in approximately 90 minutes or 1 ½ hours. If you want your lamb to be well done, you will need to add 20% (or 18 minutes) to the cooking time. On the other hand, if you want it rare you deduct 20% (or 18 minutes).

The procedure for estimating the cooking time of meat is as follows:

1. Lie the roast on a workbench with its broadest side at the bottom.
2. By holding a skewer like a pencil, measure the depth of the meat to its highest point from the base.
3. Using a ruler, measure from the skewer the thickness of the roast in millimetres. This will represent the approximate cooking time in minutes needed to cook the roast.



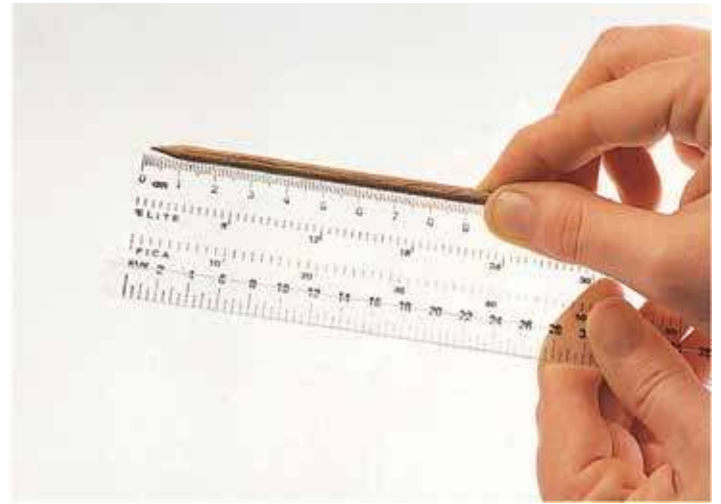
How to measure roast with bone in.



How to measure boneless roast (roll).



How to measure rib on the bone.



Poultry roasting

Using the fuel quantities recommended in this book the following estimated cooking times are a good guide for all roasting birds including chicken, turkeys, ducks and geese.

All poultry should be at refrigerated temperature before being cooked. If the bird has been frozen, place your hand in the cavity of the bird to check that it has thawed completely. If there is still ice in the centre you'll need to immerse the bird in warm to hot water until completely thawed. Always pat the bird dry and drain the cavity before coating it with cooking oil.

It's easy to estimate the cooking time for poultry. You simply select the number or weight of the bird that you want to cook, find this on the table of the opposite page and read off the cooking time.

