



STAY IN SHAPE THIS

BBQ

SEASON

By Fitness and Nutrition Expert



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TRANSFORMATIONFIT

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6 GREAT BBQ HACKS IN THIS GUIDE!



**We Brits simply love a BBQ –
if only the weather would play ball.**

The only problem is that our bodies don't love us as much after one!

BBQ season seems to result in most of us forgetting our pledges to eat healthily and instead embark on a calorie-stuffing, cholesterol-loving, high salt/sugar/fat, feed-a-thon – all washed down with a sugary beverage, just to round things off.

So is there a way of BBQing healthily?

Absolutely! We just need to think carefully of what we throw over the coals and which sides we choose to serve. This guide gives you 6 great BBQ hacks that will ensure your summer is both healthy and tasty.

**It is not about compromising on flavours or tastes,
it's simply about eating smart.**



LIGHTLY DOES IT



In 2009 a study by Dr Kristin Anderson looked at the diets of over 60,000 individuals; 208 of these people developed pancreatic cancer during the 9-year study, and looking in detail at their lifestyle one startling link was drawn – they all liked their meat ‘very well done’.

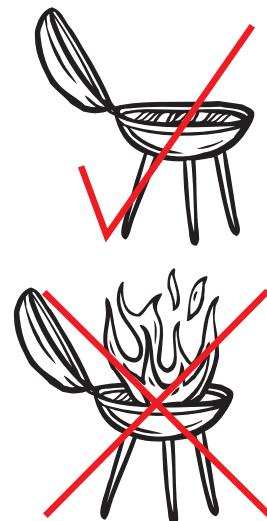
Researchers now believe that the heterocyclic amines (HCAs) and poly-aromatic hydrocarbons (PAHs), carcinogens that form when meat is cooked at high temperatures, could play a role. BBQs tend to be the worst culprits when it comes to HCA formation as meat is cooked at far hotter temperatures for a lot longer (as we tend to be worried about underdone meat).

So this BBQ season:

- Let the coals rest a bit and cook over a lower heat
- Cook slowly, making sure the meat is cooked through but not burnt to a crisp
- Partially cook meat like chicken in the oven before bringing it out to the BBQ
- Cut off burned, or excessively charred, portions

The same goes for any roasted veggies you plan to serve this BBQ season.

We all remember last year’s ‘Go for Gold’ the UK Food Standard Agency launched, making people aware of the probable cancer causing effects acrylamide – a natural by-product produced when starchy foods are charred. It is not just toast that should be consumed “golden”, so this year if you are BBQing some veg try to **‘bronze it and not burn it’!**



**COOK OVER A
LOWER HEAT**



SMARTER SAUSAGE SELECTION

Everyone loves a “banger” and let’s face it a BBQ is not a BBQ without a hot dog – BUT – not all sausages are equal.

To be labelled a pork, beef, lamb or even chicken sausage, all it needs to contain is 1% meat! As a result our supermarkets are packed with a wide array of sausages with very different meat to filler ratios. They also have startlingly different fat contents too. So beware, it is not always the ones advertising themselves as “LOW FAT” which are actually the healthiest option.

So what should you look out for?

- **Meat content** – the higher the better. 70% should be the lowest you go, as sausages below this mark are simply packed full of fillers that add calories without providing the protein goodness.
- **Make sure it states a specific meat** – there are still sausages on the market with somewhat dubious content. So make sure your banger specifically states what's inside – whether it is pork, beef, lamb or turkey, you want specifics and not just “meat”.
- **Low in saturated fats** – while fat gives a banger its iconic taste, you can get equally scrumptious sausages which are low in saturated fats ensuring full sausage taste and a healthier heart!
- **Sodium levels** – as far as we can see there are very few regulations when it comes to the sodium content of sausages. So read the packet wisely. Opt for a banger with less than 450mg per 100g and you will be on to a winner.

Price is also a great way to sort your sausages, as cheaper varieties may save us a few pounds in our wallet but will often add more to our waists.

