

Better Barbi Briefing

A quick guide on how to enjoy your next BBQ bash!

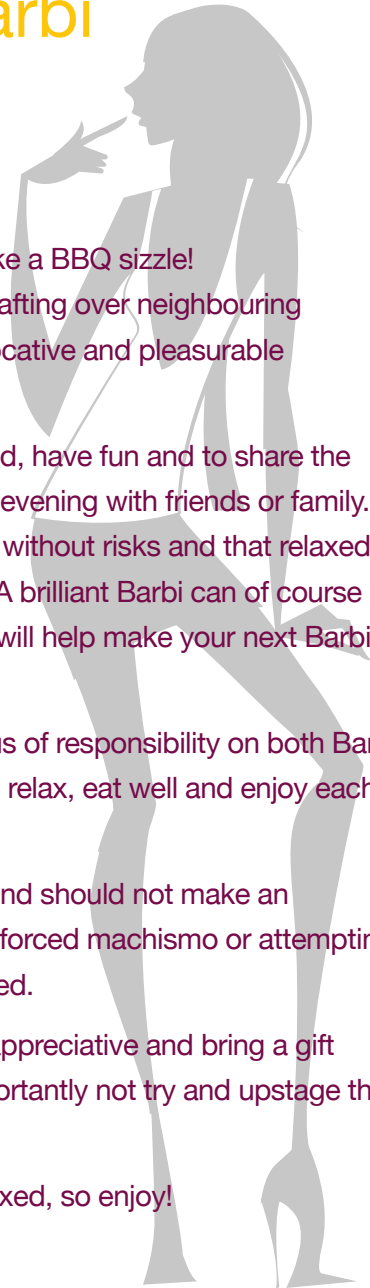


Guardians of the nation's BBQ & alfresco eating heritage, the National BBQ Association has been promoting better BBQ'ing since 1997.

This Better Barbi Briefing has been prepared by The Grill Master, Brian George, NBQA president.



It' Sunny – So Barbi



Whether Host or Guest here's how to make a BBQ sizzle!
The tantalising tang of char-grilled food wafting over neighbouring gardens has become one of the most evocative and pleasurable indicators that summer has arrived.

Indeed a Barbi is a fantastic way to unwind, have fun and to share the pleasures of an alfresco summer's day or evening with friends or family. However that opportunity does not come without risks and that relaxed informality does need some forethought. A brilliant Barbi can of course just happen, but equally a bit of planning will help make your next Barbi bash go with a real bang!

Perhaps surprisingly there is an equal onus of responsibility on both Barbi hosts and guests, so that both are able to relax, eat well and enjoy each other's company.

Hosts should control in a subtle manner and should not make an exhibition; comedy aprons, chef's hats, a forced machismo or attempting to be a 'stand-up' comic should be avoided.

Equally guests should arrive on time, be appreciative and bring a gift (booze is always welcome) and most importantly not try and upstage the host or get to drunk!

Remember Barbi's should be fun and relaxed, so enjoy!

Top Tips for Better Barbi Etiquette

Guests



BBQ's are informal gatherings, but you should respond to invitations promptly, and arrive punctually.



‘You should always ask if you can bring anything – a salad or alfresco pudding perhaps. A small gift for the host or hostess is always most appreciated.’