Size of bird	Metric Weight	USA/UK Weight	Cooking time	Size of bird	Metric Weight	USA/UK Weight	Cooking time
Number 4	400g	0.9 lb	40 mins	Number 56	5.6kg	12.3 lbs	2 hours 24 mins
Number 5	500g	1.1 lbs	42 mins	Number 57	5.7kg	12.5 lbs	2 hours 26 mins
Number 6	600g	1.3 lbs	44 mins	Number 58	5.8kg	12.8 lbs	2 hours 28 mins
Number 7	700g	1.5 lbs	46 mins	Number 59	5.9kg	13.0 lbs	2 hours 30 mins
Number 8	800g	1.8 lbs	48 mins	Number 60	6.0kg	13.2 lbs	2 hours 32 mins
Number 9	900g	2.0 lbs	50 mins	Number 61	6.1kg	13.4 lbs	2 hours 34 mins
Number 10	1.0kg	2.2 lbs	52 mins	Number 62	6.2kg	13.6 lbs	2 hours 36 mins
Number 11	1.1kg	2.4 lbs	54 mins	Number 63	6.3kg	13.9 lbs	2 hours 38 mins
Number 12	1.2kg	2.6 lbs	56 mins	Number 64	6.4kg	14.0 lbs	2 hours 40 mins
Number 13	1.3kg	2.9 lbs	58 mins	Number 65	6.5kg	14.3 lbs	2 hours 42 mins
Number 14	1.4kg	3.0 lbs	1 hour	Number 66	6.6kg	14.5 lbs	2 hours 44 mins
Number 15	1.5kg	3.3 lbs	1 hour 2 mins	Number 67	6.7kg	14.7 lbs	2 hours 46 mins
Number 16	1.6kg	3.5 lbs	1 hour 4 mins	Number 68	6.8kg	15.0 lbs	2 hours 48 mins
Number 17	1.7kg	3.7 lbs	1 hour 6 mins	Number 69	6.9kg	15.2 lbs	2 hours 50 mins
Number 18	1.8kg	4.0 lbs	1 hour 8 mins	Number 70	7.0kg	15.4 lbs	2 hours 52 mins
Number 19	1.9kg	4.2 lbs	1 hour 10 mins	Number 71	7.1kg	15.6 lbs	2 hours 54 mins
Number 20	2.0kg	4.4 lbs	1 hour 12 mins	Number 72	7.2kg	15.8 lbs	2 hours 56 mins
Number 21	2.1kg	4.6 lbs	1 hour 14 mins	Number 73	7.3kg	16.0 lbs	2 hours 58 mins
Number 22	2.2kg	4.8 lbs	1 hour 16 mins	Number 74	7.4kg	16.3 lbs	3 hours
Number 23	2.3kg	5.0 lbs	1 hour 18 mins	Number 75	7.5kg	16.5 lbs	3 hours 2 mins
Number 24	2.4kg	5.3 lbs	1 hour 20 mins	Number 76	7.6kg	16.7 lbs	3 hours 4 mins
Number 25	2.5kg	5.5 lbs	1 hour 22 mins	Number 77	7.7kg	16.9 lbs	3 hours 6 mins
Number 26	2.6kg	5.7 lbs	1 hour 24 mins	Number 78	7.8kg	17.2 lbs	3 hours 8 mins
Number 27	2.7kg	5.9 lbs	1 hour 26 mins	Number 79	7.9kg	17.4 lbs	3 hours 10 mins
Number 28	2.8kg	6.2 lbs	1 hour 28 mins	Number 80	8.0kg	17.6 lbs	3 hours 12 mins
Number 29	2.9kg	6.4 lbs	1 hour 30 mins	Number 81	8.1kg	17.8 lbs	3 hours 14 mins
Number 30	3.0kg	6.6 lbs	1 hour 32 mins	Number 82	8.2kg	18.0 lbs	3 hours 16 mins
Number 31	3.1kg	6.8 lbs	1 hour 34 mins	Number 83	8.3kg	18.3 lbs	3 hours 18 mins
Number 32	3.2kg	7.0 lbs	1 hour 36 mins	Number 84	8.4kg	18.5 lbs	3 hours 20 mins
Number 33	3.3kg	7.3 lbs	1 hour 38 mins	Number 85	8.5kg	18.7 lbs	3 hours 22 mins
Number 34	3.4kg	7.5 lbs	1 hour 40 mins	Number 86	8.6kg	18.9 lbs	3 hours 24 mins
Number 35	3.5kg	7.7 lbs	1 hour 42 mins	Number 87	8.7kg	19.1 lbs	3 hours 26 mins
Number 36	3.6kg	7.9 lbs	1 hour 44 mins	Number 88	8.8kg	19.4 lbs	3 hours 28 mins
Number 37	3.7kg	8.1 lbs	1 hour 46 mins	Number 89	8.9kg	19.6 lbs	3 hours 30 mins
Number 38	3.8kg	8.4 lbs	1 hour 48 mins	Number 90	9.0kg	19.8 lbs	3 hours 32 mins
Number 39	3.9kg	8.6 lbs	1 hour 50 mins				
Number 40	4.0kg	8.8 lbs	1 hour 52 mins				
Number 41	4.1kg	9.0 lbs	1 hour 54 mins				
Number 42	4.2kg	9.2 lbs	1 hour 56 mins				
Number 43	4.3kg	9.5 lbs	1 hour 58 mins				
Number 44	4.4kg	9.7 lbs	2 hours				
Number 45	4.5kg	9.9 lbs	2 hours 2 mins				
Number 46	4.6kg	10.1 lbs	2 hours 4 mins				
Number 47	4.7kg	10.3 lbs	2 hours 6 mins				
Number 48	4.8kg	10.6 lbs	2 hours 8 mins				
Number 49	4.9kg	10.8 lbs	2 hours 10 mins				
Number 50	5.0kg	11.0 lbs	2 hours 12 mins				
Number 51	5.1kg	11.2 lbs	2 hours 14 mins				
Number 52	5.2kg	11.4 lbs	2 hours 16 mins				
Number 53	5.3kg	11.7 lbs	2 hours 18 mins				
Number 54	5.4kg	11.9 lbs	2 hours 20 mins				
Number 55	5.5kg	12.0 lbs	2 hours 22 mins				



Tips for larger roasts and poultry

Stuffing

Stuffed poultry will take longer to cook, adding 20-30 minutes to your cooking time. Putting your stuffing mix inside the cavity of the bird can also dry out your roast. As the stuffing cooks inside the bird, it pulls moisture from the meat. We have found the best way to overcome this is to cook your stuffing separately, in a foil tray or wrapped in foil.

