

Barbeque Basics



with

55 Fantastic BBQ
Recipes



Barjona

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1. The Fantastic Institution of the Barbeque

Along with the warm scented breezes of a summer day, no one can resist the temptations of eating barbeque food. Whether you are a seasoned meat eater, a vegetarian, or just love the taste of the smoky flavors, grilling food over a slow flame is irresistible. And the great thing about barbequed food is that it tastes all the better when you eat it outside!

Barbequing is great for all types of meats—chicken, beef, lamb, pork or seafood and you can even use your barbeque to cook vegetables and desserts. Barbequing can be done in summer to relieve the heat of cooking indoors, or can be done in winter to bring the flavors of summer to you in the coldest months. It can even be done indoors on a stove-top or electric grill. Barbequing is also considered to be a very healthful way of cooking.

But, how did barbeque get its start anyways? Of course, the first people to ‘barbeque’ their food were the hunter-gathers from prehistoric times. Barbequing (or cooking food over a fire) was a means of self-preservation and satisfied their basic need for food.

There are many different spellings of barbeque around the world—barbeque, BBQ, barba-que Bar-B-Que, (among others spellings). The origin of the word barbeque however (no matter how you spell it) is often disputed. The most widely accepted story suggests that “barbecue” is a derivative of the West Indian term “barbacoa,” which refers to a method of slow-cooking meat over hot coals. If you look in The Oxford English Dictionary, the word back is tracked back to Haiti. Others claim that “barbeque” actually comes from a French expression “*barbe a queue*”, which means “from head to tail” while another theory proposes that “barbecue” comes from a 19th century advertisement for a combination whiskey bar, beer hall, pool establishment and roast pig vendor which was known as the BAR-BEER-CUE-PIG.

The traditional Southern barbeque grew out of the celebration of slaughtering time where the entire community would be invited to share in the event. Barbequing the tough stringy meat (typically pork) prevalent in the old South helped to tenderize the meat. In fact, in the 19th century, barbecue was a highlight at private parties, church picnics and political rallies. These popular gatherings offered an easy way for the classes to intermix because everyone could eat barbeque; it was not a class-specific food. Church barbecues became popular where roast pig supplemented the other dishes prepared by the ladies of the congregation. This was the evolution of the traditional church picnic in many Southern communities. Moving forward into the 20th century, barbecue pits and roadside stands where travelers could buy a cheap barbeque meal were established.

Although the barbeque in the South reflects its varied history and has become an emblem for Southern cooking, for the past seventy-five years, barbecue joints around the world have flourished. Barbeque offers a juicy, luscious taste that few can resist. With delicious sauces and that great smoky flavor barbeque is a favorite the world over.

In today’s world, barbeque is not just simply roasting meat over hot coals. Barbequing has become an art. The true barbeque chef would consider that merely grilling the food.

Barbeque should be done in particular way with the meat slowly cooking over low heat. That is what really creates the succulence and enhances the smokiness. Barbeque sauce can be considered to create a different taste in some instances, it is not always necessary to enhance the flavor of the meat.

Different methods of cooking on the barbeque consist of using wood, charcoal or propane. The type of wood being burned results in different flavors infusing the meat being cooked. Typical and popular wood types used on barbeques include mesquite, hickory, maple, pecan, apple and oak. Coniferous woods should never be used for barbequing because they contain tar and resins which can create undesirable flavors and unwanted chemicals can permeate into the food.

Charcoal barbequing usually consists of setting fire to a commercially bought bag of charcoal briquettes, or alternatively lump charcoal. Charcoal barbequing is often thought to be preferable the gas or propane method because it creates a more authentic smoky flavor.

In recent years, gas or propane barbequing has become the more popular method for barbeque cooking. Using a gas or propane barbeque is believed to be easier to light, the heat easier to control and the outcome more predictable than with the wood or charcoal methods. In short, it is more convenient for today's average backyard barbequer. The smoky wood flavor can be added to food cooked on gas barbeques with the use of a 'smoker box' or by a simple perforated foil pouch in which soaked wood chips grill alongside the meat on the barbeque. Sometimes the sauce can provide the smoky flavor.

You can also get a taste of barbeque flavor by using the relatively new method of the indoor grill. The invention of grills like the George Foreman Grill (although there are other brands available) makes obtaining that real barbeque meat flavor easy for indoor cooks. The meat is still seared on both sides and the juice and barbeque flavor is retained with a high-heat, quick cooking method.

Whichever method you use to barbeque or however you spell it, barbeque has always been one of the great flavorful ways of cooking food. Meat cooked on a barbeque always seems more succulent, vegetables have more taste and potatoes are fluffier. Everything just seems to taste better when you barbeque it. So sit back in your backyard haven, light up your barbeque, have a cool drink standing by and go to it. The all you have to do is enjoy the results!

2. Gas Grills

The act of Barbequing or Grilling has been around as long as humans. Cavemen quickly realized that food tasted good after it was cooked over an open fire. Barbequing has become a standard American tradition for families. The reasons as clear as to why, not only does the food that comes from barbequing have a taste that is unmatched by other cooking methods, but it also gives a family a reason to gather outdoors. Today, over 90%

of families in the United States hold or attend barbeque at least once a year. About 70% of all of the barbeques are held on a gas grill.

Gas grills work by a spark igniting the gas within the grill. Gas grills typically have a knob or button in which you push, which in turn activates a small hammer. The hammer hits the top of an ignition crystal. Then the burner mixes the gas with oxygen and spreads it all over the cooking surface. This makes the gas grill one of the easiest, and fastest grills to use.

Gas grills come in all shapes and sizes, which makes them ideal for just about any type of barbequing party. Smaller gas grills give you the portability needed to plan barbeque parties away from home. Larger gas grills are handy and efficient for cooking larger amounts of food quickly, and without the mess of other types of grills.

So after deciding that you indeed are in the market for a barbeque grill, there are several factors that you must consider when you purchase your first gas grill.

Weight

Gas grills literally come in all shapes and sizes. The type of grill you get should really depend on what you plan on using the grill for. If you foresee camping trips, barbeques at the beach, or tailgate parties, you may want to consider getting a smaller gas grill. Smaller gas grills can range from anywhere from 10 to 40 pounds. Portable gas containers are also available for these types of grills.

If your plans are more focused on home cooking, then larger grills should suit you fine.

Cooking Surfaces

Gas grills, unlike some of the other grill types, have the ability to come with many different types of cooking surfaces. These different cooking surfaces include a BBQ surface, a flat grill, and a ribbed grill. Some grills even offer these types of surfaces as none stick, which allow you to cook a whole array of foods that you would not be able to cook on a grill otherwise. You will be able to cook your whole meal, including side dishes if you plan correctly.

Some gas grills even contain a Wok type surface for cooking pasta and rice dishes, or a full rotisserie set that allows you to cook rotisserie chicken.

Surface Area

Similar to weight, you should consider the amount of cooking surface area you will need, depending on the situations you will be in. If you will only be cooking for yourself or you and one other, you will want a gas grill with a smaller surface area, as it will be easier to clean. If you plan on holding parties or cooking for a larger family, then you will want to consider a gas grill with a larger surface area.

This surface area may also include different types of cooking surfaces. Look for the type that suits you best, or is interchangeable.

Cost

Gas grills are typically on the higher end of the cost scale, as they require more mechanical parts than other grills. You can expect to spend anywhere from \$50 for a smaller grill up to \$400+ for a large stationary grill.

You also have to remember that you must also purchase the gas for your grill. Propane can be purchased at your local grocery store, superstore, or from a dealer. Bottoms come in all sizes, including miniature versions for portable gas grills.

3. Natural Gas Grills

Summertime would not be complete without at least one outdoor barbeque. Once upon a time, there was a very limited array of foods that you could cook on your grill. Today, modern conveniences allow you to cook pretty much any type of food on your grill.

The easiest grill to use is by far the natural gas grill. Natural gas grills are designed to hook directly into your home's natural gas line, eliminating the need to provide the fuel source. This cuts out all trips to the grocery store for more charcoal or propane.

Another advantage when using a natural gas grill is the ability to control the temperature in which you are cooking. Natural gas grills have burner controls which allow you to produce different temperatures for the different cooking areas on your grill. This allows you to cook your meat on one side while keeping your side dish warm on the other.

Natural gas grills have the ability to come with many different types of cooking surfaces. These different cooking surfaces include a BBQ surface, a flat grill, and a ribbed grill. Some grills even offer these types of surfaces as non-stick, which allow you to cook a whole array of foods that you would not be able to cook on a grill otherwise. Some gas grills even contain a Wok type surface for cooking pasta and rice dishes, or a full rotisserie set that allows you to cook rotisserie chicken.

Natural gas grills are by far the easiest type of grill to clean. With other grills such as charcoal and smoker grills, you have to remove the wood and charcoal briquettes each time. Natural grills only have to be wiped down. Some natural gas grills even have a non-stick feature.

Natural gas grills are not portable as you will need to be able to hook them up to your natural gas line, so weight should not be that big of an issue when you go to purchase your first grill. Instead, you should look at the surface area available. Will you be able to cook for just yourself and one other? How about a family of 5?

Natural Gas Grill Brands

Broilmaster- One of the most popular brands of natural gas grills is the Broilmasters. This company has been around for a long time and prides itself on creating great grills, even in its companies early years. If you are looking for a reliable name, Broilmaster would be the way to go. One of the most popular Broilmaster grills is the Super Premium Series, which puts out 40,000 BTU's of cooking power, and has a cooking surface area of over 695 square inches.

