

BBQ MARINADES / alternatives to burgers

This is **NOT** the ingredients list/recipe for family feast. Here are some ideas for meat preparation. Try using some of these Marinades to add some flavour to your meat/veg. **Prep/marinade your meat BEFORE gathering on zoom as we will then focus on the salads etc.**

1 Asian chilli marinade

Mix 4 tbsp **sriracha**, a chopped stalk of **lemongrass**, a grated chunk of **ginger**, 1 tbsp **palm sugar** and the juice of 2 **limes** in a bowl. Use to marinate salmon fillets or chicken before grilling.

2 Chermoula marinade

Put the juice of a **lemon**, 1 tsp ground **cumin**, 1 tsp **smoked paprika**, a small bunch of **coriander**, 1 chopped **red chilli** and 2 chopped **garlic cloves** in a food processor and whizz, adding enough **olive oil** to make a marinade (about 4-6 tbsp). Use to marinate firm fish like tuna or salmon, or veg, before grilling.

3 Wholegrain mustard marinade

Mix 3 tbsp **grain mustard**, juice of 1 **lemon**, 2 tbsp **olive oil**, 1 tbsp **honey**, 1 tbsp **white wine vinegar** and 1 tsp **thyme leaves**. Use to marinate steaks or veg.

4 Jerk marinade

Put 4 chopped **spring onions** in a food processor with 2 chopped **scotch bonnet chillies**, 3 crushed **garlic cloves**, a small, grated chunk of **ginger**, leaves from 6 **thyme sprigs**, 1 tsp ground **cinnamon**, 3 ground **cloves**, 2 tsp ground **allspice berries**, 3 tbsp **dark brown sugar**, 4 tbsp **groundnut oil** and half a cup of water. Whizz to a marinade. Use to marinate [racks of ribs](#) or whole bone-in chicken pieces.

5 Spiced yogurt marinade

Put 250ml **natural yogurt**, a large bunch of **coriander**, 2 chopped **garlic cloves**, 4 **green chillies**, a small chunk of **ginger**, 2 tsp ground **cumin** and 1 tsp ground **coriander** in a food processor and whizz until smooth. Stir in 1 tsp ground **turmeric** and 1 tsp salt. Use to marinate [lamb leg steaks](#) or chicken fillets before grilling.

Some favourite BBQ alternatives to burgers!

Corn on the Cob: Rub with olive oil and coat in “Nando’s Peri Peri Rub - Lemon and herb”. Cook on the BBQ turning regularly until golden.



Vegi and Halloumi skewers: diced Halloumi, diced peppers, diced onion, and mushrooms! Make sure everything is roughly the same size (no more than 2 cm each) feed onto a Skewer and coat in a little olive oil and some Nando seasoning, or try one of the marinades.

Baked Salmon: A portion of salmon per person, sliced lemon, garlic clove, butter, parsley.

You create a salmon parcel using tinfoil - Place the salmon in some tinfoil (Skin down as this protects the fish when cooking). Add a dollop of butter (a small teaspoon per portion) add a few rings of sliced onion on top, a half slice of lemon, a half clove of Garlic and sprinkle some parsley. Scrunch the tinfoil together at the top so that all the juices will be kept inside and it will steam the fish. Put it on the BBQ and check it in 10-15 minutes.

You can find lots of ideas and recipes for BBQs here:

<https://www.olivemagazine.com/guides/best-ever/best-ever-skewer-recipes/>

<https://www.olivemagazine.com/recipes/entertain/best-ever-bbq-recipes/>