

JUMP

A MAGAZINE FOR GROWING FAMILIES

ISSUE 05 SUMMER 2009

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Be inspired by the great outdoors

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HOT STUFF

Annabel Karmel's BBQ special

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DREAM TICKETS
6 SENSATIONAL SLEEPOVERS



STARGAZING >> LOVELY LIDOS >> DOWN ON THE FARM & MUCH MORE



Burgers & beyond

Family food expert **Annabel Karmel** introduces a summer of brilliant barbecues with some outdoor fun and games and a few of her favourite recipes to fire the imagination

Some of the most carefree afternoons I can remember have been barbecues at home in the sun. Perhaps because all the family can share in preparing food to cook on the coals, or perhaps because food cooked outside tastes that bit more special. The best way to enjoy this informal style of dining is to cook tasty morsels throughout the afternoon, while the kids run free and play games in the garden.

FIRE DRILL

If cooking on coals, remove any old ash from the BBQ and use a clean grate. Heat the grate over the BBQ and use a wire brush to remove any burnt-on residue. It can be useful to lightly oil the grate before cooking.

- 1 Light the coals in plenty of time and wait until they turn grey (about 30 minutes) before starting to cook.
- 2 If cooking a large amount of food you'll need a good depth of coals in your BBQ to keep the heat going.
- 3 Take care when cooking over the BBQ - use long handled implements to turn food and keep a set of oven gloves handy.



- 4 Make sure you have clean plates for the cooked food. Do not put cooked food onto a plate that has been used to carry raw food out (unless the plate is washed first!).
- 5 To check the temperature of the coals hold your hand about 7cm away (roughly where the grate sits). You should be able to hold it there for 4-5 seconds. This is medium-hot, usually a good temperature for barbecuing. If it's too hot you may need to let the coals burn a little longer or move the grate higher. It is unwise to cook over very hot coals as food will burn on the outside and remain raw in the centre.

6 Some foods (such as sausages) may drip fat onto the coals and cause flaming. A spray bottle of water is useful to spritz any flames that get too fierce.

- 7 It's best not to cook foods that are very thick or large. Chicken breast is best if halved horizontally into escalopes, and drumsticks or thighs can be part-cooked in the oven before finishing over the coals.
- 8 Try not to use a marinade with lots of sugar, honey or syrup as the sugar tends to burn quickly in the heat of a BBQ. Wipe off the marinade if necessary and boil down to use as a glaze at the end of the cooking time. ▶



ALFRESCO FUN WHEELBARROWS

The children take it in turns to be the wheelbarrow and walk on their hands while their wheelbarrow partner holds their ankles. For an even more difficult game you can attempt to do this backwards.

DRESSING-UP SPRINT

Props: two hats, shirts, pairs of trousers, sunglasses and boots. This is a relay race for two teams or two children. Have the clothing laid out at equally spaced intervals on the way to the finish line. The players put the clothes on as they come to them, then run to the finish line, touch it and race back removing the clothes in reverse order, thereby leaving them in place for the next player. The team or player that finishes first is the winner.

HOOPLA

Props: empty bottles and six hoops. Arrange the empty bottles on bits of paper with a score written on each. Get some hoops or cut out hoops from strong card and give each child six. Children throw hoops at the bottles from behind a line to score the points written on the paper under each hoop.

A TASTY READ

Annabel Karmel's Summer Family Cookbook (£5.99)

This colourful new family magazine, featuring 70 enticing, all-new recipes, aims to introduce children to new foods, teach budding young chefs simple culinary skills, and spend fun-filled family time making delicious treats, from Yummy Salmon and Rice Salad to Funny Face Cupcakes. A priceless resource for every child-orientated kitchen.

Available from Tesco, Boots, Asda, Sainsbury's, WHSmith and Borders as well as online at amazon.co.uk, magbooks.com and annabelkarmel.com



ANNABEL'S



ONION & SAUSAGE KEBABS

Prep time
16 minutes
Cook time
10 minutes
Makes
8 skewers
(Not suitable for freezing)

INGREDIENTS

- 24 raw cocktail sausages
- Half a red onion, sliced into wedges
- 1 tbsp grainy mustard
- 2 tbsp ketchup
- 2 tsp honey
- 2 tsp soy sauce
- 8 small wooden skewers soaked in water for about 20 minutes

METHOD

- Put sausages into a bowl and toss with the remaining ingredients. Thread sausages and a few slices of red onion onto the skewers so that each skewer has three sausages.
- Cook on the BBQ for 8 to 10 minutes, turning halfway through cooking time, or roast in the oven at 190C/Gas 6 for 20 minutes or until golden brown and cooked through.