Brinkman- These simple natural gas grills put out a lot of power, and can be purchased for much less than it's competition. The Brinkmans, like the Broilmasters, are built of solid construction and meant to last a long time. Typical power output is around 45,000 BTU's. Smaller units can range from 12,000 to 15,00 BTU's.

Lynx- Lynx natural gas grills were specially designed for cooking higher end meats such as steaks and ribs. This grill have a patent design that is suppose to lock in flavor and juices. The Lynx run on the higher end of the price range, anywhere from \$500 to \$3000. The typical cooking power is about 50,000 BTU and has a cooking surface area of 840 square inches.

4. Using a Charcoal Grill

So you have decided that you want to start barbequing. What more, you have done your research and decided that a charcoal grill is the right type of grill for you. So now you have to pick out the charcoal grill that suits you best.

One of the first things to consider when purchasing your first charcoal grill is what you will be using it for. If you plan on traveling and using your charcoal grill, you will want something small enough to travel with you. Smaller charcoal grills are ideal for cookouts, camping, and tail gate parties, but would not be useful if you were cooking for a larger amount of people. Smaller grills that are easy to transport usually cost under 20 dollars, so you may want to consider purchasing a separate grill for smaller occasions.

Safety should also be a major concern when you are picking out your first charcoal grill. Since you grill will contain hot coals, the number one concern should be whether or not your grill is sturdy. Look for a charcoal grill with a sturdy structure and sturdy legs. If you grill does not have sturdy legs, it's chances of falling over is much greater. When a charcoal grill falls over, it send hot coals flying. Many charcoal grills also have built in safety features such as a water reservoir and smothering valves. Undoubtedly, when you are cooking with fire, accidents can happen. In the case that your grill gets out of control or becomes too hot, these safety features will prevent potentially dangerous fires.

One of the most noticeable features when using charcoal is the flavor of the food you cook. To cook with a charcoal grill, you must buy charcoal briquettes and lighter fluid. Charcoal is a one use item, and will need to be discarded after each use. Charcoal can be picked up at your local superstore, gas station, or grocery store, and is typically pretty

inexpensive. Charcoal must be light and allowed to burn until the charcoal is no longer on fire, but is red embers. The best way to get the pile to burn is by stacking it in a pyramid.

While no one likes to clean their grill, it is necessary to maintain your grill if you want it to last its intended lifetime. One problem you will face is the fact that Charcoal grills stay hot for a long period of time. You can remedy this situation 2 ways. First you can leave your grill open, allowing it to burn out. This method typically burns a lot of the grease off, but can potentially cause problems if you are not near your barbecue grill. You do not want to start a fire. Another way is to completely close off your grill and deny the fire oxygen. As soon as the grill is cold, or cold enough not to burn you, you will want to clean the grill. Leaving the grill dirty for any amount of time will cause the buildup to become hard, and may make it harder to remove. Use a wire brush to clean off the surface areas of your grill, and then spray cooking oil on the surface. Take the racks off and clean them with dishwashing soap. Dawn or other brands that have degreasers work best. Rinse the racks off, and replace them in the grill.

5. Tips for Better Barbequing

If you are new to barbequing, chances are you have run into some problems when it comes to barbequing. Barbequing, like anything else, takes practice. Learning from your mistakes, as well as the mistakes of others will help you learn quickly.

Before you begin cooking, spray your cooking area with a nonstick cooking spray. This will prevent your meat from sticking when you are rotating or removing it. If your meat sticks and tears, you will lose a large amount of juice, and your meat may dry out.

Never place food on the grill until the temperature is correct. The fluctuation in temperatures will cause your food to dry out or burn. If you are using a charcoal grill, make sure that the coals are completely gray before putting the meat on the grill. This will allow the temperatures to level out, and the majority of the lighter fluid to burn off.

Cooking with charcoal lighter fluid can be good or bad. The lighter fluid will cause the food you are cooking to taste different than with other types of grills. Alternatively, attempting to not use lighter fluid may cause a lot of frustration due to the fact that charcoal can be difficult if not impossible to light without lighter fluid.

You must properly prepare the meat you are cooking, before cooking it. You should never attempt to cook meat on a grill when it is still frozen, or even partially frozen. Thaw your meat by sitting it out about 12 to 24 hours before you plan on cooking it, or by thawing it in a microwave. If your meat is thawed, but in the refrigerator, set it out long enough for the meat to get to room temperature.

Once meat is cooked, never put it back in on the same plate you had it on when it was raw. This could cause the spread of many unwanted illnesses. Do not handle cooked meat with the same utensils that you used when it was raw.

Never poke your meat while it is cooking. Poking holes in meat will cause the juice inside to leak out into the bottom of the grill. Not only will this make your food dry and unappealing in the end, but it also could potentially ruin your barbecue grill. At the very least, it will cause a buildup of unwanted grease and juices on your grill, which will make cleanup harder.

Once the meat is on the grill, try not to open the lid too many times. Each time you open the lid, you change the temperature in the grill. The constant change in temperature and the air flow will cause your meat to dry up quickly.

Remember that the higher the heat is not always the better. While it is ok to quickly cook food, turning the heat up will just cause the meat to dry up and potentially burn.

While using tin foil or aluminum foil will make cleaning easier, it will cause your food to have more of a fried taste than a grilled taste.

If you are planning on using your favorite barbecue sauce, be sure to wait as long as possible to put it on the meat. Putting barbecue sauce on too early will not only potentially cause your meat to dry out, but it could also burn.

6. Cleaning Your Grill

When purchasing your barbecue grill, think of it as an investment rather than just another item for your outdoor entertainment. You should expect this item to become a large part of your outdoor activities for many years to come. But like any other investments, proper maintenance and care is needed to ensure that your barbecue grill will work for you for many years to come.

Leaving your grill messy after each use will not only make it harder on you when you finally do clean the grill, but it will also drastically decrease the lifespan of your grill. If your grill sits dirty, you increase the risk of rust.

While some maintenance and cleaning is specific to the type of barbecue grill you own (gas, electric, charcoal or smoke barbecue grill), the majority of maintenance that should be carried on does not change from grill to grill.

7. Barbecue Maintenance Tips

When purchasing your barbecue grill, think of it as an investment rather than just another item for your outdoor entertainment. You should expect this item to become a large part of your outdoor activities for many years to come. But like any other investments, proper maintenance and care is needed to ensure that your barbecue grill will work for you for many years to come. While some maintenance and cleaning is specific to the type of barbecue grill you own (gas, electric, charcoal or smoke barbecue grill), the majority of maintenance that should be carried on does not change from grill to grill.

Step 1- Gathering the Necessary Items

You will need some common household items on hand when it comes time to clean your barbeque grill.

- * Brass wire grill brush
- * Steel wool pads, preferably that contains soap already.
- * Mild dish soap
- * Sponge or dishcloth
- * Spray cooking oil
- * Dry baking soda
- * Aluminum foil

Step 2- Brushing Your Grill Off

The first thing that should always be done to your grill is a routine brushing. Using your brass wire grill brush (or other brush suitable to your type of grill) you should brush off all the surfaces. By routinely brushing your barbeque grill, you will prevent any type of buildup. If buildup from food is left to long, it can become increasingly difficult to remove, and can end up causing problems such as rust.

Step 3- Spray Cooking Oil

Once you are sure that your grill is free of all buildup and debris, and that your grill is completely cooled off, you will want to spray it down with a light layer of cooking oil. Spraying it down with cooking oil will prevent your barbeque grill from rusting. It is especially important to make sure your barbeque grill is completely cold, as spraying cooking oil on a hot surface may cause the oil to heat up and ignite, which could be potentially dangerous to you and your barbeque grill.

Step 4- Use Baking Soda and Aluminum Foil on Your Grill

Baking soda is a very nice cleaning and polishing agent. Once you have removed any extra debris and buildup, lightly scrubbing your barbeque grill with baking soda will give it that extra shine, similar to the day that you brought it home from the store. This can also be used on handles and knobs to remove any extra buildup that cannot be taken off with a wire brush.

Aluminum foil can also be used to keep your grill looking nice. Gently rub the aluminum foil on your grill, and you will notice that it removes grime and buildup. This is a cheap and inexpensive way to clean your grill.

Step 5- Clean Your Racks

The racks in your grill are especially important as this is where the food touches when it is cooking. You will have to use the wire brush to remove as much buildup as possible. Once you remove as much as possible, start washing the racks with dish soap. If the racks

are really dirty, you may also want to use the steel wool pads. Be sure to completely rinse off all soap and residue before cooking on these racks again.

BARBEQUE CHICKEN

1. Beer-Can Chicken

A popular method of cooking chicken in recent years both in barbeque contests and in backyard barbeques as well, is the beer-can chicken. Cooking a beer-can chicken couldn't be easier but the results are worthwhile. This is a technique that delivers a moist, succulent and flavorful chicken. It is also a bit of a showstopper and makes a lively conversation starter as well. So what is beer-can chicken? Is it chicken in a beer can? Close, but try saying beer can in a chicken instead. The beer is used to both keep the bird flavorful and moist, and the cook happy. By the time the bird is ready to eat, the chef will not be the only one with a beer belly!