If in doubt – check out your local butcher. Not only will they know exactly what went into their sausages, they also tend to have a much wider ‘artisan’ selection.



**MAKE SURE
YOUR SAUSAGES ARE
AT LEAST
70% MEAT**



TURKEY OVER CHICKEN



Sometimes bigger is better and this is certainly the case when comparing turkey to chicken.

Turkey packs a far greater protein punch per serving, and has higher iron content while contributing less cholesterol and sodium to your diet. Oh, and it's calorie friendly too – so why aren't we all eating turkey?

One of the biggest issues is that it tends to be drier than chicken, but it doesn't have to be. South Africa is a nation of BBQers and we can learn a thing or two from them when it comes to cooking meat over coals. One of their biggest secrets is a simple spray bottle of lemon juice infused with herbs that you periodically spray over your turkey as it cooks. This simple marinade keeps the bird nice and juicy and adds a great taste explosion without the need for calorific basting.

Turkey (1 cup / 125g)	Chicken (1 cup / 125g)
262 calories	287 calories
10.1g fat	13.6g fat
119mg cholesterol	130mg cholesterol
111mg sodium	130mg sodium
40g protein	38.3g protein
18% RDA iron	10% RDA iron

Table taken from an article in *The Telegram*
www.telegram.com/assets/microsites/healthy-lifestyle/article0003.html

PROTEIN PUNCH



TURKEY BURGERS

Get inventive with your turkey. It doesn't just need to be a chicken alternative – why not make tasty turkey burgers this BBQ season?

INGREDIENTS

- 4 cups / 500g turkey mince
- 1 teaspoon / 5ml of Worcester sauce
- 1 cup / 85g of breadcrumbs or cream crackers
- 1 tablespoon / 5g of chopped coriander
- ½ a small onion
- 1 small egg

1. Hand mix in a bowl until combined and then roll into burger patties.
2. Chill in the fridge for at least 30 minutes
3. Cook slowly over the coals.

For those wanting to be uber health concious, serve between a bit of iceberg lettuce with a generous helping of avocado, tomato and onion.

TURKEY KEBABS

Turkey kebabs are another great option, especially when marinated in a dry rub or lemon juice and herbs rather than a sticky, sugar-fuelled marinade. Try this great recipe:

INGREDIENTS

2 cloves of crushed garlic
Juice of 2 lemons
Juice of 1 lime
A bunch of fresh oregano
1 teaspoon / 1.8g of cumin
1 teaspoon / 1.8g of paprika

1. Finely dice the oregano and add in a bowl with the cumin, paprika, lemon and lime juice and garlic.
2. Add 4 turkey breasts chopped into bite sized chunks and allow to marinade for 2 hours in the fridge.
3. **Prepare**
3 peppers, assorted colours
2 red onions
1 pineapple
4. Cut in chunks roughly the same size as the turkey. Then place on skewers, alternating between all three and the turkey.
5. Roll the skewers in some desiccated coconut, and then BBQ slowly over cool coals until the turkey is cooked completely.





THINK FISH



The idea of BBQing fish scares a lot of people, but it shouldn't! As long as you pick the right one, it's as simple as cooking steak and the taste of fish cooked over an open flame is hard to beat.

The key to choosing the right fish – firmness!

This is not a time to opt for sole, as delicate fish don't do so well over the open flame. You need a firm, hearty fish and we have few great options:

Swordfish

Firstly, inviting your friends for a swordfish BBQ is going to elevate your BBQ to the next level. Secondly, you can buy it as prepared steaks, making preparation time really easy. Thirdly, it is a meaty fish which makes the job of BBQing it simple. Then there is the bonus that

swordfish tastes great with a range of marinades, thanks to its mild taste. We love mustard rubs.

Salmon

Another firm fish that works brilliantly on the BBQ. It can be just rubbed in salt & pepper and occasionally spritz with lemon juice for a simple but amazing taste. Alternatively, it can be placed in a tin on a bed of herbs, lemon and onions, with some white wine and lemon juice and then slowly poached on the BBQ.