Using Foil

When cooking a large roast or poultry, it is important to take note of how well it fits in the indirect cooking zone. Any parts of the roast or bird which sit above, or close to, the Char-Baskets™ are likely to cook quicker and potentially burn, as they are being affected by direct heat. To remedy this, you can use aluminium foil to shield the edges, as pictured below. This helps to deflect the direct heat away from the food and stop your food from burning, while promoting even, indirect cooking.

Foil can also be used to stop smaller parts of large foods from cooking too quickly and burning. Drumstick ends, wing tips and exposed bones have a tendency to cook at a much faster rate than the main meat of the roast. To stop this from happening, wrap the exposed areas with foil.

This advice can also be extended to any part of your roast which is cooking too quickly - simply cover it with foil.



Use foil to shield the edges of larger birds.

Use of Weights and Measures in the Book

Australian Standard metric measuring cups and spoons are used throughout this book. All spoon measurements are level.

1 cup	250 ml
1 tablespoon	20 ml
1 teaspoon	5 ml

We suggest that you purchase a set of plastic metric measures bearing the seal of approval of the Standards Association of Australia. These form the basis of all metric cookery and will be invaluable for future use. They consist of:

1. A set of four measuring cups based on the 250 ml cup.
2. A set of four spoons – 1 tablespoon, 1 teaspoon, ½ teaspoon and ¼ teaspoon.
3. A one litre measuring jug with both cup & millilitre graduations.

It is also a good idea to invest in a set of metric scales for measurement of ingredients where a weight rather than a cup measurement is required e.g. 500 g Topside Steak.

When testing the recipes for this book, we used Weber® 57cm (22½”) One-Touch™ kettle barbecues and accessories, Weber BBQ Briquettes and Weber Red Gum charcoal and firelighters. All barbecue fuel quantities, lighting times and cooking times have been determined using these products.

Using our Easy Recipe Guide

Each recipe in this book is headed with a recipe key. For example:

GINGER PRAWNS

*Normal fire, indirect, 8-15 minutes, with lid on.
Serves 8-10*

Normal fire indicates the type of fire you should use – either hot, normal, low smoke, direct, or low direct.

Indirect indicates the cooking method – either direct or indirect.

8-15 minutes indicates the total cooking time for the recipes.

With lid on, all recipes with the exception of some wok, toast and hotplate recipes are cooked with the lid on.

Serves 8-10 indicates the number of people who may be served with the quantities given in the recipe.

This recipe key enables you to look at any recipe in the book, and at a glance, determine the type of fire required, the cooking time, and the number of people the recipe ingredients will cater for.

Useful Tips

1. When using the indirect cooking method, always make sure that the fires are located to the sides of the barbecue bowl and not adjacent to the bowl handles. This will help keep the handles cool and produce a more even air-flow through the bottom vents.
2. When moving your barbecue, always remove the lid. This will prevent the lid from falling off the barbecue and becoming damaged. Do not place a hot lid on a lawn or any other surface which could be damaged by heat.
3. When lighting your barbecue for indirect cooking, make use of any breeze or wind. This will help fan the fires, resulting in a faster light up time. The barbecue should be placed in a position so that either the front or back handle is facing into the direction of the wind. This will allow the wind to fan both fires evenly, rather than having one side catch faster than the other.
4. Make sure that the top and all the bottom vents are fully open before placing the lid on the barbecue to commence cooking. If this is not done, the fire will go out.
5. Before lighting your barbecue, make sure that the vents at the bottom are not obstructed by ash or left over briquettes from previous cooking.
6. Heating briquettes available for slow combustion stoves are not suitable for cooking in barbecue kettles. These briquettes contain quite large quantities of toxic volatiles.
7. When lighting the fire there will initially be fumes generated by the fire-lighters. Do not stand over the barbecue inhaling these fumes.
8. When using the indirect cooking method, always make sure that both fires are burning evenly. If one fire is burning faster than the other more oxygen will be drawn to it. This may cause the other fire to go out due to lack of air. You may use tongs to transfer coals from one fire to the other in order to balance them.
9. Before cooking, it is necessary to wait until most of the coals are coated with ash. Any coals which are not burning properly will reduce the temperature inside your barbecue.
10. When preparing a hot fire for your kettle barbecue the lighting may extend from the normal 25-30 minutes to approximately 30-35 minutes. You should take this into account for timing purposes.