Is it safe to eat chicken that has been in contact with the ink from a beer can? When the FDA was asked this question they were not sure because they have only tested the cans as a container and not as a cooking utensil. However the ink on the cans is applied to a temperature in excess of 500 degrees while the can never get hotter than 215 degrees during the cooking process. The conclusion by most experts is that there is nothing harmful in the ink or in using the beer cans.

For those cooks who still worry about possible contamination, vertical stainless steel chicken roasters are available. These roasters have their own reservoir for beer, water or your choice of liquid.

Here is the method for preparing beer-can chicken:

- 1 whole chicken
- 2 tablespoons vegetable oil
- 2 tablespoons salt
- 1 teaspoon black pepper
- 3 tablespoons of your favorite dry spice rub
- 1 can beer

Preparing the Chicken

Remove and discard neck and giblets from chicken. Rinse chicken inside and out, and pat dry with paper towels. Rub or brush the chicken lightly with oil then season inside and out with salt, pepper and dry rub.

Open a can of beer and drink half. Wait 5 minutes then drink the other half and open a second can for the chicken. Drink half of the second beer and reserve remainder of beer for the bird. Using a "church key"-style can opener, pop a few more holes in the top of the can so that the moisture will be able to escape.

With the can on a steady surface, lower the chicken onto the can. It should stand on its own using the legs and can as a tri-pod. Refrigerate the bird while you get your grill or smoker setup.

Preparing the Grill

Whether you intend to grill or smoke the bird, the goal is indirect heat. No coals or burner directly under the chicken. Place a drip pan under where you intend the bird to sit. If you are grilling, turn the burners to medium-high on one side of your grill and place the bird on the other side.

Cooking the Chicken

Continue to cook the chicken over medium-high with the grill cover on for approximately 1 ¼ – 1 ½ hours. The chicken will be done when the internal temperature registers 165 degrees F in the breast area and 180 degrees F in the thigh. Remove from grill with tongs and move to cutting board. Be careful not to spill the beer when removing the can. Let the chicken rest for 5-10 minutes before carving. Toss the beer can out along with the carcass.

2. Honey-Mustard B-B-Q Chicken

4 skinless, boneless chicken breasts
1/3 cup Dijon mustard
¼ cup honey
2 TBSP. Caesar salad dressing
1 tsp. b-b-q steak sauce

In a medium bowl, mix together the mustard, honey, salad dressing and barbeque sauce. Dip each chicken breast in the sauce to coat. (Reserve a small amount of sauce for basting.) Preheat your barbeque grill to medium heat.

Lightly oil your barbeque grill to prevent the chicken from sticking. Place coated chicken breasts on grill over indirect heat and cook for 18-20 minutes, turning occasionally, until desired doneness is achieved and juices run clear, basting occasionally with the sauce. Watch carefully to prevent burning.

3. Curry Barbeque Chicken

6-8 pieces of chicken (legs, cut into thighs and drumsticks)
2 onions, chopped
4 cloves, garlic, minced finely
½” piece of fresh ginger, finely chopped
1 hot pepper, finely chopped (Scotch Bonnet or Country Pepper)

½ TBSP. vinegar
1 tsp. salt
1 can coconut milk
4-5 tsp. curry powder
Pinch of sugar

Place chicken pieces in a large flat baking dish. In a bowl, combine spices, hot pepper sugar and coconut milk. Pour over chicken. Turn pieces to make sure both sides are coated with curry mixture. Cover and let marinate at least two hours (or preferably overnight). Whip off excess coating from chicken. Barbeque chicken over low heat on barbeque, turning often to make sure it doesn't burn, for about 40-45 minutes, or until done.

4. Chicken Kabobs

1 lb. chicken breast, boneless, skinless, cut into 24 pieces (cubes)
1 large onion, cut into 24 pieces
1 yellow pepper, cut into 24 pieces
1 red pepper, cut into 24 pieces
1 green pepper, cut into 24 pieces
Bamboo skewers, soaked in water for at least 10 minutes

Marinade:

½ cup orange juice
¼ cup Caesar dressing
2 tsp. grated lime zest
2 TBSP. lime juice
1 tsp. ground cumin
1 tsp. pepper
½ tsp. salt

Thread the chicken, onion pieces and peppers alternately on skewers. Place in a shallow baking dish. Prepare marinade: Combine all marinade ingredients in a bowl and stir until well mixed. This should give you about 1 cup of marinade. Pour 2/3 of the marinade over the chicken kabobs. Turn the kabobs to coat both sides. Set aside in refrigerator to marinate for about 2 hours, turning occasionally. Store the remaining 1/3 cup of marinade in the refrigerator. Turn your barbeque grill to medium high, wiping the grill with a little vegetable oil so the kabobs don't stick. Place kabobs on grill and cook for about 6 minutes on each side, basting occasionally with the left-over marinade, until a browned on the edges.

5. Grilled Chicken Fajitas

2 TBSP. olive oil
1 TBSP. Balsamic vinegar
1 tsp. dry mustard powder

2 cloves garlic, finely minced
1 tsp. cumin powder
1 TBSP. chilli powder

1 lb. chicken thighs, boneless, skinless
1 red pepper, cut in wide strips
1 yellow pepper cut in wide strips
1 onion, cut in chunks
2 cups snow pea pods, cut in strips

4 Whole wheat flour tortillas
½ cup sour cream
½ cup salsa
1/3 cup chopped green onion

Combine first 6 ingredients in a small bowl and mix together. Turn your barbeque to medium-high and lightly grease the grill. Place chicken thighs, peppers and onion on grill and brush with olive oil. Remove peppers and onion when softened. Transfer cooked vegetables to a bowl and add in snow peas. Cover with tin foil and set aside. Cook chicken until internal temperature reaches 77 degrees F., or until cooked through, turning occasionally. Remove chicken and cut into strips.

Arrange chicken and vegetables in the centre of each tortilla. Top with remaining ingredients. Fold up bottoms and fold in sides. Leave top end open. Serve.

6. Rotisserie Chicken on the Barbeque

1 (3 pound) whole chicken
1 pinch salt
¼ cup butter, melted
1 TBSP. salt
1 TBSP. paprika
¼ TBSP. black pepper
1/2 TBSP. garlic powder
1 TBSP. chili powder

Season the inside of the chicken with a little salt. Place the chicken onto a rotisserie and set the grill on high. Cook for 10 minutes. During that time, quickly mix together the butter, 1 TBSP. of salt, paprika, garlic powder, chili powder and pepper. Turn the grill down to medium and baste the chicken with the butter mixture. Close the lid and cook for 1 to 1 ½ hours, basting occasionally, until the internal temperature reaches 180 degrees F when taken in the thigh with a meat thermometer. Remove from the rotisserie and let stand for 10-12 minutes before cutting into pieces and serving.

7. Balsamic Chicken Skewers

4 chicken breasts, boneless, skinless, cut into cubes
2 TBSP. olive oil
2 TBSP. balsamic vinegar
2 TBSP. maple syrup
2 cloves garlic, finely minced
¼ tsp. salt
¼ tsp. pepper
1 green pepper, cut into chunks
1 onion, cut into chunks
12 cherry tomatoes

In large bowl, whisk together oil, vinegar, maple syrup, garlic, salt and pepper. Add chicken; turn to coat. Cover and marinate in refrigerator for at least 4 hours. Alternately thread chicken, green pepper, onion and cherry tomatoes onto skewers. Place on greased grill over medium-high heat; close lid and grill, turning once, until juices run clear or until no longer pink inside (about 18 minutes)

8. Bacon Wrapped Chicken Kabobs

¼ cup Kraft Chicken and Rib Sauce
1 lb. boneless skinless chicken breasts, cut into 16 pieces
2 peaches, peeled, each cut into 8 pieces
8 slices bacon, cut crosswise in half
Wooden skewers soaked in water for at least 30 minutes

Heat barbecue to medium-high heat. Reserve 2 TBSP. barbecue sauce. Wrap each chicken piece with one slice of bacon.. Repeat with remaining chicken and bacon. Thread bacon wrapped chicken alternately with peach pieces onto skewers. Brush with remaining barbecue sauce. Grill 12-14 min. or until chicken is done, brushing with reserved sauce the last 2 minutes of cooking.

BEEF AND STEAK

1. Perfect B-B-Q Steak

A Bit on Choosing Your Steak:

For barbequing, there are basically 3 types of steak that will produce the best results for you: rib, short loin and sirloin. The rib section contains cuts like the rib roast, rib-eye steak and back ribs. The short loin section produces T-bones, top loin steak, tenderloin and porterhouse. The sirloin section produces the sirloin steak and top sirloin. Other steaks like the chuck, round and flank steak tend to be tougher cuts of meats and will not produce the succulent results you want to achieve on the barbeque. A New York steak is cut from the T-bone portion.

Marbling is an important factor when deciding on your steak choice. Meat free of all fat with little or no marbling is leaner and often more tender, but not as flavourful. The small streaks of fat running through the meat creates the flavour. Your steak should be balanced for tenderness and taste through the marbling. The tenderest cut will be the tenderloin, but the most flavourful for the barbeque will be the rib-eye, rib steak or sirloin.