Tuna

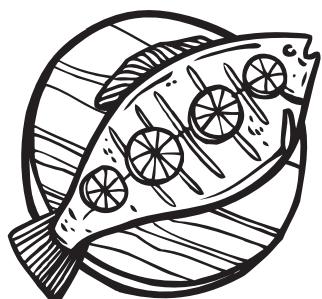
This is the ocean's version of a steak and quite rightly so. Thick and hearty with its own distinct flavour – just make sure you don't overcook it, as it should be served medium rare. Our advice with tuna is 'less is more'. Some black pepper and salt to season and then served with lemon wedges and a simple salad. It is an easy way to make an impressive meal.

Dorado

Most fishmongers will have this. It's firm white flakes are ideal for the BBQ and as far as white fish go it is one of the most flavoursome. If you fancy going 'exotic' then this is definitely the fish to choose, as Thai inspired rubs work brilliantly with this fish.

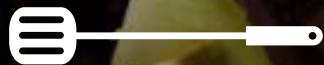
Sea bass

This is a wonderful fish to BBQ whole. Marinate by drizzling the juices of two oranges, the zest of a lemon and some olive oil over the fish. Place a 'bed' of thinly sliced orange on the grill first and then lay the fish over these. BBQ the fish for approximately 6-7 minutes on each side. It is ready when the fish flakes away easily.





GO VEGGIE



The high content of red meat in our diets is something we are being constantly warned about, but during BBQ season no one seems to heed these concerns. Perhaps it is time we did, and in the process mix things up a bit.

There are a number of great veggie alternatives that are setting the BBQ world alight – and we are not talking about quorn or tofu pretending to be meat. So why not make a change this summer and host the first veggie BBQ? Or take Meat Free Monday outside?



Some of our favourites include:

Green burgers

Heat 2 finely chopped onions in a pan until pale. Finely chop 1 cup / 225g of spinach and then add the cooled onion, 150g dried breadcrumbs, a pinch of fresh grated nutmeg, 1 cup / 125g mature cheddar, ½ cup / 50g parmesan and a beaten egg (a bit at a time, mixing until it holds together). Divide into 6-8 depending on how big you like your burgers. Shape, coat in plain flour and chill in the fridge.

Halloumi and butternut skewer

Boil 2.5 cups / 500g of bite-sized cubed butternut for approx. 12 minutes until slightly tender. Make a rosemary and garlic rub, by combining 2 tablespoons of olive oil with the juice of a small lemon, three finely chopped sprigs of rosemary, 2 cloves of crushed garlic, salt and pepper. Alternate

the halloumi and butternut on the skewer and then roll in the rub. Chill in the fridge for an hour, then BBQ for 4 minutes on each side.

Aubergine parcels

In a blender ‘blitz’ a handful of basil leaves, 2 tablespoons of pine nuts, 2 cloves of garlic and 2 tablespoons of parmesan together. Then add a drizzle of olive oil. Slice aubergine lengthways into relatively thin strips (5mm thick) and BBQ on both sides until it starts to char (try not to let it burn too much). Stack the centre third of the aubergine with slices of mozzarella, tomato and basil before wrapping over both ends of the aubergine and skewering with a cocktail stick. Then drizzle over the pesto.

For more tasty vegetarian alternatives check out (consider the calorie implications of each)
www.bbcgoodfood.com/recipes/collection/vegetarian-barbecue



HOMEMADE THE HEALTHY WAY

When it comes to marinades and rubs there are two camps – those who can't BBQ without them, and those who can't see past the heart risks thanks to their high sugar and salt content. We propose a middle ground – great flavours and a happy heart.

We love marinades, they are great for adding strong flavours to meats and tenderise the outside surfaces. The same goes for rubs, which add taste and texture. The great news is they don't have to be high in sugar and salt to do this.

The problem comes from the many shop bought ones, which need to have extended shelf lives and thus have high levels of preservatives. It's these branded marinades and rubs that tend to have high sugar and salt content, which is a shame as they give all marinades and rubs a bad name when there are plenty of great and healthy home made recipes.

