SAMBA
GOURMET
BBQ
COOKBOOK
GOURMET
BBQ
SMOKED
FLAVOUR
BY
SAMBA

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CHARCOAL COOKING

Charcoal Cooking is a unique BBQ experience that will allow you to explore authentic smoky flavours that can enhance the natural taste of your meat and vegetables. More heat, hotter grill and flavours that only Charcoal Cooking can offer.

This recipe book will begin your journey of Charcoal Cooking with a range of recipes using Beef, Lamb, Chicken, Pork & Vegetables.

HOT SHOTS BBQ FUEL

Made from Brown Coal Char, that is 95% pure carbon. Burns longer, cleaner and smoke free.

LUMP CHARCOAL

Made from natural Tamarind wood. No chemicals or fillers added.

NATURAL BBQ FUEL

Made from coconut shell that is carbonised then compressed with a vegetable binder.

SMOKING CHIPS

By adding Samba Smoking Chips to your barbecue cooking, a delicious range of flavours can be imparted to meat, fish or vegetables. Wood Smoke creates a truly unique barbecue flavour and an essence that only smoking can offer.

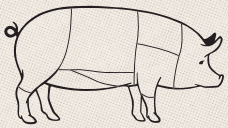
Simply soak the wood chips in liquid of your choice e.g water or liquor. Soak for up to an hour, draining when you are ready to smoke.

Smoking on a Charcoal BBQ

Simply toss the chips onto the coals - under the food if direct grilling or to the side for indirect grilling (see step by step guide on page 4). For the indirect grilling (which takes longer as the temperature is lower) it may be necessary to add a cup of wood chips every hour.

Smoking on a Gas BBQ

For best results use a Samba BBQ Smoker Box. Simply add the soaked chips, close the box lid and place on the grill. Keep BBQ hood down to trap in the aromas.



GET TO KNOW YOUR MEAT CUTS

see page 30

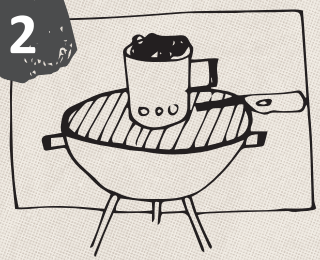
STEP BY STEP GUIDE TO CHARCOAL GRILLING

1

Choose your Samba BBQ Briquettes.

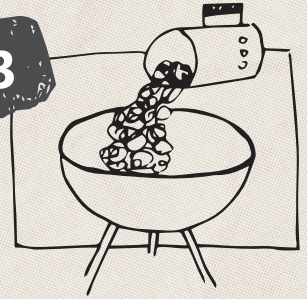
ADD SAMBA SMOKING CHIPS TO ADD EXTRA FLAVOUR. SOAK FOR AT LEAST ONE HOUR & TOSS ONTO HOT COALS

2



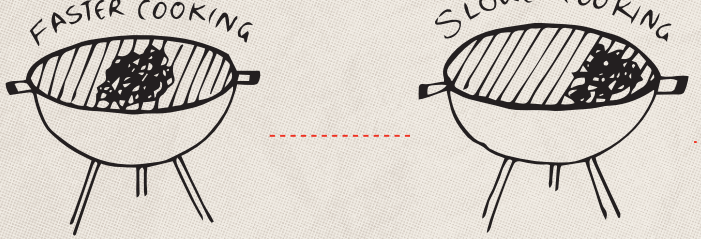
Fill the space under the Chimney Starter with 2 Samba Firelighters. Fill the vessel with Charcoal Briquettes. Light the firelighters.

3



When briquettes are lightly covered with white ash, put on heat proof mitts and Safely pour coals into your desired location.

4



Set your charcoal grill up for either direct or indirect grilling.

Direct Grilling

Coals sit in the middle of the grill. food is placed directly above the heat source. Ideal for steak.

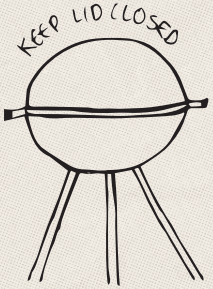
Indirect Grilling

Coals sit on the side of the grill, Food is placed opposite the heat source. Ideal for Roasts etc..

5

Clean BBQ grill with heat before & after use. Brush grates to remove excess food particles. Use oil so food doesn't stick.