To barbeque steak:

- * Make sure your steak is at room temperature before grilling. This helps grill your steak faster and more evenly.
- * Trim off excess fat from the edges. Cut through any fat in the middle of the steak about every 1 ½ inches so that when the grilling shrinks the fat your steak does not curl up.
- * Season you steak with your choice of spices. You may just want to lightly brush your steak with olive oil and add salt and pepper for that real barbeque steak flavour.
- * Preheat your barbeque to a HOT temperature. Oil the grill so the steak does not stick.
- * Place your steak on the hot grill for one minute. Turn the steak on the other side and grill for another minute. With your tongs rotate the steak 45 degrees and cook for the remaining cooking time. This gives you the cross-hatch grill marks you desire.
- * Remove your steak when you have achieved the desired doneness. Press your steak with your index finger or the flat side of a grill-fork. A rare steak will still be soft. A steak cooked to medium will be firm but yielding. A well done steak will be firm.
- * Let your steak rest for about 5 minutes before serving so that all the juices can be re-absorbed into the meat.
- * If you choose to use barbeque sauce, brush the sauce over the steak lightly just before you feel it should be done and cook for about 1-2 minutes more. If you add sauce too soon, it will burn.

2. Sweet and Sour Barbeque Short Ribs

¾ cup soy sauce
½ cup water
3 TBSP. balsamic vinegar
¼ cup brown sugar
2 TBSP. white sugar
1 tsp. black pepper
2 TBSP. sesame oil
4-5 cloves fresh garlic, minced finely
1 medium onion, finely diced
3 lbs. short ribs, cut 1/3 or ½ inch across the bone

In a large bowl, mix together soy sauce, water and vinegar. Whisk in the sugars, pepper, sesame oil, garlic, onions and oil. Stir together until sugars have dissolved. Add ribs to marinade, making sure that all surface area is covered in liquid. (As a tip, cover the ribs with plastic wrap and place a bowl or other light-heavy object on top to keep them submerged.) Let the meat sit in the marinade for 7-12 hours, or overnight.

Preheat your barbeque to high heat. Turn to medium. Remove ribs from marinade and discard the left-over marinade. Pat the ribs dry with a paper towel. Place ribs on the preheated medium grill and cook until the meat is no longer pink (about 5-7 minutes per side).

3. Spicy Beef Kabobs

2 packets beef bouillon granules
2 TBSP. hot water
3 cloves garlic, minced
2 tsp. cayenne pepper
1 TBSP. chili powder
½ tsp. salt
1 tsp. black pepper
1 ½ pounds beef sirloin, cut into ½-inch cubes
1 red pepper, cut in chunks
1 green pepper, cut in chunks
1 yellow pepper, cut in chunks
1 large onion, cut in chunks
10 wooden skewers, soaked in water for 1 hour
2 TBSP. olive oil

In a large bowl, dissolve bouillon in water. Stir in the garlic, cayenne pepper, chili powder, salt, and black pepper. Toss the meat in the marinade, cover, and marinate in the refrigerator for at least 2 hours, or overnight. Preheat a grill for high heat. Skewer the beef cubes, peppers and onion alternately using 6 to 8 pieces per skewer. Pour the oil onto a plate, and roll the skewers in it to coat them on all sides. Grill the skewers, turning frequently, until the beef has turned light pink, 12 to 15 minutes.

4. Beef Burgers

1 egg
¼ cup bread crumbs
2 slices whole wheat bread
¼ cup milk
1 tsp. Worcestershire sauce
1 TBSP. soy sauce
1 small onion, finely chopped
½ tsp. salt
½ tsp. pepper
½ tsp. garlic powder
½ tsp. paprika
1 tsp. chili powder
¼ cup grated parmesan cheese
1 lb. lean ground beef

In a small cup, tear up bread slices into small pieces. Add in milk, Worcestershire sauce and soy sauce. Press down with a spoon or fork until the bread is thoroughly saturated and wet. Beat egg in another cup. Add all of the ingredients (including meat) into a large bowl and mix together with your hands until thoroughly blended. Shape into burgers and grill on the barbeque until desired doneness is achieved. Serve on fresh whole wheat buns with your favorite toppings.

5. Hickory Flavored Beef Ribs

4 lbs. beef back ribs, cut into portions
2 TBSP. Italian seasoning
1 tsp. salt
1 tsp. pepper
1 tsp. garlic powder
Hickory Barbeque Sauce (see recipe below)

Place ribs in a large shallow dish. Sprinkle with Italian seasoning, garlic powder salt and pepper. Rub seasonings into ribs. Cover and refrigerate for at least 4 hours. Brush ribs with Hickory Barbeque sauce. Place ribs, curved side down, on greased grill over medium heat; close lid and grill for 5 minutes. Turn and brush with more of the barbecue sauce; grill, brushing with barbecue sauce and turning often, until glazed and crusty, about 25 minutes.

6. Sweet Steak Skewers

1 lb. beef sirloin steak, thinly sliced in strips
1/4 cup Kraft Balsamic Italian Dressing, divided
1/4 cup Kraft Chicken and Rib BBQ Sauce
1/4 cup honey
1 tsp. Dijon mustard
Wooden skewers, soaked in water for at least 20 minutes

Heat barbecue to medium-high heat. Place beef strips in a bowl and toss with 2 Tbsp. Italian dressing. Set aside and let stand 10 minutes. Meanwhile, mix remaining Italian dressing, Chicken and Rib barbecue sauce, honey and mustard. Thread the beef onto skewers in a wave pattern. Grill meat skewers for 6 minutes or until meat is done, turning after 3 min. and brushing generously with barbecue sauce mixture.

7. Greek Barbequed Steak

Marinade
1/2 cup red wine vinegar
1 TBSP. packed brown sugar
3 TBSP. olive
1 1/2 tsp dried oregano

1/2 tsp. salt
2 cloves garlic, finely chopped

1 boneless beef sirloin steak, about 1 inch/2.5 cm thick (2 lb.)
2 medium red onions, cut into 1/2-inch slices
1 cup crumbled feta cheese
Chopped fresh parsley, if desired

Mix all marinade ingredients into a re-sealable plastic bag.. Pierce beef with fork several times. Add beef and onions to marinade mixture in plastic bag. Squeeze together gently and turn to coat with marinade. Seal bag and refrigerate, turning beef occasionally, for at least 8 hours. Heat grill to medium high. Remove beef and onions from marinade; reserve marinade. Place beef and onions on grill. Cover grill; cook for 15-20 minutes for medium doneness, brushing occasionally with marinade and turning once. Discard any remaining marinade. Cut beef across grain into thin slices. Sprinkle beef with feta and parsley; serve with onion slices.

PORK ON THE BARBEQUE

1. Spicy Hot Barbeque Jerk Pork Chops

4 lbs. pork chops
1 ½ tsp. garlic, finely chopped
¼ cup onion, finely chopped
1 TBSP. allspice
½ tsp. nutmeg
½ tsp. cinnamon
TBSP. thyme
2 TBSP. Scotch Bonnet pepper, finely chopped
3 tsp. salt
2 TBSP. black pepper
¼ cup Pickapeppa sauce
¼ cup cooking oil

Combine all seasonings in a large plastic freezer bag and add in pork chops. Squeeze and massage pork chops to coat with seasonings. Seal the bag. Marinate in refrigerator at least 4 hours (or overnight). Blot seasonings off of meat with paper towel. Place pork chops on hot grill. Cook on each side, approximately 20 minutes per side, until cooked through.

2. Lemon Barbeque Pork Chops

4 1-½ inch thick centre cut pork chops
2 cups your favourite barbeque sauce
1 lemon, juiced

Place barbeque sauce in a shallow bowl. Coat pork chops thoroughly with barbeque sauce. Preheat barbeque to medium high heat. Place pork chops on grill and cook (turning occasionally and watching to prevent burning or flare ups) for about 7-8 minutes on each side. Sauté with marinade and lemon juice while cooking. Remove when desired doneness is achieved.

3. Barbeque Pork Tenderloin

Pork Tenderloin
Salt and pepper
Garlic Powder
Paprika
Grace's Dry Jerk Seasoning
3 TBSP. olive oil

Coat pork tenderloin with olive oil. Sprinkle spices on meat. Place pork tenderloin on barbeque and cook over medium heat for about three-quarters of an hour to an hour, depending on thickness of pork, turning occasionally.

4. Beer Barbequed Pork Ribs

4 lbs. pork back ribs, cut into portions
1 cup dry sherry
Water to cover

Marinade:

1 can beer
2/3 cup packed brown sugar
1/2 cup soy sauce
1/2 cup barbeque sauce (see recipe below in sauce section)
1/4 cup molasses
3 garlic cloves, finely minced

In a large stock pot, add in ribs and sherry, and cover with water. Bring to a boil. Reduce heat to medium-low and simmer, uncovered for about 1 1/2 hours. Skim off fat as necessary. Remove ribs to wire rack and cool. Discard liquid. Combine marinade ingredients in a pot. Heat and stir until boiling, and brown sugar is dissolved. Place ribs in a large re-sealable bag and pour marinade over ribs. Seal bag and squish ribs and marinade together until ribs are well coated. Place in refrigerator and let marinade for at least 3 hours. Be sure to turn ribs occasionally to make sure the ribs are marinating evenly. After 3 hours, remove ribs and reserve 1/2 cup of the marinade for basting. Turn your grill to medium-high and grease lightly. Place ribs on grill. Close lid and cook for about 5 minutes per side, brushing with reserved marinade.