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11. All meats should be thawed and at room temperature before cooking.
 12. Wind cools the surface of the barbecue kettle. On a windy day this will considerably lengthen the cooking time. It is advisable to carefully move the barbecue to a sheltered place.
 13. When indirect cooking, if the food is too close to the coals, burning may occur on the edges nearest the fires. This can be avoided by shielding the edges of the food with some foil (see page 20.)
 14. When you are glazing and smoking food, only apply the glaze during the last 30-40 minutes of cooking time. If applied too early, the sugar in the glaze will caramelize and turn black. If the meat has been smoked prior to glazing, the glaze will not adhere. Always glaze before adding smoking wood.
 15. When preparing egg wash, mix equal quantities of beaten egg and water if you want your pastry nice and crisp. For softer pastry, mix equal quantities of beaten egg and milk.
 16. Do not continually lift the lid to check the food while cooking. This will cause considerable heat loss and lengthen the cooking time.
 17. Choose smoking woods that enhance the flavour of your food. For health reasons, only use recognised smoking hard-woods, and make sure that they have not been treated or painted in any way.
 18. Always use tongs when removing meats from the barbecue. Piercing the meat with a fork allows the juices to escape.
 19. We have mentioned earlier that a hot fire will become a normal fire, and a normal fire a low fire after about 2 hours of cooking. If you intend using either of these fires for a second course, you should remove the barbecue lid for about 10 minutes before cooking the second time. This allows a flood of oxygen to reach the coals and revitalize them.
 20. If you need to add more barbecue briquettes to the fire to cook a second course, you must leave the lid off the barbecue until the additional briquettes are mostly ashed over before you continue cooking. This will take about 15-20 minutes. These additional briquettes will ignite without the use of fire lighters.
 21. If a breeze is blowing ash on you or your guests while you are cooking, carefully move the barbecue down wind, or move your guests up wind.
 22. When you have finished cooking, remember to close the top and bottom vents to extinguish the fire. Any left-over briquettes or charcoal may be used as part of your cooking fire the next time your barbecue is used. By doing this quite large savings will result.
 23. Store your unused fire lighters in a plastic bag secured with a twist tie or rubber band. If they are left unsealed for any length of time, the flammable ingredients will evaporate and reduce their effectiveness.
 24. Always store your barbecue briquettes in a dry place. Never try to use damp or wet barbecue fuel for cooking.
 25. When cooking a roast and your guests are late, do not over-cook the food. Remove the roast from the barbecue when it is properly cooked. The meat will retain its heat for a remarkably long time provided that it has not been carved.
 26. When cooking large roasts which take 2 hours or more to cook, allow up to twice as much time as normal for the vegetables to cook.

Carving Tips

The art of carving meat was once considered an essential refinement in table service. In days gone by the head of the family would carve the meat at the dinner table for all to see. In this way children learnt the skills of carving by merely being at the table.

The advent of fast foods, snacks and casual eating habits has meant that many of these skills have been lost to the average Australian household.

The barbecue kettle is used to cook so many beautiful roasts. These often need to be carved and served in the presence of your family and friends. There is nothing worse than to see a lordly roast or noble bird hacked and butchered until it becomes an untidy mess.

With this in mind, we thought it would be helpful to illustrate some carving techniques for the basic cuts of meat and poultry.

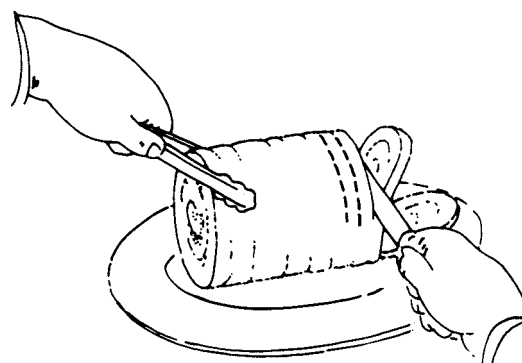
Carving Equipment

Truly successful carving requires a very sharp knife with a perfect edge. If you have difficulty sharpening your knives, ask your butcher for help. Most butchers are more than happy to show you the sharpening techniques. If requested, some will even create and maintain a perfect edge for you.