6

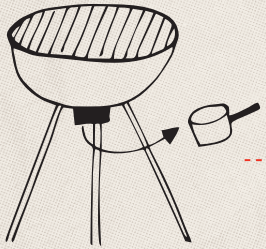


Keeping the lid closed will allow food to cook faster and evenly, also trapping the flavours.

7

ENJOY YOUR GOURMET BBQ MEAL

8



Remove ash when Grill is completely cool.

BBQ SAUCE

INGREDIENTS

¼ teaspoon chilli powder
1 teaspoon ground black pepper
1 teaspoon table salt
2 cups ketchup
½ cup yellow mustard
½ cup cider vinegar
½ cup Worcestershire sauce
¼ cup lemon juice
¼ cup hickory sauce
¼ cup dark molasses
½ cup honey
1 cup brown sugar
3 tablespoons vegetable oil
1 medium onion, finely chopped
3 medium cloves of garlic minced

METHOD

In a small bowl, mix the chilli powder, black pepper, and salt. In a large bowl, mix the ketchup, mustard, vinegar, Worcestershire, lemon juice, hickory sauce, molasses, honey and brown sugar.

Over medium heat, heat the oil in a large saucepan. Add the onions and sauté until soft and translucent, about 15 minutes. Add garlic and cook for another 5 minutes. Add the dry spices and stir for 2 minutes. Add the remaining ingredients. Simmer over medium heat for about 20 minutes to thicken.

Taste and adjust if needed.

PORK & CHICKEN BBQ RUB

INGREDIENTS

¾ cup brown sugar

½ cup white sugar

⅓ cup smoked paprika

2 tablespoons garlic powder

½ teaspoon ground black pepper

2 tablespoons ground ginger powder

2 tablespoons onion powder

2 teaspoons rosemary powder

METHOD

Mix the ingredients thoroughly in a bowl.

Makes about 3 cups.

BEEF BBQ RUB

INGREDIENTS

½ tablespoon ground black pepper

2 teaspoons dried rosemary leaves

2 teaspoons dried thyme or oregano

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon smoked paprika

½ teaspoon chilli powder

2 teaspoons wholegrain mustard

2 teaspoons brown sugar

4 tablespoons extra virgin olive oil

METHOD

Mix the ingredients thoroughly in a bowl.

Makes about ½ a cup.

BBQ ROAST BEEF

INGREDIENTS

1 beef roast

1 tablespoon salt flakes per kg of meat

BBQ Rub (see page 7)

METHOD

Trim most of the fat off – leave no more than about 5mm. Tie your beef with string every 30mm to get it as round as possible. Sprinkle it with the salt 12 to 24 hrs before cooking. Just before cooking, rub with BBQ Rub see page 7. Set up your grill for indirect grilling. Add handful of soaked Samba Beef & Lamb smoking wood chips to coals. Place your beef above the dripping pan. Cook at 120°c. Remove when interior temperature reaches 60°c.

Place beef directly above coals and sear all sides for 1-2 minutes. Rest for 10 minutes before serving.

A LITTLE BIT OF FAT LEFT ON YOUR ROAST BEEF WILL ADD NATURAL FLAVOURS

THE PERFECT STEAK

INGREDIENTS

1 Steak

Salt flakes

METHOD

Salt your steak an hour or more before you grill. Overnight is best. Set up your grill for indirect grilling. Place steaks directly over charcoal and sear for about 2 minutes each side or until you have good colouring on each side. Remove steak when the interior reaches 58°c for rare, 62°c for medium and 68°c for well done. If your steak has not yet reached the desired temperature after searing, place steak on the indirect side of your grill until it reaches temperature. Rest steak uncovered for 10 minutes.

WHEN BUYING STEAK, BUY THE BEST QUALITY YOU CAN AFFORD. GET IT THICK CUT IF POSSIBLE.

RACK OF LAMB

INGREDIENTS

1 rack or lamb

1 medium clove of garlic minced

1 heaped teaspoon fresh mint finely chopped

1 tablespoon finely chopped fresh rosemary (or 1 teaspoon dried)

3 tablespoons olive oil

¼ teaspoon ground black pepper

1 tablespoon red wine

Salt flakes to taste

METHOD

Mix the garlic, mint, rosemary, pepper, olive oil and red wine. Trim off the fat cap. Pat the meat dry and apply wet rub. Sit for 1-2 hours.