5. Pork Sausage Skewers

4 Italian sausages, hot or milk
1 TBSP. olive oil
2 TBSP. balsamic vinegar
1 TBSP. Dijon mustard
2 cloves garlic, finely minced
Pinch of salt and pepper
½ Eggplant, peeled and cut into cubes
1 red pepper, cut into chunks
1 yellow pepper, cut into chunks
1 medium onion, cut into chunks
16 cherry tomatoes
16 whole mushrooms
8 wooden skewers, soaked in water for at least 1 hour

In large bowl, whisk together oil, vinegar, mustard, garlic, salt and pepper. Add to eggplant cubes to bowl. Cut red and yellow peppers and onion into 1-inch (2.5 cm) pieces; add to bowl. Add tomatoes and toss to coat all vegetables. Let stand for 10 minutes. Meanwhile, prick sausages with fork. Place on microwaveable plate; cover and microwave at high until no longer pink inside (about 5 minutes). Cut sausages into 1-2 inch pieces. Alternately thread sausage, eggplant, peppers, onion, and tomatoes and mushrooms onto skewers. Place skewers on greased grill over medium-high heat; close lid and grill, turning once, until browned and vegetables are tender (about 10 minutes).

6. Apple Butter Sweet Side Ribs

3 lbs. pork side ribs, cut into portions

Apple Butter Marinade:

1/2 cup apple butter
¼ cup apple cider
2 TBSP. brown sugar
1 TBSP. Dijon mustard
½ tsp. salt

Place ribs into a large roasting pan. Pour enough water into the roasting pan to come up about 1/2 inch up the side. Cover roasting pan and steam-roast in oven at 325 degrees F in oven (about 1 ½ hours). Transfer ribs to large glass baking dish.

Apple Butter Marinade: In bowl, whisk together all the ingredients well. Remove 1/4 cup of the liquid and set aside to reserve for basting. Brush remaining marinade on both sides of ribs. Cover and refrigerate ribs for about 4 hours, turning and brushing ribs with marinade in dish occasionally.

Place ribs on greased grill over medium-high heat. While cooking, brush with any left-over marinade. Close lid and grill, turning at least once and basting with reserved marinade, until browned and glossy, 10 to 15 minutes.

7. Maple Pork Tenderloin

2 TBSP. maple syrup
2 TBSP. Dijon mustard
1 TBSP. olive oil
2 TBSP. balsamic vinegar
2 cloves garlic, finely minced
1 onion, finely minced
¼ tsp. salt
¼ tsp. pepper
2 pork tenderloins

In large bowl, combine maple syrup, mustard, vinegar, oil, garlic, onion, salt and pepper; add pork, turning to coat. Let stand covered in marinade for at least 2 hours, turning occasionally to cover both sides evenly. Reserving marinade, place pork on greased grill over medium-high heat; brush with marinade. Close lid and cook, turning occasionally, for about 18 minutes or until just a hint of pink remains inside. Transfer to cutting board; tent with foil and let stand for 5 minutes. Cut into 1/2-inch (1 cm) thick slices.

CEDAR PLANK COOKING

Cedar plank cooking is a new way to add flavor to your barbeque meals. Back in the olden days, the Pacific Northwest Indians used to cook their food on a cedar board or plank and this technique (relatively new to the barbeque world) has been passed on to us. This is reminiscent of pioneer times sitting around the campfire and cooking food on the trails in the great outdoors.

Cooking food on a cedar plank enhances the flavors while infusing the natural smokiness of the wood into the food. What happens in cedar plank cooking is that the food is literally cooked on top of a plank. As the plank smolders, the smoke permeates the food adding its flavor. And since the plank has been soaked in liquid before the cooking begins, the hot fire of the barbeque allows the wood to steam the food as well, making it moist and tender. The wood typically used for this purpose is untreated western red cedar, but you could also use oak or maple.

One of the most common foods cooked on planks is salmon. The combination of the salmon meat and sweet smokiness of the cedar plank cooking surface is divine. Other meats and foods can be cooked on a cedar plank as well. Vegetables are also a good choice for cedar plank cooking. Any food that you wish to enhance with a smoky flavor can be cooked on a cedar plank. You can even cook a whole meal on one plank, meat and vegetables together.

Here are some tips to use when you are cedar plank cooking:

* Soak the planks in vat of water for at least an hour or longer

- * When soaking the planks in water, keep something heavy on top of them to weigh them down and keep them under the water. A large can of tomato juice or a heavy pot would work well.
- * You don't have to stick with just water to soak the planks. Try soaking the planks in cider, wine, coffee, juice or beer to add an extra element of flavor.
- * Preheat your barbeque grill to medium-high heat
- * When your barbeque is ready, place the planks on your grill and close the lid
- * Leave the planks on the heat for 3-5 minutes, or until they begin to crackle and smoke
- * Before placing the food on the planks, lightly brush them with oil to keep the food from sticking
- * Place the food on the hot planks and close the barbeque lid
- * Check your barbeque occasionally as the juices from the meat may run over the plank and cause minor flare-ups. Keep a spray bottle of water handy to combat the flare-ups.

Cedar plank cooking is a new and simple way to add a different element of flavor to your barbeque cooking. You won't go wrong adding the sweet smoky flavor of the smoldering cedar planks to your barbeque foods.

1. Orange Marmalade Planked Brie

Ingredients:

2 – 4 ½ oz. rounds of Brie cheese

½ pint fresh raspberries

½ cup orange marmalade

2 tsp. fresh thyme, chopped

Pepper

1 cedar plank, soaked in water for at least an hour

Heat your barbeque grill to medium-high heat. In a medium bowl, combine the raspberries, orange marmalade, thyme and pepper. Place the Brie rounds spaced evenly on the soaked plank. Spoon the marmalade mixture on top of the cheese rounds. Place the plank on the barbeque grill and close the lid. Cook for about 10-15 minutes, but check often to make sure the plank has not caught on fire, or the cheese has melted over the edges of the plank. Keep a water bottle handy to help control any flare-ups.

The cheese is ready when the sides are bulging and the rind is golden brown.

Remove the cheese from the grill and serve with crackers, or a grilled and toasted baguette cut in rounds.

2. Pineapple Planked Shrimp Skewers

½ large pineapple, peeled and cored, and cut into cubes

¾ lb. large uncooked shrimp (peeled and deveined)

Bamboo skewers, soaked in water for at least 10 minutes

2 TBSP. soy sauce

3 TSP. sesame oil
1 tsp. brown sugar
1 tsp. wasabi paste

Cedar planks, soaked in water for at least an hour.

Thread shrimp and pineapple cubes on skewers alternately. Heat your barbeque grill to medium high. Place skewers on grill and cook for about one minute on each side, until grill marks appear. Place planks on grill and place skewers on planks. Combine soy sauce, sesame oil, brown sugar and wasabi paste in a bowl and stir together. Baste skewers with marinade on both sides. Cook until shrimp turns pink, turning once.

3. Dill Planked Salmon

3 (12 inch) untreated cedar planks
1/3 cup olive oil
1 1/2 TBSP. balsamic vinegar
1 tsp. sesame oil
1/3 cup soy sauce
1/4 cup chopped green onions
1 TBSP. grated fresh ginger root
1 tsp. minced garlic
2 (2 pound) salmon fillets, skin removed

Soak the cedar planks for at least 1 hour in warm water. Soak longer if you have time. In a shallow dish, stir together the olive oil, vinegar, sesame oil, soy sauce, green onions, ginger, and garlic. Place the salmon fillets in the marinade and turn to coat. Cover and marinate for at least 30 minutes, or up to one hour. Preheat grill to medium heat. Place the planks on the grill. The boards are ready when they start to smoke and crackle just a little. Place the salmon fillets onto the planks and discard the marinade. Cover, and grill for about 20 minutes. Fish is done when you can flake it with a fork.

4. Honey Pepper Planked Salmon

2 (12 inch) untreated cedar planks
1/4 cup pineapple juice
1/3 cup soy sauce
1 TBSP. Worcestershire sauce
2 TBSP. vinegar
2 TBSP. lemon juice
1 TBSP. olive oil
3/4 cup honey
1/4 cup packed brown sugar
1 tsp. black pepper
1/2 tsp. cayenne pepper
1/2 tsp. paprika

½ tsp. garlic powder

6 (6 ounce) skinless, boneless salmon fillets

Salt and pepper to taste

Soak the cedar planks in warm water for 1 to 2 hours. Bring the pineapple juice, soy sauce, Worcestershire sauce, vinegar, lemon juice, olive oil, and honey to a simmer in a saucepan over medium-high heat. Reduce the heat to medium-low, and stir in the brown sugar, cayenne pepper, paprika, and garlic powder. Simmer, stirring occasionally, until the sauce has reduced to a syrupy consistency (about 15 minutes). Set aside. Preheat barbecue grill to medium heat. Place the planks on the grate. They are ready to cook on when they start to smoke and crackle just a little. Season the salmon with a light sprinkling of salt and pepper. Place the fillets onto the smoking cedar planks, close the lid of the grill, and cook for 10 minutes. Spoon a small amount of the sauce over the salmon fillets, and continue cooking for about 5 minutes more. Serve with the remaining sauce.