Traditional carving has always involved the use of a fork. We have found that with careful use, short handled tongs do a better job. They enable you to hold a roast without piercing it. Furthermore they make it easier to transfer the carved slices of meat from the carving dish to the dinner plate.

The Jam Roll Cut

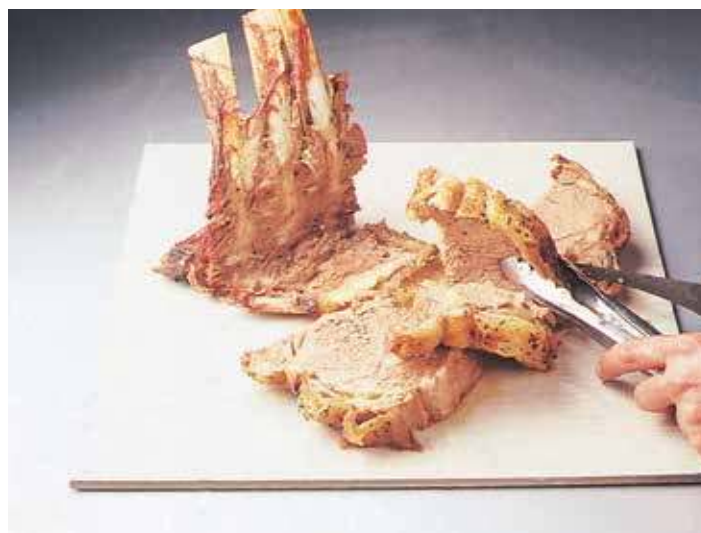
This is used for rolled roasts of beef, Beef Wellington, roasts of scotch fillet and other similar cuts.



Jam Roll Cut

Rib Roasts and Loins on the Bone

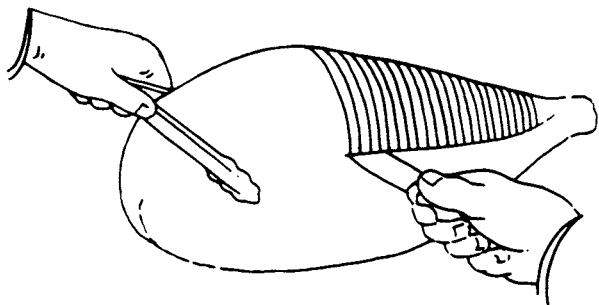
Remove the meat from the bone as shown. Cut the meat into steaks, one for each person.



Legs of Lamb, Pork and Ham

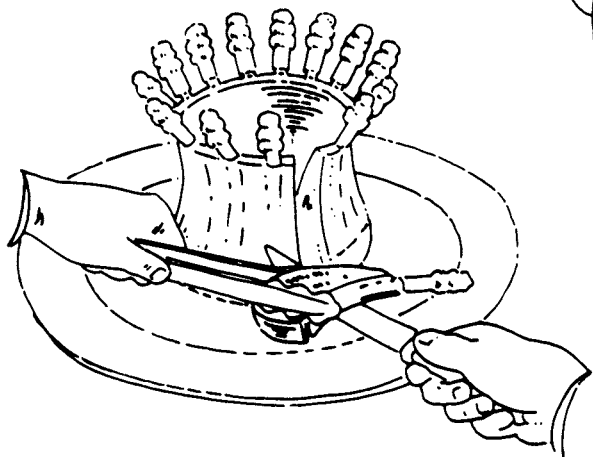
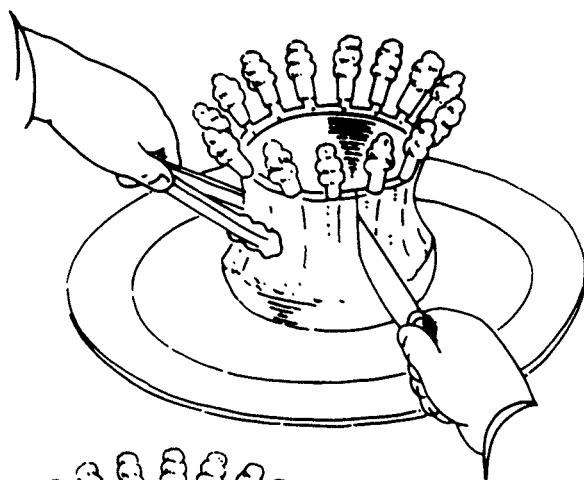
Always carve these vertically as illustrated, starting at the shank end and working towards the cushion.

