

BIG BRUMMIE BBQ TIPS...

Marinade is the key... and the longer the better. Try to marinate your meat for at 24 hours or overnight in the fridge. Get into the summer spirit with this fresh Cuban marinade:

Cuban Mojo – great for pork, chicken or halloumi. Proper sunshine marinade made with citrus juice and zest (you can use lemons and oranges), oregano, minced garlic and onions, olive oil and salt and pepper.

For something a little bit different try BBQing some **fruit kebabs** for dessert. Strawberries, melon, pineapple and bananas work great - the natural sugar will caramelise on the grill.

Coconut oil stops the fruit from sticking and tastes great. Try drizzling with honey or melted chocolate after they have been grilled.

Try making your own burgers...

You can then add your favourite ingredients, e.g. mint with lamb mince, or hot chillies to spice up beef or turkey mince.

A simple veggie burger can be made using blended chickpeas, onions garlic, herbs and spices.

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