5. Sun Dried Tomato Planked Salmon

1 untreated cedar plank (14x7x1 inch)

½ cup Kraft Calorie-Wise Sun-Dried Tomato & Oregano Dressing

¼ cup finely chopped fresh parsley

¼ cup finely chopped fresh basil

½ tsp. garlic powder

Salt and pepper

1 TBSP. olive oil

¼ cup oil-packed sun-dried tomatoes, drained, finely chopped

1 salmon fillet (2 lb.), 1 inch thick

Soak plank in water for at least 4 hours or overnight, if possible. Place a weight on top of plank to keep it submerged. Heat barbecue to medium heat. Mix dressing, parsley, basil and tomatoes; set aside. Brush top of cedar plank with oil. Place fish on plank and season with a little garlic powder and salt and pepper. Top with chopped sun-dried tomatoes. Place on grate of barbecue; cover with lid. Grill for 10 minutes, then brush fish with dressing mixture. Grill 10 minutes more, or until fish flakes easily with fork.

BARBEQUE FISH & SEAFOOD

1. Barbeque Salmon Steaks

salmon steaks, 1 ½ inch thick, one steak per person

1 tablespoon grated onion

4 tablespoons melted butter

1 teaspoon salt

1/8 tsp. of pepper

½ tsp. of thyme

½ tsp. oregano
½ tsp. paprika
1 lemon that has been cut in wedges

Grease the grill and place the steaks on it. Mix onion, melted butter salt and pepper, paprika, oregano and thyme in a small bowl. Baste salmon steaks with about half of the butter mixture. Barbecue salmon steaks for about 6-8 minutes per side or until they flake easily with a fork. Add lemon wedges, squeeze lemon juice to taste.

2. Glazed Barbeque Salmon

2 TBSP. olive oil
1 tsp. water
½ cup balsamic vinegar
2 cloves garlic, finely minced
1 tsp. garlic salt
½ tsp. black pepper
2 tsp. dried basil
½ cup sugar
1 1/3 lbs. salmon fillets

Extra balsamic vinegar for basting

Add together all sauce ingredients into a shallow dish. Place salmon fillets in marinade and marinate for 30 minutes.

Preheat your barbeque for medium heat. Lightly oil the grill to prevent sticking. Place salmon fillets on grill and cook for about 12 minutes per side. Lightly baste the salmon with balsamic vinegar occasionally while cooking. Test the salmon for doneness (salmon is done when it flakes easily with a fork).

3. Barbecue Asian Fish Fillets

4 fish fillets (swordfish, salmon, halibut etc)
3 tablespoons onion, very finely chopped
1/3 cup soy sauce
1 tablespoon ginger root, chopped
1 tablespoon sesame seeds, toasted
1 TBSP. honey

Into a blender or food processor, combine onion, soy sauce, ginger root and honey. Process at low speed for 15 – 20 seconds. Scrape mixture from sides back down and continue processing for a few more seconds. Add in sesame seeds. Place fish fillets on the bottom of a large, flat-bottomed container (baking pan, plastic container etc), so that the fillets are not over-lapping. Pour the sauce from the blender/ food processor over the fish. Turn each fillet so that both sides are adequately coated in the marinade. Refrigerate

in marinade for 45 minutes. On a moderately hot grill rack which is 10cm (or approx 4 inches) above flames or coals, barbecue fillets for 5 minutes on one side. Turn fillets. Spoon some left-over marinade over fish and barbecue for 5 minutes on the second side, or until fillets are cooked.

4. Grilled Sea Scallop Kebobs with Hoisin Sauce

1 1/4 lbs scallops (sea scallops or bay scallops)
4 TBSP. Hoisin sauce
2 large red peppers, cut into 1" squares
1 large white onion, cut into chunks
1 can pineapple, drained well and cut into chunks (reserve 1 TBSP. juice to use in the sauce)
2 TBSP. soy sauce
2 TBSP. dry sherry
1 TBSP. brown sugar

Heat grill/barbecue. Onto skewers*, alternatively thread the red pepper squares, chunks of onion, pineapple and sea scallops, ensuring you start and finish with either red pepper or onion. In a small bowl or jug, combine the Hoisin sauce, soy sauce, dry sherry, 1 TBSP. reserved pineapple juice and brown sugar. Mix well so that the sugar dissolves. Brush the kebobs with the sauce, making sure that the scallops in particular have a generous coating. Grill for 3 minutes. Turn kebobs over. Grill for a further 3 minutes on the other side.

* Metal skewers are best because they don't catch fire, but be careful because they do get VERY hot. If you're using wooden skewers, make to soak them in cold water for at least one hour (preferably overnight) before use to minimize the risk of the skewers charring or burning.

5. Foil Wrapped Dilled Fish

5-6 fish portions (your choice of halibut, cod, tilapia, sole, etc.)
2 TBSP. dried dill weed
1/4 tsp. salt
1/2 tsp pepper
1/2 tsp. garlic powder
2 TBSP. olive oil
2 TBSP. butter, melted
1/2 lemon

In a small bowl mix together olive oil, butter, dill and spices. Stir together until well combine. Get tin foil ready. Cut off a square of heavy duty tin foil and place a fish portion on it. Brush with oil mixture, turn fish and brush other side with mixture. Repeat with all fish portions. When you are finished basting fish on both sides, distribute left-over oil mixture over each fish portion. Squeeze a little lemon on each piece of fish.

Place another portion of foil over top of fish. Turn edges of tin foil up and over, sealing foil package. Place on medium heat on barbeque and cook for about 7 minutes per side, turning carefully half way through. Open fish packages carefully as fish will steam inside and be very hot when released.

6. Whole Stuffed Salmon

1 whole salmon (purchased frozen, then thawed, or fresh if available)
1 bunch fresh dill
1 small bunch fresh oregano
1 small bunch fresh basil
Salt and pepper
2 lemons, cut in slices
¼ cup olive oil
3-4 cloves garlic, finely minced

In a small bowl add garlic to olive oil. Cover and let sit overnight in refrigerator. The next day, prepare salmon. Brush the garlic infused oil onto the salmon, both inside and out. Open up the salmon cavity and stuff half the herbs inside. Place the lemon slices on top of this, then add the other half of the herbs on top of the lemons. Tie the fish closed with kitchen string. Pour any left-over garlic oil over fish. Sprinkle the fish with salt and pepper. Wrap the whole fish in heavy duty tin foil, sealing the edges tightly. Place the foil fish pouch on medium heat on your barbeque and cook for 5-7 minutes on each side, turning carefully. Open pouch carefully being careful of the hot steam escaping.

7. Grilled Halibut with Mango and Peach Salsa

1/3 cup orange juice
2 TBSP. canola oil
2 TBSP. lime juice
1 TBSP. brown sugar
2 tsp. grated lemon peel
1 garlic clove, minced
1/2 tsp. salt
4 (6 ounce) halibut steaks

SALSA:

1 cup chopped fresh or frozen peaches
1 mango, peeled and cut into cubes
1/4 cup chopped red pepper
1/4 cup chopped red onion
1 jalapeno pepper, seeded and chopped*
2 TBSP. orange juice
1 TBSP. minced fresh cilantro
2 tsp. lemon juice
1/4 tsp. salt

In a bowl, combine the first seven ingredients; mix well. Remove 1/4 cup for basting; cover and refrigerate. Pour remaining marinade into a large re-sealable plastic bag. Place halibut in the bag. Seal bag and turn a few times to coat the fish with the marinade. Refrigerate for 2 hours. In a bowl, combine salsa ingredients; cover and refrigerate until serving. To grill the fish, wipe the grill rack with a little oil to avoid sticking. Drain and discard marinade from fish. Grill the fish, uncovered, over medium heat about 4-6 inches from the heat for 4-6 minutes on each side or until fish flakes easily with a fork, basting occasionally with reserved marinade. Serve with mango and peach salsa.

8. Foil Wrapped Fish Florentine

4 pieces white fish fillets, such as haddock, halibut or cod (1 lb.)
1-1/2 cups instant white rice, uncooked
1-1/2 cups water
4 cups fresh spinach leaves, coarsely chopped
1/4 cup Philadelphia Herb & Garlic Cream Cheese Spread
1/4 cup Kraft Sun-Dried Tomato & Oregano Dressing

Preheat barbeque to medium-high heat. Cut fish fillets in half crosswise to make 8 pieces. Mix rice and water; spoon evenly onto the center of each of 4 large sheets of heavy-duty aluminum foil. Top each with one fish piece. Spread the cream cheese over each piece of fish, then top with the spinach. Top with remaining fish pieces and spoon dressing over this. Bring up the sides of the foil. Double fold top and ends to seal packet, leaving room for heat circulation inside. Place foil packets in single layer on the barbeque grill. Let cook for about 15 minutes, or until fish flakes easily with fork. Remove packets from grill and let stand 5 min. Cut slits in foil with sharp knife to release steam before opening.

9. Easy Grilled Lemon Fish

1/4 cup Kraft Sun-Dried Tomato & Oregano Dressing
2 TBSP. fresh lemon juice
4 cod fillet (1 lb.)
4 lemons

Place fish pieces in a shallow dish. Mix dressing and lemon juice together. Pour half over the fish and turn the fish to coat both sides. Let fish marinate in the refrigerator for 15 minutes. Reserve remaining marinade. Heat barbecue to medium heat. Cut each lemon into 4 slices; place 8 slices on barbecue grate. Remove fish from marinade and discard this marinade. Place fish on top of lemon slices on barbecue; brush with some of the reserved dressing mixture. Cover barbecue and let fish grill for 5 minutes, then turn. Add remaining lemon slices on top of fish. Grill 5 minutes more or until fish flakes easily with fork, brushing occasionally with remaining dressing mixture. Remove fish, and discard lemon slices under fish. Serve remaining lemon slices with the fish.