Carving in this way means that less of the uncarved meat is exposed to the air. The roast will not dry out as readily. Furthermore, if the leg has been smoked or glazed, this carving method ensures that everybody receives a taste of the smoked or glazed surface.



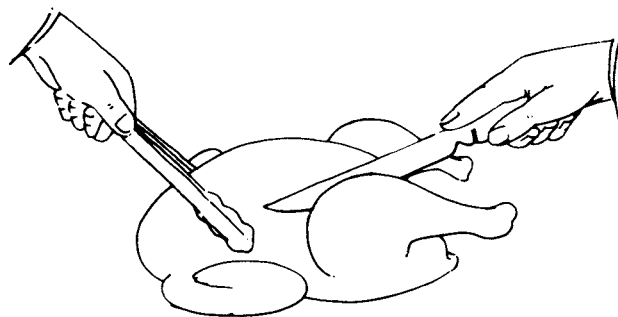
Crown Roast

Slice the roast downwards between the ribs.

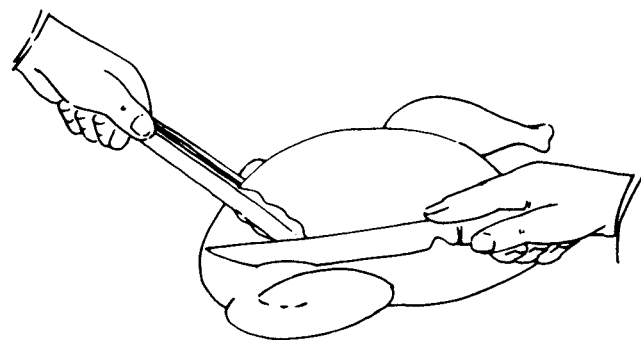


Chicken

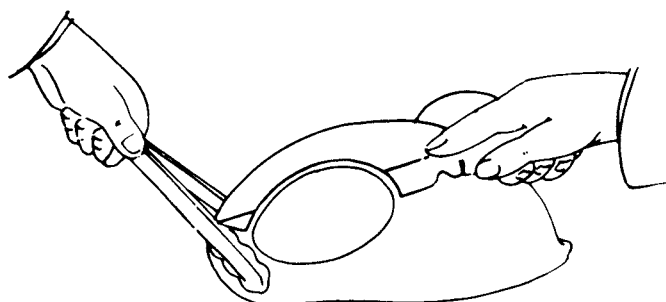
1. Remove the thigh and drumstick from the chicken by cutting between the thigh and the body of the chicken to expose the thigh joint. Using tongs, prise the thigh away from the body and cut through the joint with your knife. Repeat this for the other drumstick and thigh.



2. Remove the wing by slicing the breast meat slightly above it and cutting down until the joint is exposed. Cut through the joint to remove the wing with part of the breast meat attached. Repeat this process on the other side of the bird.