The British Heart Foundation published 8 delicious rub and marinade recipes last year to coincide with BBQ season; we have tried them all and simply can't get enough!

So this year, why don't you dress your meat the British Heart Foundation way

[www.bhf.org.uk/heart-matters-magazine/nutrition/
cooking-skills/marinades-and-rubs](http://www.bhf.org.uk/heart-matters-magazine/nutrition/cooking-skills/marinades-and-rubs)



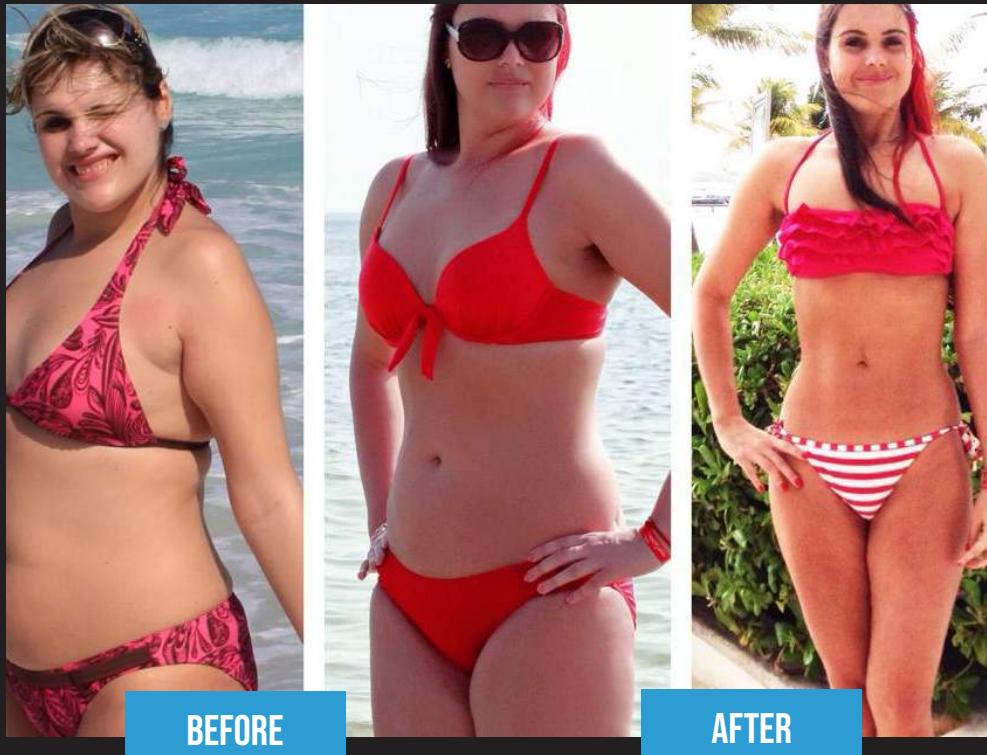


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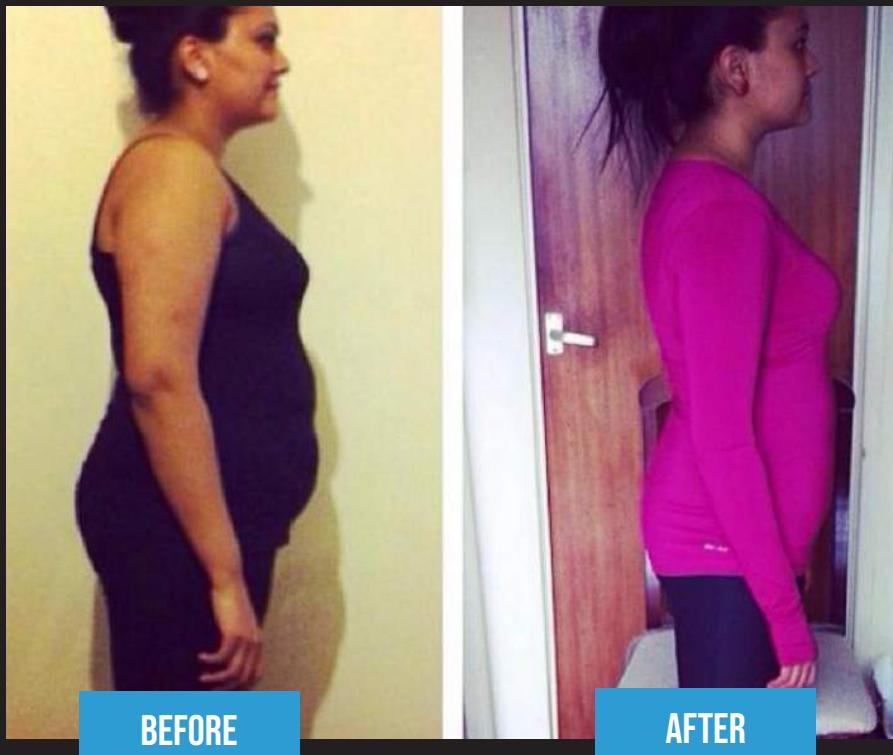
KATE MAKKAIJOVA



BEFORE

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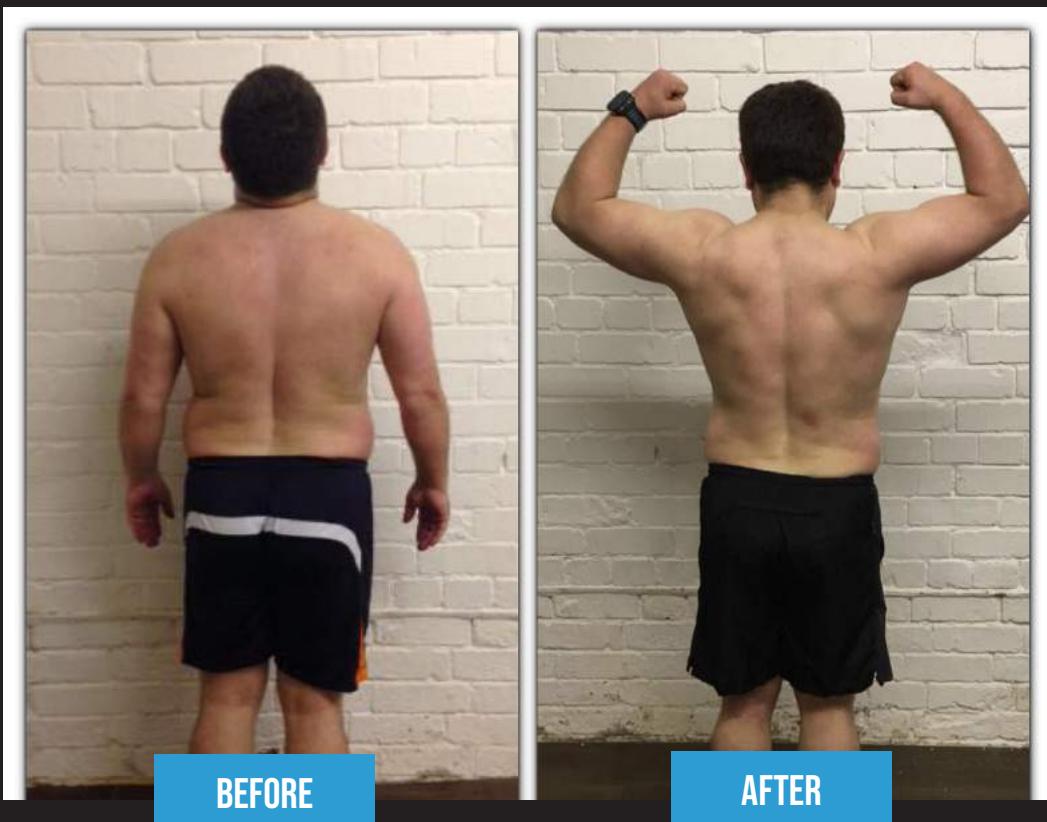
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