10. Grilled Tuna Steaks

1 medium tomato, chopped
1/4 cup crumbled feta cheese
10 chopped olives
2 TBSP. dried basil
1 TBSP. dried oregano
1/4 cup olive oil
1/2 tsp garlic powder
1/4 tsp. salt
1/4 tsp (1 mL) pepper
4 tuna steaks, 1 inch thick (about 2 lb)

In medium bowl, gently toss tomato, cheese, olives, 1 TBSP. basil and oregano together. Cover and refrigerate. Spray grill rack with cooking spray. Heat barbeque to medium high heat. In small bowl, mix remaining basil, olive oil, garlic powder, salt and pepper. Brush mixture over tuna. Grill tuna uncovered 4 inches from heat for 5 minutes. Turn carefully; brush with remaining oil mixture. Grill 10-15 minutes longer or until tuna flakes easily with a fork. Serve topped with tomato mixture.

BARBEQUE VEGETABLES

1. Roasted Vegetable Salad

1/2 medium eggplant, cut into large chunks
2 med-small zucchini, cut into large chunks
3 red peppers, cut into large pieces
1 tsp. Cajun spice
1 tsp. garlic powder
Salt & pepper

Red Leaf lettuce
Romaine lettuce
10 olives cut in half
1/4 cup feta cheese, crumbled

DRESSING:

3 TBSP. olive oil
1/2 tsp. dried basil
1/2 tsp. dried oregano
1/2 tsp. garlic powder
Salt & pepper, to taste
3 TBSP. Balsamic vinegar

Heat B-B-Q grill to medium heat. Sprinkle vegetables with salt, pepper & spices. Place cut vegetables onto the B-B-Q grill. Roast on grill top for approximately 10-15 minutes

(until vegetables are tender when pierced with a fork, but not really soft.) Vegetables should have great grill marks on them. Remove from oven and let cool.

In large bowl, tear up lettuces and add olives. Add cooled roasted vegetables. Mix together gently.

Place dressing ingredients in jar and shake together thoroughly. Pour over salad. Gently mix in feta cheese.

2. Potato Zucchini BBQ Bake

2 small zucchini, cut in ½” chunks
2 cloves garlic, finely diced
1 large onion, cut in chunks
1 green pepper, seeded and cut in chunks
4 stalks of bok choy, cut in chunks
4-5 medium potatoes, cut in chunks
1 tsp. dried basil
1 tsp. dried oregano
2 TBSP. olive oil
1 TBSP butter
1 TBSP. soy sauce
salt & pepper

In a large bowl, combine all ingredients and mix together well. Set out a large square of tin foil. Place vegetable mixture in the middle, adding any liquid from the bowl. Cover with another square of tin foil and seal edges together tightly to form a packet. (You can use two packets if the one is too big.) Place packet on hot BBQ and let cook for approximately 30 minutes or until potatoes are tender. Open packet cautiously as escaping steam will be very hot.

3. B-B-Q Pepper Boats

5 medium red peppers, cut lengthwise & seeded
2 TBSP. olive oil
1 medium onion, chopped finely
1 large carrot, diced fine
2 small zucchini, diced
¼ cups breadcrumbs
Dash of Worcestershire sauce
¼ cup parmesan cheese
½ cup cheddar cheese
Salt & pepper
¼ tsp. garlic powder
¼ tsp. basil
¼ tsp. chilli powder

Dash of dry jerk seasoning

(such as Grace's Jerk seasoning-found in the international aisle at your grocery store.)

In medium saucepan, cook onion, carrots, zucchini, sauce, and spices until vegetables are soft. Stir in breadcrumbs. Spoon vegetable mixture into pepper boats. Place on B-B-Q over medium-low heat and grill for approximately 7-10 minutes. (Peppers should not be too soft.) Top with combined cheeses. Close lid on B-B-Q and heat boats just until the cheese melts. Serve hot.

4. Grilled Vegetables and Potatoes

4 medium new potatoes, cut into bite-sized pieces (skin on)
3 medium zucchini, cut into ½ inch chunks
1 red pepper, cut into chunks
1 yellow pepper, cut into chunks
1 green pepper, cut into chunks
2 cups whole mushrooms
1 large red onion, cut into chunks
4 TBSP. olive oil
1 TBSP. dried oregano
1 TBSP. dried basil
1 tsp. garlic powder
1 tsp. Worcestershire sauce
1 tsp. salt
½ tsp. pepper

Place all ingredients in a large bowl. Mix together until all the vegetables and potatoes are well coated with oil and spices. Using heavy-duty tin foil cut a large sheet. Place potatoes and vegetables into the centre, spreading out until 1" from the outside edge. Place another sheet of tin foil over top. Turn the edges over a couple of times to seal pouch. Carefully place pouch on barbeque over medium heat. Cook for 30 minutes, carefully turning pouch over once during cooking period. (Use two metal spatulas to aid you in turning.) Carefully open pouch and allow steam to escape before serving.

5. Eggplant-Feta Roll-Ups

3 Asian eggplants
2 TBSP. olive oil
¼ tsp. salt
¼ tsp. pepper
3 roasted red peppers (canned or from a jar)
½ cup feta cheese, crumbled
¼ cup cream cheese, room temperature
3 TBSP. chopped fresh basil
3 TBSP. chopped fresh oregano
2 cloves garlic, finely minced

36 arugula leaves

Wooden cocktail picks, soaked in water for at least 10 minutes

Cut off ends of eggplant, then cut lengthwise into about 6 slices each (about 1/4 inch thick). Discard the outside slices. Brush both sides of eggplant with olive oil. Sprinkle with salt and pepper. Grease your barbeque grill and place eggplant slices on it. Cook on medium heat for about 5 minutes. Remove and let cool. Place eggplant slices on a flat surface. Place one strip of the roasted red pepper on each slice. Combine cream cheese, herbs and minced garlic. Spread over red pepper. Crumble the feta cheese on top. Arrange arugula over the top of this. Roll up eggplant slices and secure with a cocktail pick. Arrange rolls, seam side down on a serving platter and brush with balsamic vinegar.

6. Grilled Vegetable Skewers

12 cherry tomatoes

12 large fresh button mushrooms

1 red pepper, cut in chunks

1 head broccoli, cut into florets

½ head small cauliflower, cut into bite-sized pieces

1 onion, cut into chunks

2 TBSP. olive oil

1 TBSP. balsamic vinegar

2 cloves garlic, finely minced

½ tsp. dried oregano

½ tsp. dried basil

1 tsp. pizza seasoning

¼ tsp. salt

¼ tsp. pepper

8 wooden skewers soaked in water for at least 20 minutes

Thread vegetables, onion and mushrooms alternately onto skewers. In small bowl, combine all other ingredients. Brush kabobs all over with about one-quarter of the oil mixture. Place on greased grill over medium-high heat; close lid and grill, turning and brushing 3 more times, until tender and browned, about 10 minutes.

7. Rice and Bean Grilled Stuffed Peppers

1 can (19 oz.) black beans, drained and rinsed

¾ cup cooked white rice

4 green onions, sliced

2 TBSP. vegetable oil

1 clove garlic, finely chopped

¼ tsp salt

3 green peppers, cut lengthwise in half, seeds removed

2 plum (Roma) tomatos diced

Heat barbeque to medium heat. Cut three 18x12-inch pieces heavy-duty foil. Spray with cooking spray. Mix beans, rice, onions, oil, garlic, half of the diced tomatoes and salt together. Place 2 pepper halves on one side of each foil piece. Fill with bean mixture. Fold foil over peppers so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion. Cover and grill packets over medium heat 15-20 minutes or until peppers are tender. Place packets on serving platter. Cut large X across top of each packet; fold back foil. Sprinkle with remaining diced tomato.

BARBEQUE SAUCES

1. Zucchini Steak Sauce

3-4 small zucchini, thinly sliced
1 onion, chopped
2 cloves garlic, finely diced
2 TBSP. butter
¼ tsp. Each, salt & pepper
1 tomato, diced
1 TBSP. soy sauce
1 TBSP. Chicken and Rib barbeque sauce
1 can sliced or whole mushrooms

Melt butter in a small saucepan. Add onions and cook until transparent. Add garlic, zucchini, tomato and salt & pepper. Stir in soy sauce and barbeque sauce. Simmer together until zucchini are soft. Add mushrooms and cook through.

Delicious served over grilled steak.

2. Simple Barbeque Sauce

1 ½ cups mild salsa
1 cup vinegar
1 cup brown sugar, packed
2 tsp. mustard seed
1 TBSP. Worcestershire sauce
1 TBSP. soy sauce
½ tsp. liquid smoke
1 small onion, chopped
½ cup molasses

Add all of the above ingredients to a pot and bring to a boil, stirring often. Simmer together for ten minutes. Remove mixture to a blender and process until smooth. Return sauce to the pot. Put on simmer.

In a measuring cup, combine:

½ cup water

3 TBSP. cornstarch

Stir until smooth. Add to simmering sauce, stirring until well combined. Heat through until boiling and thickened. Cool. Pour into sterilized jars with a tight fitting lid. Makes about 4 cups.