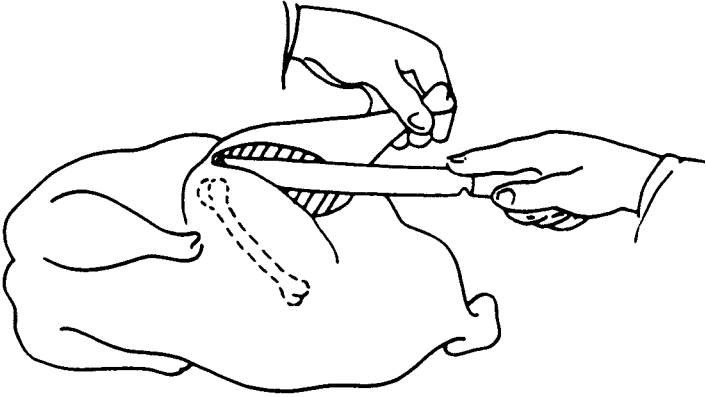


3. Carving the breast is now simple. Slice from top to bottom as illustrated.

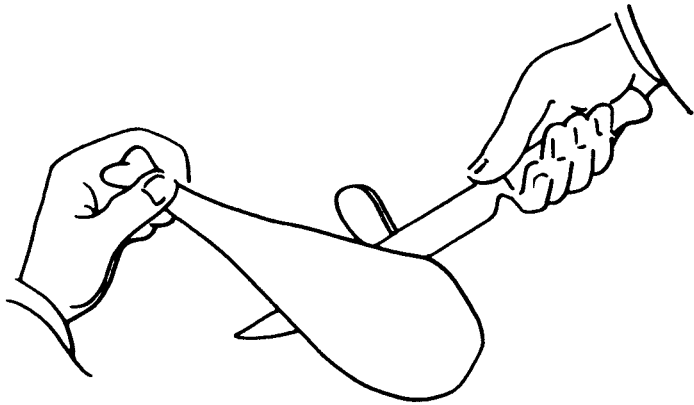


Turkey

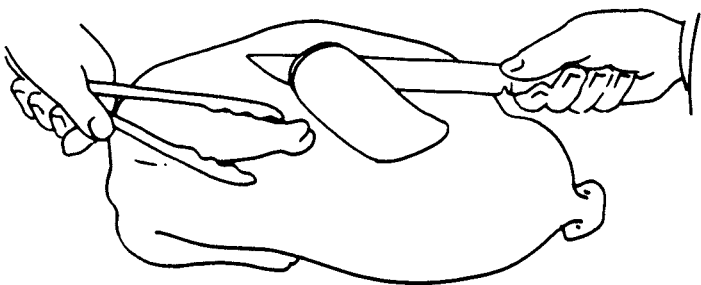
1. Lay the turkey on its side with its back facing toward you. Hold the end of the leg with one hand. Apply pressure to straighten the leg while cutting through the joint to remove the drumstick.



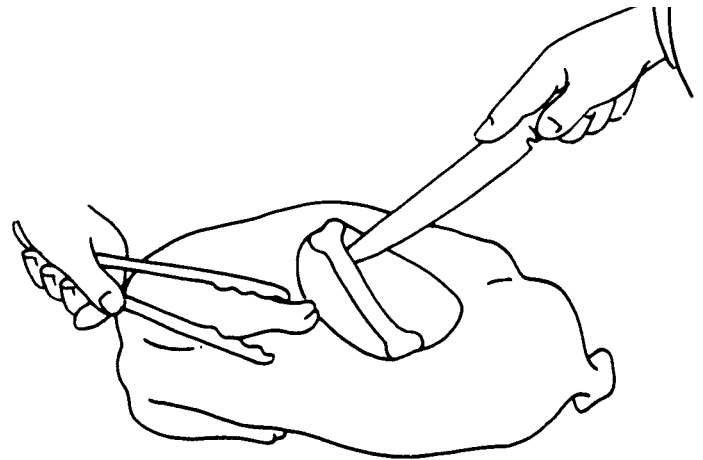
2. The drumstick may be served whole, or the meat carved from it as illustrated.



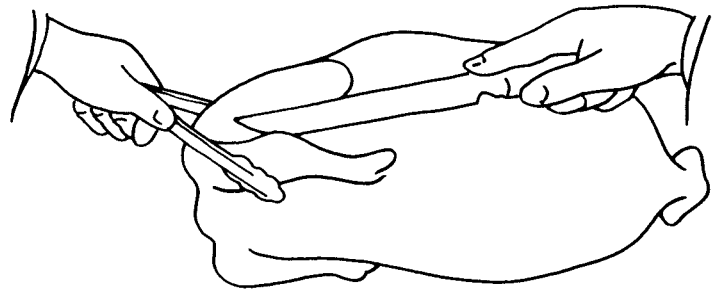
3. To carve the thigh, take some slices from it until the thigh bone is showing.



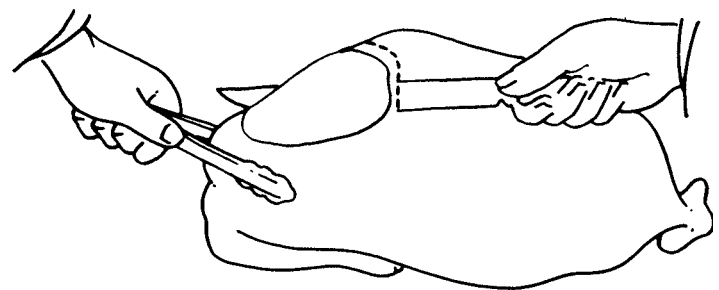
4. Remove the thigh bone with tongs after cutting around it with a knife to loosen it from the meat. Continue taking slices of meat from the thigh.



5. Take some slices lengthways from the breast so that the joint attaching the wing to the body is exposed. Using tongs and your knife, remove the wing.



