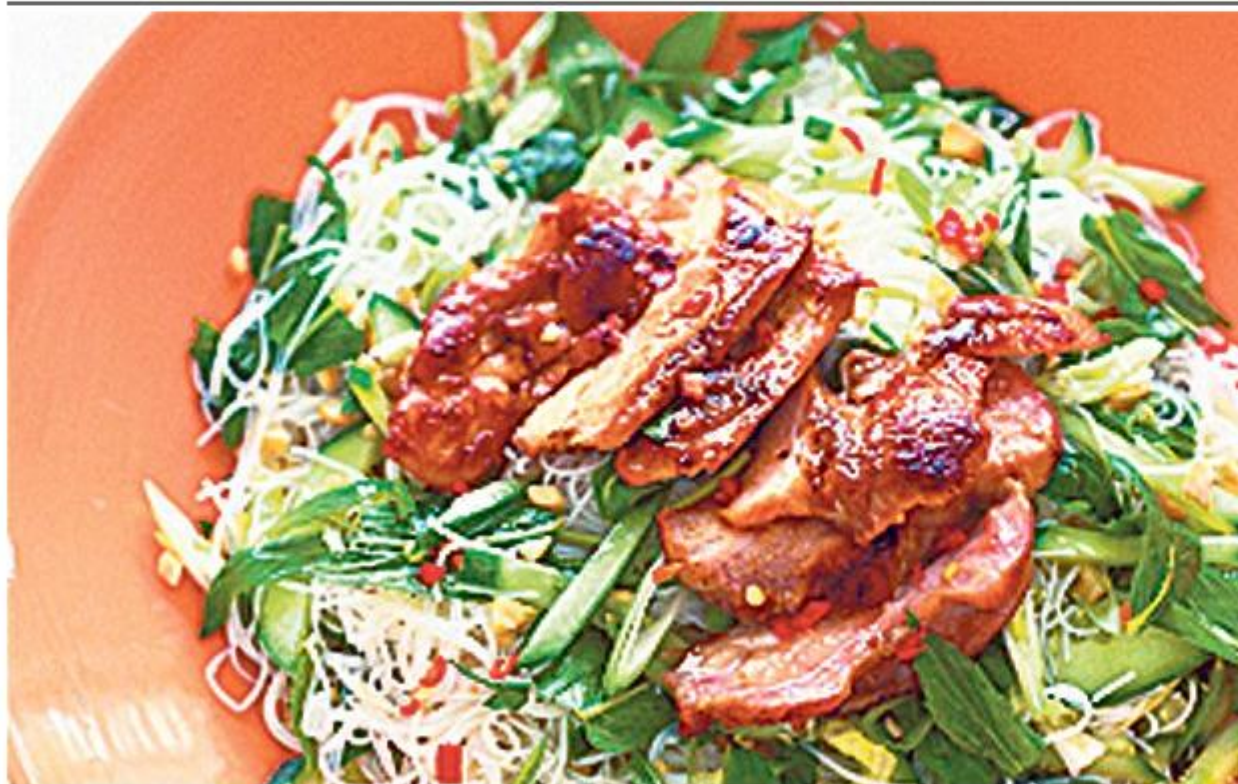


Food and Drink

The best barbecue recipes

A selection of top chefs present their favourite barbecue recipes



Spicy chicken thighs

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Rotisserie cooking, by Warren Geraghty, executive chef at The Olde Bell, Hurley (www.theoldebell.co.uk)

Tips on rotisserie cooking

Cook on a medium, steady heat to allow even browning and cooking.

Birds such as chicken or guinea fowl benefit greatly from brining. A 3lb bird would need 12hours brine at 6 per cent; this helps retain the moisture in the bird.

Whole lambs up to 25-30lbs can be cooked on the rotisserie (an olive oil and spice marinade can be used for about four hours prior to cooking).

Try to baste the meat at least once every 10-15 minutes.

Tips on salads for barbecues

Keep the salads fresh and vibrant – a little acidity really works well with the flavour of grilling.

Simplicity is the rule to grill cooking; a lovely grilled piece of fish or meat and a flavoursome seasonal salad is all that is needed for a perfect meal.

Using raw ingredients in the salads will add a lovely textural element to the dishes.