



Man Law: Tips for honing your Barbecuing skill-set

Dragging out the BBQ on the weekend normally means a feast of snags, steaks and beers with mates. It certainly doesn't signal a hot date with that special person in your life or an impressive dinner party. The experts at Man Law have come up with ten tips that'll flip you from average grilling chump to BBQ wizard; with skills to impress any dinner date.

1. **To Toss or Not to Toss:** It's a common misconception that flipping the meat frequently causes it to become tough. This is a myth. The last thing you want is an uneven cook on either side. So flip regularly to minimize moisture loss and toughness. So if the meat is thick and you want to cook it slowly – turn it regularly. The Man Law team say that any steaks tossed more than 150ml above the plate is showing off and runs the risk of losing said steak.
2. **Be gentle:** Treat the meat with a soft sensual touch. No cutting into the meat to check if it's ready. Barbecuing is a delicate process that requires patience, so settle down. Use a thermometer to assess the readiness of your meat. No matter how manly the BBQ'er is, this is an opportunity to show your softer side.
3. **Heat isn't everything:** The level of heat is determined by what you're cooking. If you're cooking burgers or steak sear with a high heat and then reduce to cook. Real men use thermometers.
4. **Sear for flavor & moisture:** Searing seals in the moisture and caramelizes the meat for flavor. Another common myth is that cooking meat for a long time will cause it to dry out. Thus, you should sear your meat on a high heat first.
5. **Cooking fish:** Take it out of the fridge 10 - 15 minutes prior to cooking (ensure the dog is on the chain), this allows it to warm up slightly. Score through the skin of the fish but don't cut deeply into the flesh. Make the cuts diagonally from the head to just before the tail, about 1.5 cm apart, then do again on the opposite angle diagonal. Complete this on both sides and use a fish basket to cook so that the flesh doesn't stick to the plate or grill.
6. **Use seasonings:** Seasonings/marinades aren't difficult to make, but they can have a profound effect on the taste. Remember: using these products will always create a big impression on your guests.
7. **Remove steaks from fridge before grilling:** Take the steaks out of the fridge and allow to come up in temperature for around 30 minutes prior to cooking. This gives a more even cook through the meat as the centre of the meat isn't starting the cook from a very low temperature. The only things that should be ice cold are the beer and Chardy.
8. **Don't serve straight off the grill:** Most meats will taste better and retain more of the yummy juices if you let it rest for approximately five minutes on a warm plate before serving. After serious research the Man Law Team have determined that the correct resting time for a cooked steak is "one beer".
9. **Good equipment, make the investment:** There is nothing more frustrating than cooking a BBQ with flimsy or faulty tools. We've all been there. Investing in a quality set of BBQ cooking and cleaning tools will have you barbecuing like the boss.
10. **Clean the BBQ properly:** Simply cranking up the heat for ten minutes and brushing it off is not on. Use the right tools. No one wants to clean the BBQ straight after cooking. Our recommendation is: after dinner while the girls are dealing with the plates is the right time to adjourn to the BBQ while it's still warm, it will be easy to clean with a good quality scraper. Scrape off the excess before it goes hard and put into some newspaper for disposal, then wipe the plate clean. Beer is a well known aid for doing this and sometimes we even get some on the BBQ plate.

For more cooking tips, 'how-to' videos and barbecuing advice or to purchase the very best in BBQ cooking equipment visit www.manlaw.com.au or call 1800 026 086