Loosely wrap bones with tin foil. Preheat the grill for indirect grilling. Place meat on the indirect side with the lid down for about 5 minutes per side.

Move the meat over the direct side to sear. Take care not to burn. Turn often, about every 2 minutes. Remove when interior reaches 160°c. Rest for 10 minutes.

FOR BEST RESULTS ALLOW YOUR MEAT TO MARINATE AT ROOM TEMPERATURE

LAMB CHOPS

INGREDIENTS

¼ cup red wine vinegar

¼ cup balsamic vinegar

¼ cup olive oil

3 tablespoons olive oil

3 tablespoons fresh rosemary

4 cloves of fresh garlic minced

6 lamb loin chops

½ teaspoon salt flakes

METHOD

Trim and salt the meat about 1 hour before cooking.

Combine remaining ingredients. Let the marinade sit for 30 minutes for the flavours to combine. Add the chops, coat them with the marinade and sit for 10 minutes per side. Set up your grill for indirect grilling.

Place meat on the hot side with the lid up. Turn frequently until chops reach 55°c in the center. Place chops on indirect side to hold chops as they finish. Remove when interior reaches 60°c to 65°c.

PORK SPARE RIBS

INGREDIENTS

Pork Spare Ribs

Sea salt Flakes

Vegetable Oil

BBQ Rub Recipe (see page 7)

METHOD

Remove the membrane from the under side of the ribs. Insert a knife under the membrane, work a corner loose, grip it with a paper towel, and peel it off. Trim the excess fat from both sides. Salt both sides of the ribs 1 to 2 hours before you cook. Use about 1 teaspoon per kg of meat. Coat the ribs with a thin layer of vegetable oil. Sprinkle with Pork Rub (see page 7) coating all surfaces. Rub it in. You can apply the rub the night before. This is optional. Set up your cooker for indirect grilling.

Preheat your BBQ to about 110-120°c. Maintain this temperature throughout. Cooking at this temperature will allow the ribs to cook low and slow. Add a handful of soaked Samba Pork and Poultry smoking chips. Put the ribs on the indirect side of the grill, meat side up. When the smoke dies down after 20 to 30 minutes, add another handful of Samba Pork and Poultry smoking chips. Allow 4-5 hours for ribs to cook. You may need to add more coals after 2-3 hours to maintain temperature. Then pick up the slab with tongs and bend them gently. If the surface cracks, it is ready. If not return to grill for another 30 minutes.

SLOW PORK

INGREDIENTS

1 pork shoulder

3 tablespoons of vegetable oil

⅓ cup Pork Rub (see page 7)

½ teaspoon salt Flakes

2 cups wood for smoke

1 cup of BBQ sauce (see page 5)

METHOD

Trim most of the fat from the meat. If yours is not already tied, tie it with cotton string. Rinse and thoroughly dry the meat. Salt it 12 to 24 hours in advance. Just before cooking, oil it with vegetable oil, coating all surfaces. Cover generously with the rub. Set your BBQ up for indirect grilling and heat your BBQ to about 120°c. Put the meat on above the pan. Add a handful of Samba Pork and Poultry smoking chips to the coals. Check your BBQ every hour to make sure the heat is maintained around 120°c. If it goes up to 150˚c, this is OK but try to keep it down under 130°c. When the interior reaches about 75°c, the exterior should be turning brown. If there is a bone, use a glove or paper towel to protect your fingers and wiggle the bone. If it turns easily and comes out of the meat, it is done. If there is no bone, insert a fork and try to rotate it 90 degrees. If it turns easily, its done. If it's not done, close the lid and cook for another 30 minutes. If the internal temp hits 90°c but the meat is still not tender, cook until it reaches about 95°c. If you can't reach the temp on your BBQ, wrap the meat in heavy duty foil and move it into a 120˚c indoor oven. When it has reached the correct temperature, shred the pork. Serve on its own or with BBQ sauce.

