



TASTY BBQ RECIPES



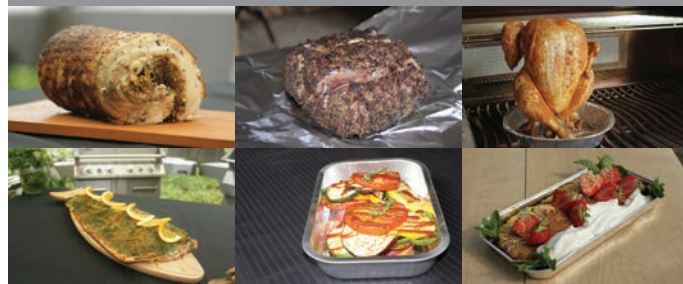
Mörsenbroicher Weg 200
40470 Düsseldorf, Germany
enquiries@alufoil.org
alufoil.org



EUROPEAN ALUMINIUM

Avenue de Broqueville, 12
B-1150 Brussels, Belgium
info@european-aluminium.eu
european-aluminium.eu

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Introduction



EAFA, the European Aluminium Foil Association and European Aluminium have teamed up with Ed van de Schootbrugge, 2012 European BBQ champion, to put together a delicious range of barbecue recipes which all use aluminium household foil or foil containers in the preparation and grilling of the food. In fact one even uses an aluminium beverage can!

Barbecue lovers from all over the world appreciate the many advantages of aluminium. Aluminium foil and containers are light yet strong and can be easily formed, making them ideal for wrapping, cooking and displaying food. Aluminium quickly dissipates heat and is safe for use in contact with foodstuffs, making it the obvious partner for your barbecue.



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Grilled pork porchetta

• Prep 30 minutes • Cook 3.5 hours • Ready in 4 hours 15 minutes



- **1.5 - 2 kg pork belly with skin**
- **100 g whole grain mustard**
- **Fresh herbs (thyme, rosemary, basil, parsley)**
- **Kosher sea salt**
- **Freshly ground black pepper**

1. Trim the pork belly into a flat and rectangular sheet and spread the mustard on the meat.
2. Chop all the herbs and sprinkle on top of the mustard. Season with sea salt and ground pepper.
3. Roll the meat up into a roulade and bind together with butcher's string as tight as you can.

4. Preheat an outdoor grill to a medium-high heat.
5. Grill the roulade on medium direct heat until golden brown.
6. Pack the roulade in aluminium foil and cook on the grill for 3.5 hours (indirect heat), and until the internal temperature has reached a minimum of 75 degrees C.
7. Take the roulade out of the foil and grill on direct heat until crisp.
8. Remove the string and slice the pork roulade in thin slices.

Serve with some grilled vegetables and/or salad.

Angus beef rib-eye with black pepper

• Prep 10 minutes • Cook 10 minutes • Ready in 1 hour 15 minutes

- 500 - 750 g Angus beef rib-eye
- 2 tbsp kosher sea salt
- 2 tbsp freshly crushed black pepper corns
- 1 tbsp crushed coriander seeds
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dried thyme
- 1 tsp paprika powder

1. Preheat grill to 200 degrees C.
(medium-hot)

2. Mix all the spices together and rub onto the rib-eye. Cook on the grill until golden brown.

3. Remove from grill and wrap in aluminium foil. Place this back in the grill on an indirect low-medium heat and let it sit for approx. 25 minutes. (core temperature of 54 degrees C.)

4. Remove the rib-eye from the grill, and let rest in a warm area for approx. 15 mins.

5. Remove the rib-eye from the foil, and slice thinly.

Sprinkle with kosher sea salt before serving.