3. Some Like It Hot Barbeque Sauce

1 1/3 cups dark corn syrup

1 /13 cups strong black coffee

1 cup ketchup

1 cup white vinegar

½ cup Worcestershire sauce

4 TBSP. olive oil

2 cans chipotle peppers

3 TBSP. dry mustard powder

2 tsp. salt

3 TBSP. chili powder

1 TBSP. cayenne pepper

3 hot Jalapeño peppers, chopped, with seeds

Add all ingredients into a pot and bring to a boil. Simmer together for 20 minutes, until peppers are soft and flavors meld together. Transfer in batches to a blender and blend mixture together until smooth. Pour into hot prepared canning jars and seal.

4. Sweet and Zesty Mango Hot Sauce

1 ½ cups diced & peeled mango (about 4 ripe mangos)

1 diced onion

2 peeled and diced apples

1 peeled and diced pear

¼ of a green pepper, diced

¼ of a red pepper, diced

1 pkg. raisins

4 scotch bonnet peppers (or country peppers), with seeds, stems removed, cut in half

Grated rind of ½ orange

Grated rind of ½ lemon

1 ¼ cups brown sugar

1/3 cup white vinegar

1 tsp. cinnamon

1 tsp. ground ginger (or ½” piece of fresh ginger, finely chopped)

Combine all ingredients in large pot and simmer over medium heat until all fruit is soft (Approximately 1 hour). Ladle into food processor and process until smooth. Ladle into canning jars. Makes approximately 4 quarts.

5. Bourbon Barbeque Sauce

1/2 onion, minced
4 cloves garlic, minced
3/4 cup bourbon whiskey
1/2 teaspoon ground black pepper
1/2 tablespoon salt
2 cups chili sauce
1/4 cup tomato paste
1/3 cup cider vinegar
2 tablespoons liquid smoke flavoring
1/4 cup Worcestershire sauce
1/2 cup molasses
1/3 teaspoon hot pepper sauce, or to taste

In a large skillet over medium heat, combine the onion, garlic, and whiskey. Simmer for 10 minutes, or until onion is translucent. Mix in the ground black pepper, salt, chili sauce, tomato paste, vinegar, liquid smoke, Worcestershire sauce, molasses, and hot pepper sauce. Bring to a boil. Reduce heat to medium-low, and simmer for 20 minutes. Run sauce through a strainer if you prefer a smooth sauce.

6. Hickory Barbeque Sauce

1 TBSP. vegetable oil
1 small onion, finely minced
2 cloves garlic, finely minced
1 TBSP. paprika
1 tsp. dry mustard powder
1/4 tsp. salt
1 cup ketchup
1/2 cup water
2 TBSP. brown sugar
2 TBSP. cider vinegar
2 TBSP. hickory liquid smoke flavoring

In a pot, heat oil over medium heat. Fry onion, garlic, paprika, mustard and salt, stirring occasionally, until softened, about 3 minutes. Add ketchup, water, sugar, hickory flavoring and vinegar; bring to boil. Reduce heat and simmer until mixture flows slowly when spatula is drawn across bottom of pot and is like thick ketchup, about 20 minutes. In food processor or blender, purée sauce until smooth.

DESSERTS ON THE GRILL

A meal just isn't complete without dessert. But instead of reaching for store-bought sweets or those unimaginative brownies from a box, get more mileage out of your grill by grilling your next dessert.

"Years ago, even the most inventive cooks treated the idea of making desserts on a grill with skepticism, but now you can't claim to be a master griller unless you have at least a couple desserts in your repertoire," said Jamie Purviance, author of *Weber's Real Grilling*. "The truth is out about their great taste, and then there is the dramatic effect of opening the lid and surprising your guests with sizzling sweets."

Preparing a grilled dessert can be as easy as warming fresh fruits such as halved bananas, split peaches or sliced pineapples over direct heat and serving them with a scoop of ice cream. Or you can use indirect heat to actually bake something simple such as a fruit cobbler or crisp.

"In many ways, a covered grill works as an oven," said Purviance. "The hot flames cook like a broiler that has flipped to the bottom of the oven, browning the surfaces of cut fruit, making them tender and sweeter. And, if you grill over indirect heat by turning off the middle gas burner or pushing the coals to the sides and closing the lid, you can cook a dessert in a pan over the unlit area of the grill."

Purviance has partnered with Weber-Stephen Products Co., the premier manufacturer of charcoal and gas grills, grilling accessories and other outdoor room products, to offer consumers useful and creative tips for firing up desserts on their grills.

Before You Begin. If grilled fruits are on your menu, select ones that are ripe (or almost ripe) and firm. Purviance says that fruits will soften on the grill, so he recommends selecting firm produce to ensure they will hold their shape while cooking.

Time and Temperature. Purviance suggests knowing how long and at what temperature to grill to produce the finest results. Peaches should be cut into halves and grilled over direct medium heat for 8-10 minutes. Bananas are best split lengthwise, with the skin left on to hold the fruit's shape, and grilled over direct medium heat for approximately 6-8 minutes. Pineapples should be peeled, cored and cut into 1/2-inch slices or 1-inch wedges, then grilled for 5-10 minutes over direct medium heat.

Hold the Chicken. While that teriyaki chicken was delectable, its remnants left on the grill won't taste good on grilled peaches. Purviance offers this remedy before grilling up desserts—simply brush the grates clean with a stiff wire brush.

Better with Butter. Butter makes almost anything taste better, and fruit is no exception. Purviance recommends brushing fruit lightly on all sides with melted butter and a little sugar for sweetness before grilling it. This coating will also help prevent the fruit from sticking.

Never Leave Your Post. The sweet succulence of most fruits turns golden brown and delicious on the grill, but left too long in place, golden brown can turn to black and bitter. Purviance recommends watching the fruit carefully and turning occasionally. To check the color and doneness, slide a thin spatula gently under the fruit and slightly lift.

Your sweet tooth will never be the same.

1. Banana Surprise Dessert

4 large bananas
2 cups miniature marshmallows
2 cups mini chocolate chips
Ice cream (vanilla or butterscotch)

Peel bananas and cut in half lengthwise. Place both halves of banana on a section of tin foil measuring approximately one foot long. Spread marshmallows and chocolate chips around banana. Fold up edges of tin foil to create a little package. Seal tightly.

Place banana dessert packages in 350° oven for about 10-15 minutes.

Remove dessert from oven and serve in their tin foil wraps on individual plates. Open foil packets and serve with a scoop of ice cream on top of bananas.

(For a really special treat for adults, spoon 1 TBSP. liqueur, such as Grand Marnier or Tia Maria, on top of ice cream/banana packet)

2. Grilled Fruit Kabobs

1 fresh pineapple, peeled, cored and cut into 1-1/2" chunks
1 small cantelope, peeled, cored and cut into 1-1/2" chunks
1 small honeydew melon, peeled, cored and cut into 1-1/2" chunks
1 cup large strawberries, hulled

Sauce:

½ tsp. honey
3 TBSP. melted butter
1 dash of hot pepper sauce
¼ tsp. salt

3 TBSP. Grand Marnier (optional)

Place cut up fruit in a large plastic re-sealable bag. Mix together all sauce ingredients and add to the bag of fruit. Seal the bag and mush it around gently to coat the fruit. Marinate for at least 30 minutes, or overnight.

Thread the fruit on pre-soaked bamboo skewers. Preheat your barbeque grill to high. Turn down to medium. Lightly oil the grill so the kabobs do not stick. Place the kabobs on the grill and grill for about 2-3 minutes per side, or until heated through and you have the desired grill marks.

Brush the Grand Marnier over the kabobs before serving. (You can omit this if you are serving children.)

3. Balsamic Figs

½ cup balsamic vinegar
3 TBSP. brown sugar
6 fresh figs
Ice Cream

In small saucepan, bring vinegar with sugar to boil over medium-high heat; reduce heat and simmer until reduced to about a 1/4 cup (about 10 minutes). Keep warm. Cut figs in half. Brush with one-quarter of the balsamic glaze. Place on greased grill over medium-low heat; close lid and grill, turning once, until softened, about 6 minutes. Arrange 2 fig halves on each plate. Serve with ice cream and drizzle with remaining glaze.

4. Grilled Peaches with Mascarpone

4 ripe peaches, pitted and halved
1 TBSP. butter, melted
¼ cup honey

¾ cup mascarpone
2 tsp. honey
½ tsp. lemon rind
1 tsp. vanilla

In bowl, combine mascarpone honey, lemon rind and vanilla; set aside. Mix together melted butter and honey. Brush cut sides of peaches with butter/honey mixture. Place, cut side down, on greased grill. Close lid and grill over medium-high heat until peaches are softened and grill-marked, 8 to 12 minutes. Place peach halves on serving dishes. Spoon a heaping tablespoon of mascarpone mixture into each peach. Drizzle with honey.

5. Grilled Fruit Salad

1 pint strawberries, hulled
3 peaches, pitted and cut into quarters
2 apples, seeded and cut into quarters
1 can pineapple slices, drained, reserving ¼ cup liquid (or use fresh pineapple cut into rings)
1/4 cup orange juice

2 tbsp (30 mL) fresh mint, chopped
1 TBSP. honey

Preheat grill to medium. Put strawberries on skewers if small, and place on grill along with peach and apple quarters, and pineapple slices. Cook about 5 minutes, turning them over at least once, or until grill marks appear. Remove skewers and place the fruit in a salad bowl. Mix together pineapple juice, orange juice, honey and mint. Stir well. Pour liquid over fruit and combine. Serve as a fruit salad, or over ice cream, if desired.

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