ROAST PORK

INGREDIENTS

1 rolled & tied pork loin skin on

Olive oil

Salt Flakes

METHOD

Set up grill for indirect grilling and score skin if not done already. Dry skin and lightly coat with oil then salt liberally rubbing into score marks. Place pork skin side down on BBQ grate near charcoal but not directly over top. Turn pork every 10-20 seconds to prevent skin burning. After 4-5 minutes, skin should be crackled. Transfer to other side of the BBQ, skin side up and cook at 150°c until internal temperature reaches 71°c.

BARBECUED CHICKEN

INGREDIENTS

1 Chicken

1 teaspoon salt flakes

½ teaspoon black pepper

2 teaspoon smoked paprika

2 teaspoon dried thyme

2 teaspoon dried oregano

¼ teaspoon chilli powder

2 handfuls of Samba Pork & Poultry Smoking Chips

METHOD

Rinse the chicken inside and out and pat dry with paper towels. Season the inside of the chicken with ¼ tsp of salt & ¼ tsp of black pepper. Mix together the remaining ¾ tsp salt & ¼ tsp black pepper along with the paprika, thyme, oregano & chilli. Using your fingers, start at the tail cavity and carefully loosen the skin of the chicken over the breast and thighs. Insert about half of the spice mixture under the skin and rub it on as evenly as possible. Rub the remaining spice mixture over the skin of the chicken. Let the chicken stand at room temperature for 30 mins. Prepare your grill for indirect grilling. Place a handful of Samba Pork & Poultry wood chips on the coals. Place the chicken, breast side up, on the indirect side over the drip pan. Grill at 160°c for about 2 hours or until the juices run clear. To test for doneness, insert an instant-read thermometer into the thickest part of the thigh, away from the bone; it should register 75°c. The temperature will rise another 4° to 8°c while the chicken is resting. Transfer the chicken to a carving board, cover loosely with foil and let rest for 10 mins before carving.

BBQ CHICKEN PIECES

INGREDIENTS

Chicken pieces skin-on

Salt flakes

Vegetable oil

1 cup barbecue sauce
(see page 5)

METHOD

Coat the chicken pieces with vegetable oil and sprinkle salt over them on all sides. Prepare your grill for indirect grilling . Place the chicken pieces (skin side down) on the hottest side of the grill to crisp the skin. Grill for 5-10 minutes, taking care you do not burn the chicken. Once the skin is crispy, move the chicken pieces to the cooler side of the grill. Cover the grill and cook undisturbed for 20-30 minutes. Baste the chicken pieces with your favourite BBQ sauce. Cover the grill again and allow to cook for another 15-20 minutes. Repeat, turning the chicken pieces over, basting them with sauce, covering, and cooking for another 10-30 minutes.

The chicken is done when the internal temperature of the chicken pieces is 74°c for breasts and 75°c for thighs, or if you insert the tip of a knife into the middle of the thickest piece and the juices run clear. If the chicken isn't done, turn the pieces over and continue to cook at a low temperature.

Baste with more BBQ sauce and serve.

WHOLE SNAPPER

INGREDIENTS

1 Fresh Snapper

Salt & freshly ground black pepper

Lemon slices, peeled garlic cloves, peeled ginger slices, fresh oregano sprigs, fresh parsley sprigs, for stuffing

Olive oil

Parsley, for garnish

Lemon wedges, for serving

METHOD

Thoroughly pat fish dry with paper towels. Season inside and out with salt and pepper. Stuff fish cavities with the lemon, garlic, ginger, and herbs. Rub fish all over with olive oil. Set fish over hot side of grill and cook until under side is browned, about 5 minutes. Using a carving fork, insert tines between grill grate and under fish. Carefully attempt to lift fish from below; if it resists, allow to cook for 1 more minute and try again. When fish lifts easily from grill, turn fish onto other side and cook until a thermometer inserted in the thickest part registers 60°c (about 5 minutes longer). If skin starts to burn before fish is cooked through, transfer fish to other side of grill to finish cooking.
Rest for 5 minutes.

