

How to Qurbani BBQ like a Pro

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With all the blood and gore in the streets of Dhaka during Eid-ul-Azha, there is one word that gives us solace: B-A-R-B-E-C-U-E (I'll give you a moment to savour that thought). With the abundance of meat and so many possibilities it's only right to make some heavenly grilled goodness. Here are some dos and don'ts for barbecuing that will probably save you from posting on DSD at the last moment.

PREPARING THE MEAT

First of all, get the right cuts of meat. For best results, it's important that you get your meat cut to perfection. The tricky part here is explaining the cuts to your *koshai*. You can google the images of the cut and show them but your butcher will only nod his head and go back to the way he usually cuts the meat. So learn the cuts and the parts yourself first; that way you can supervise your butcher.

Pro-tip: Meat closer to the backbone tends to be flavourful and tender. You can also get good steak

marinate recipe.

Basic ingredients: Cup of papaya juice, ginger and garlic paste, BBQ sauce, Worcestershire sauce, chilli flakes or Tabasco sauce for heat and salt to taste. You can create variations in your recipe with the use of different herbs.

Pro-tip: The longer you leave your meat to marinate, the more tender and juicy the meat will be once you barbecue. But if you have less time on your hands, you need to pound the meat to make it tender and keep it in the marinade for at least an hour. Make sure you keep the meat covered while it soaks in the marinade.

ON THE GRILL

Now that you're done marinating, time to get your grill fired up.

First of all, get your coal ready by today, as it's hard to obtain at the last minute. You can get coal at any bazaar near you.

• **DO NOT USE KEROSENE UNDER ANY CIRCUMSTANCE.** I mean seriously, why would you do that to yourself after so much effort? The key to a good barbecue is patience. Tak

e your time burning the coal. Don't squirt water on the flames either. This will send ash flying over your food.

• If you don't have a grill at home, you can get one at New Market, Baitul Mukarram, or Gulshan 1 Market. It's preferable that you get one with the side flaps which can be opened to burn the coal faster.

Make sure you get a good quality skewer set. If your old skewers have caught rust, don't use them.

• Create gradations of heat on your barbecue by stacking asymmetrically once they are hot. That way you

can move things that are charring on the outside across to the cooler part of the grill. Always keep an area of the grill with no coals under it at all – a place to rest food that is cooked and to move things if you have a flare-up. When one side's done, brush your homemade or store-bought barbecue sauce on the upturned side. If you have lots of leftover marinade, cook it up on the grill in a metal bowl and use it on the meat.

Barbecue sauce: 2 spoonfuls of good quality ketchup, Tabasco, a dab of oyster sauce, black pepper, olive oil or any type of vegetable oil.

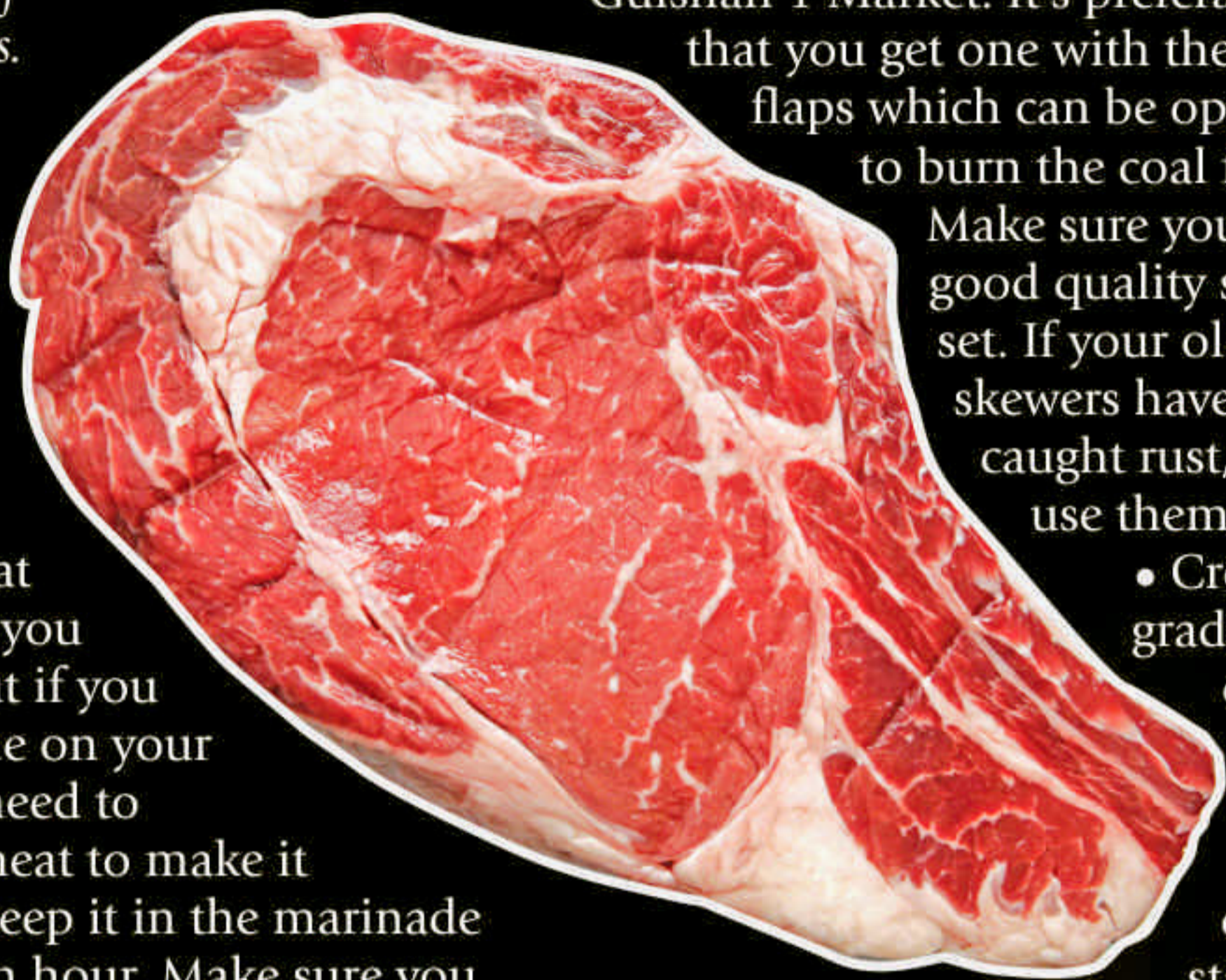
Further reading:

<http://www.food.com/recipe/the-best-marinate-for-kabobs-beef-pork-and-lamb-116996>

<http://barbecuebible.com/2013/08/15/the-10-best-steaks-for-grilling/>

Nazifa Raidah loves books, movies, creeping people out and singing in the shower. She also checks for monsters under her bed every now and then. Send her your thoughts at

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secret ingredient



CONCOCTING THE MARINADE

Meat is usually quite tough here compared to the 'organic' or 'grass-fed' beef you get abroad. Papaya juice tenderises meat really well. Don't forget to add it to your

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