Tandoori energy drink can chicken

• Prep 15 minutes • Cook 1 hour 15 minutes • Ready in 1 hour 30 minutes

- **1/2 can energy drink (Red Bull, Monster or other)**
- **1 whole chicken**
- **Tandoori spices**

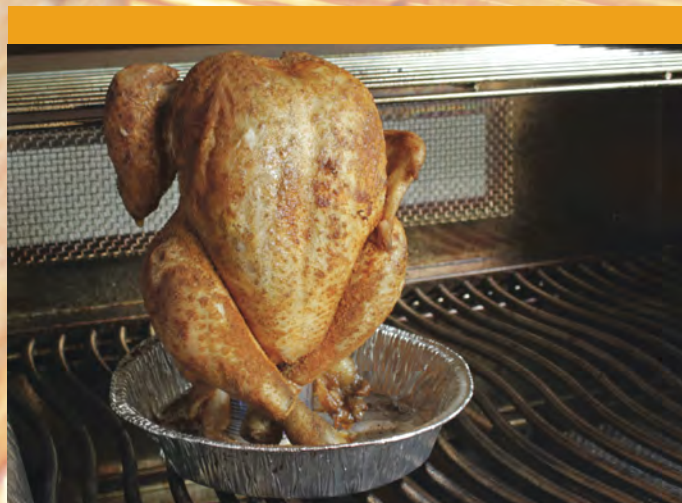
1. Preheat an outdoor grill to a medium-high heat, about 190 degrees C.
2. Put the half-full can of energy drink in the centre of a round aluminium foil tray.
3. Rinse chicken under cold running water. Discard giblets



and neck from chicken; drain and pat dry. Rub the chicken with the Tandoori spices. Fit whole chicken over the can of energy drink with the legs on the



bottom; keep upright. Sprinkle 1 teaspoon of the Tandoori spices into the top cavity of the chicken. The energy drink may foam up when the Tandoori spices fall inside the can.



4. Place the chicken, standing on the can, in the foil tray directly on the preheated grill. Close the lid and barbeque the chicken until no longer pink at the bone and the juices run clear, about 1 hour 15 minutes. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 82 degrees C.
5. Remove the chicken from the grill and discard the energy drink can.
6. Cover the chicken with a doubled sheet of aluminium foil and allow to rest in a warm area for 10 minutes before slicing.

Whole side of fresh salmon on the skin

• Prep 10 minutes • Cook 20-25 minutes • Ready in 35 minutes



- **1 side of fresh farmed salmon**
 - **250 g whole grain mustard (Maille or Meaux)**
 - **1 bunch fresh dill finely chopped**
 - **Zest of 1 orange**
 - **Juice of 1 orange**
1. Preheat an outdoor grill to a high heat.
 2. Form thick BBQ aluminium foil into a rectangular tray to the size of the salmon.
 3. Put some olive oil on the foil and place the salmon in the alu tray.
 4. Spread the mustard on the salmon, then sprinkle the dill on top, followed by the orange zest and the orange juice.
 5. Place the salmon in the foil tray on the grill and adjust the temperature to medium heat.
 6. Close the lid of the grill and let cook for approx. 20-25 minutes or until the salmon is opaque and easily flaked with a fork.
 7. Remove from the salmon grill and serve. Just scoop the fish from the skin and share.

Ratatouille with sweet potato

• Prep 15 minutes • Cook 15 minutes • Ready in 35 minutes

- Sweet potato
- Zucchini
- Egg plant
- Red onion
- Tomato
- Green, red and yellow peppers
- Fresh thyme
- Olive oil
- Pepper and salt

1. Slice all the vegetables and sweet potato into thick slices.
2. Preheat an outdoor grill to a medium high heat.

3. Grill all the slices with some olive oil until cooked and with nice grill marks.
4. Remove from grill and place the vegetables in layers in an aluminium foil tray.
5. Season with pepper, salt and thyme.
6. Place the tray in the grill, close the lid and let it cook for approx. 10 minutes.
7. Remove the tray from the grill and serve.



Grilled pineapple glazed with brown sugar and rum

• Prep 15 minutes • Cook 15 minutes • Ready in 35 minutes



- **Fresh pineapple cleaned and sliced in thick slices without the core**
 - **Dark rum**
 - **Dark brown sugar**
 - **Whipped heavy cream flavoured with fresh vanilla marrow**
 - **Strawberries**
 - **Fresh mint**
 - **Roasted coconut**
1. Preheat an outdoor grill to a high heat.
 2. Grill all the slices of the pineapple until golden brown and with nice grill marks.
 3. Put the slices in an aluminium foil tray.
 4. Cover with brown sugar and add a dash of rum.
 5. Place back on a hot grill and let it caramelize.
 6. When ready, take the tray out and add the cream.
 7. Decorate with strawberries, fresh mint leaves and some roasted coconut.