BBQ VEGES

INGREDIENTS

1 Red pepper

1 Yellow pepper

1 Medium zucchini

1 Egg plant

1 Onion

Sea salt

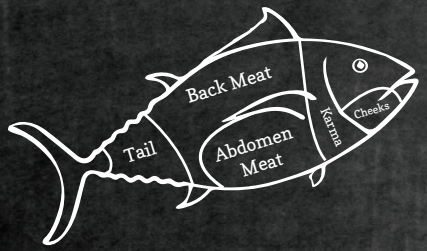
Ground black pepper

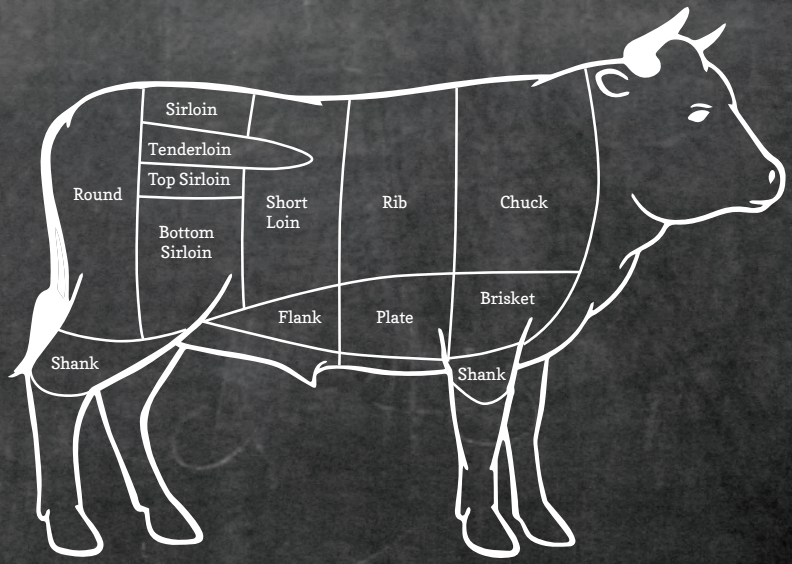
Extra virgin olive oil

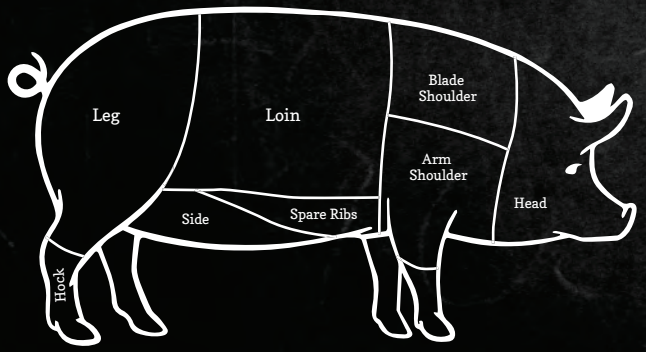
METHOD

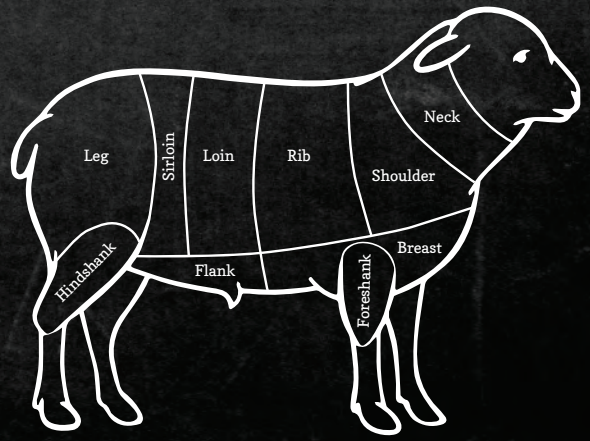
Wash your vegetables. Prepare your BBQ for direct grilling. Cut the onion into quarters, place on grill and turn often till lightly charred and soft. Remove and place on a paper towel. Put the whole peppers on to the grill to get black marks on all sides. While still hot, put them in a bowl, cover with plastic wrap and leave to cool. Slice the zucchini 5mm thick, and grill for about a minute on each side, or until lightly charred. You don't want them too black or too raw. Remove and place on a paper towel, don't sit zucchini on top of each other as they will get too soft. Cut the eggplant into slices 10mm thick. Grill the slices, turning to get nice grill marks. Remove and place on paper towel. Peel the peppers and cut into strips. Put all the grilled vegetables into a big bowl. Add 2 tablespoons of extra virgin olive oil and salt/pepper to taste and toss.

GET TO KNOW YOUR MEAT CUTS









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