Annabel's tip: nice served to guests when they arrive.

BBQ WINGS

Prep time **10 minutes**
Cook time **15 minutes**
Serves **4**

INGREDIENTS

- 8 chicken wings
- Pinch of smoked paprika (or ordinary paprika)
- 4 tbsp hoisin sauce
- 4 tbsp plum sauce
- 4 tbsp tomato ketchup

METHOD

- Remove the wing tips then cut the wings in half at the joint. Season with salt, pepper and smoked paprika.
- Oil the rack of the BBQ. Cook the chicken wings skin side down for 8 to 10 minutes, turn and cook for a further 5 to 6 minutes until cooked through.
- Meanwhile, combine the hoisin and plum sauce with the tomato ketchup to make a sticky sauce.
- Brush the wings with the sauce, then BBQ for a further minute. Brush again, turn and cook for another minute. Repeat this process one more time. Cool slightly before serving.

Annabel's tip: brush the wings with the sauce for the last few minutes of cooking otherwise they will burn.





BARBECUE BITES

Prep time
20 minutes
Cook time
15 minutes
Makes **4**



BBQ TERIYAKI CHICKEN BURGER

INGREDIENTS

- 1 tbsp soy sauce
- 1 tbsp hoisin sauce
- 1 tbsp honey
- Quarter tsp ginger (fresh grated)
- Half a red onion, chopped
- Half tsp olive oil
- 1 clove garlic, crushed
- 225g minced chicken
- 20g breadcrumbs
- 1 tsp chopped parsley

METHOD

- Mix together the soy, hoisin, honey and ginger to make the Teriyaki sauce and set aside.
- Saute the onion in oil for 8 to 10 minutes until soft. Add the garlic and cook for 1 minute. Transfer to a bowl and cool slightly, then mix in the chicken, breadcrumbs, parsley and salt and pepper to taste.
- Form into 4 burgers.
- Oil the rack of the BBQ well with sunflower oil before putting the burgers on the rack.
- Cook over medium-hot coals for 5 minutes each side until cooked thoroughly.
- Brush the tops with Teriyaki sauce, turn and cook for 1 minute, brush with sauce again, turn and cook for 1 minute.
- Repeat brushing and turning once more on each side then serve.

BBQ SPARE RIBS

Prep time **15 minutes**
plus marinating overnight
Cook time **1 hour 15 minutes**
Serves **4** (Not suitable for freezing)

INGREDIENTS

- 1 tbsp olive oil
- 1 red onion, finely chopped
- 3 garlic cloves, crushed
- 400ml passata
- 85g brown sugar
- 3 tbsp malt vinegar
- 2 tbsp Worcestershire sauce
- 1 tbsp tomato puree
- 900g spare ribs
- Salt and freshly ground black pepper

METHOD

- Heat the oil in a saucepan, add the onion, cook gently for 5 to 10 minutes until soft. Add the garlic and cook for 1 minute, then add the remaining ingredients.
- Bring to the boil, then reduce the heat and simmer for 20 minutes until thickened. Leave until cool.

For a smooth sauce simply blitz in a blender.

- Put the spare ribs in a large plastic bag and pour in a quarter of the sauce. Seal the bag and shake to coat the ribs. Leave in the fridge overnight. Refrigerate the rest of the sauce until needed.
- Preheat oven to 170C/325F/ Gas 3/Fan 150C. Line a large roasting tin with foil and spread the ribs out in the tin. Season to taste. Cover with a second piece of foil and bake for 45 to 50 minutes, turning halfway through, until the ribs are cooked through.
- Transfer ribs out to the BBQ. Reserve half remaining sauce to serve as a dip then brush the ribs with some of the sauce. BBQ ribs over medium-hot coals for 8 to 10 minutes. Turn regularly and brush once more with sauce. Watch the sugar in the sauce does not burn.
- Cool slightly and serve with the remaining sauce.



BBQ CORN WITH CHEESY BUTTER

Prep time **7 minutes**
Cook time **16 minutes**
Makes **4** (Not suitable for freezing)

INGREDIENTS

- 55g butter, softened
- 15g (3 tbsp) grated parmesan
- 2 large corn on the cobs
- 4 wooden skewers, soaked in water for about 20 minutes

METHOD

- Mix together the butter, parmesan, salt and pepper to taste. Spoon onto clingfilm and roll into a log and refrigerate until firm (or overnight).
- Halve the corn on the cobs crosswise and cook in boiling water for 8 minutes. Drain and place on the wooden skewers.
- BBQ for 4 to 5 minutes, turn and cook for a further 4 to 5 minutes. Unwrap butter and cut into thick disks to rub over hot corn.