6. Now slice the remaining breast meat until this side of the turkey is completely carved.



7. Turn the turkey over and repeat the above procedures on the other side.

Trouble Shooting

<i>Problem</i>	<i>Remedy</i>
<p><i>Food tastes like kerosene</i> Food has been placed on the barbecue while the firelighters are still burning.</p>	<p>Discard food. Next time you cook ensure that the firelighters have completely burnt away.</p>
<p><i>Food takes too long to cook</i> Insufficient fuel being used to create adequate cooking temperature.</p> <p>Fire not properly established.</p> <p>One or more vents are not properly opened or are partially blocked by ash or briquettes.</p> <p>Barbecue is cooking in windy conditions resulting in lower cooking temperatures.</p> <p>Wrong fuel being used. Wood or poor quality briquettes or charcoal may smoke, go out or not produce the required cooking temperatures.</p>	<p>Use correct fuel quantities as detailed on pages 12 and 16. Add the additional fuel required and leave the lid off the barbecue until most of the coals are ashed over before recommencing cooking.</p> <p>Remove the lid from the barbecue and allow most of the coals to ash over before recommencing cooking.</p> <p>Check ventilation. Carefully clean any blockages and remove the barbecue lid until the fire is burning freely and most of the coals are ashed over before recommencing cooking.</p> <p>Carefully move the barbecue to a sheltered position and continue cooking.</p> <p>Remove this fuel and replace it with Weber® barbecue fuel. Fully establish the new fire with the lid off and continue cooking.</p>
<p><i>Fat dripping into ash catcher</i> No drip tray on the bottom grill or the drip tray is too small to catch all the drips.</p> <p>Drip tray or foil has melted under the heat or has a hole in it.</p> <p>Fatty food such as chops and sausages are being cooked by the direct method.</p>	<p>Carefully remove the meat and cooking grill (use oven mittens for the grill). Add a tray or trays large enough to catch all the drips. Replace the cooking grill and food and continue cooking. Allow the ash catcher to completely cool before cleaning it.</p> <p>Remove food and cooking grill and add a good quality barbecue drip tray.</p> <p>Remove the food and trim off all the fat. Next time you cook this type of food use the indirect cooking method.</p>

Problem	Remedy
<p><i>Fire goes out on one side when indirect cooking</i></p> <p>The fires were not equally established when the lid was placed on the barbecue. This may cause more air to be drawn to the stronger fire resulting in suffocation of the weaker fire.</p>	<p>Remove the lid and using tongs, exchange coals from one side to the other to balance the heat generated by both fires. Leave the lid off until both fires are mostly ashed over before resuming cooking.</p>
<p><i>Firelighters burn but do not successfully ignite briquettes</i></p> <p>Firelighters may have lost their potency due to the evaporation of the flammable ingredients.</p> <p>Barbecue briquettes may be damp.</p>	<p>Reset the fire with fresh firelighters. Be careful, some briquettes may be very hot. Use tongs to do this. Keep unused firelighters in an air-tight container until required.</p> <p>Remove the briquettes with tongs and replace them with dry briquettes. Allow damp briquettes to dry before attempting to re-use them.</p>
<p><i>Bitter tasting steak or chops</i></p> <p>Grease builds up on the cooking grill in a dark oily film. This is transferred to the meat giving it a bitter taste.</p>	<p>Clean the cooking grill to remove the oily film before you use the barbecue again.</p>
<p><i>Vegetables have not cooked in the suggested cooking time but the meat is cooked</i></p> <p>This problem occurs when cooking a large roast e.g. pork or turkey. The reason for this is that the barbecue loses heat over a period of time. Potatoes, for example, added in the last hour of a 3 ½ hour cook will not cook in the suggested cooking time. This is because the temperature in the barbecue has dropped well below the normal cooking temperature.</p>	<p>Remove the vegetables and finish cooking in another appliance e.g. microwave or electric frypan. While doing this the roast may be removed from the barbecue and allowed to stand. Provided it has not been carved the roast will stand for a remarkably long time without losing its heat. When cooking large roasts which take more than 2 hours to cook, allow up to twice as much time as normal for the vegetables to cook.</p>
<p><i>Food has scorched on the bottom or edges when using the indirect cooking method</i></p> <p>This is caused by the food being cooked too close to the coals, either directly over them or so close that it becomes scorched by radiated heat.</p>	<p>If badly affected, cut away the offending food before serving. In future be careful not to place food over, or too close to the coals when cooking for any length of time. Foil may be used to shield the edges.</p>