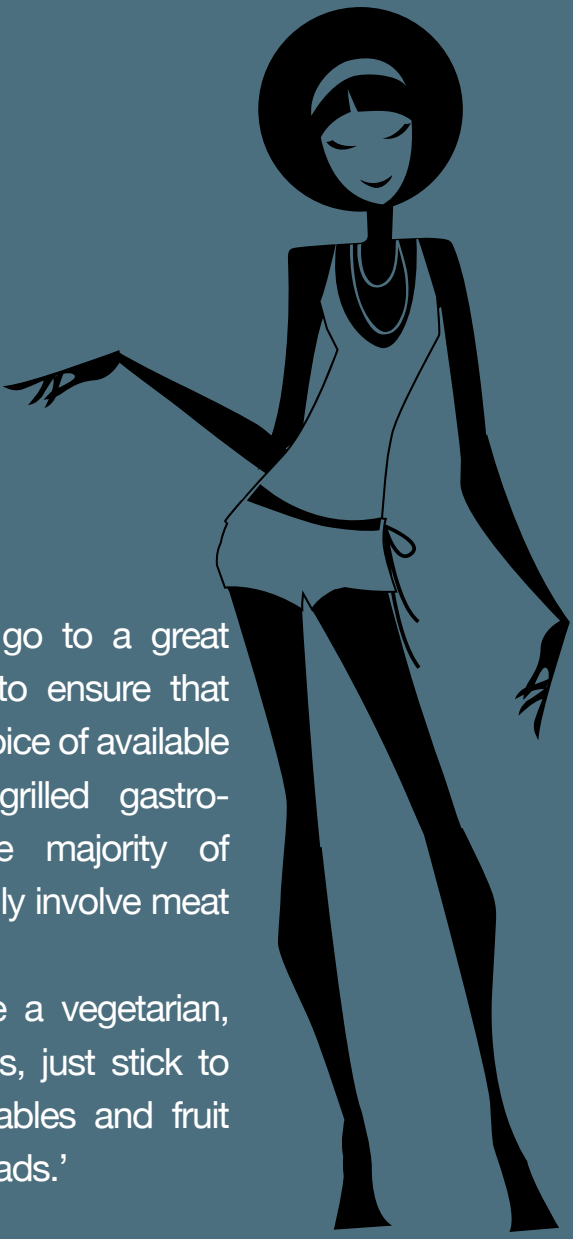
‘Consequentially unless told not to, always bring a bottle of some-thing appropriate. A quintessential summer wine such as a varietal Rosé is always a safe bet.’

‘Always dress appropriately and, if in doubt, ask your host or hostess in advance how formal an occasion it is. Don’t insult your hosts by dressing too casually – unless you’re on the beach, bare chests or vests are a no-no!’





‘Warm weather can have an impact on the effect alcohol has on the body, so make sure that you pace yourself throughout the day and regulate your intake. Becoming even slightly inebriated is something that should be avoided at all costs! If you feel that you may have drunk too much, switch to fruit based soft drinks.’

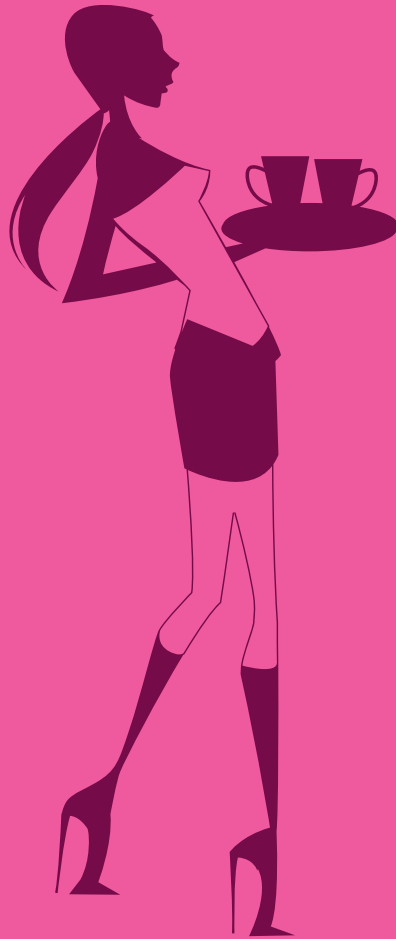


‘Most hosts will go to a great degree of effort to ensure that there is a wide choice of available food, hopefully grilled gastro-fashion, and the majority of BBQ’s will generally involve meat and fish.

However if you’re a vegetarian, don’t make a fuss, just stick to char-grilled vegetables and fruit or alternatively salads.’



‘Offer help in a polite but subtle way if you feel that your host looks overwhelmed by the variety of food being grilled or if you feel that they’re not coping well. However, any direct offer of help on the Barbi should only be made if you are a competent grill master.’



‘Finally don’t over indulge on food or drink. Your host and his guests will not take kindly to someone who goes on an ‘eating or drinking marathon’ and although in some quarters this could be viewed as a compliment to the host’s hospitality and grill skills, most will simply view this as gluttony.’

Hosts



‘Ensure that the Barbi is lit and up to cooking speed before your guests arrive. Panic-stricken recourse to proprietary charcoal lighters to get the grill going, or rushing around trying to find extra gas supplies is not a good idea especially when guests are hungry.’



‘Keep all the food you’re going to grill in the fridge until it’s time to start BBQ’ing. Do not mix cooked and uncooked food and preferably use separate utensil bowls and boards.

In hot weather, ensure all food is taken from the fridge directly to the grill, then once cooked to the table. You don’t want to make your guests ill.’

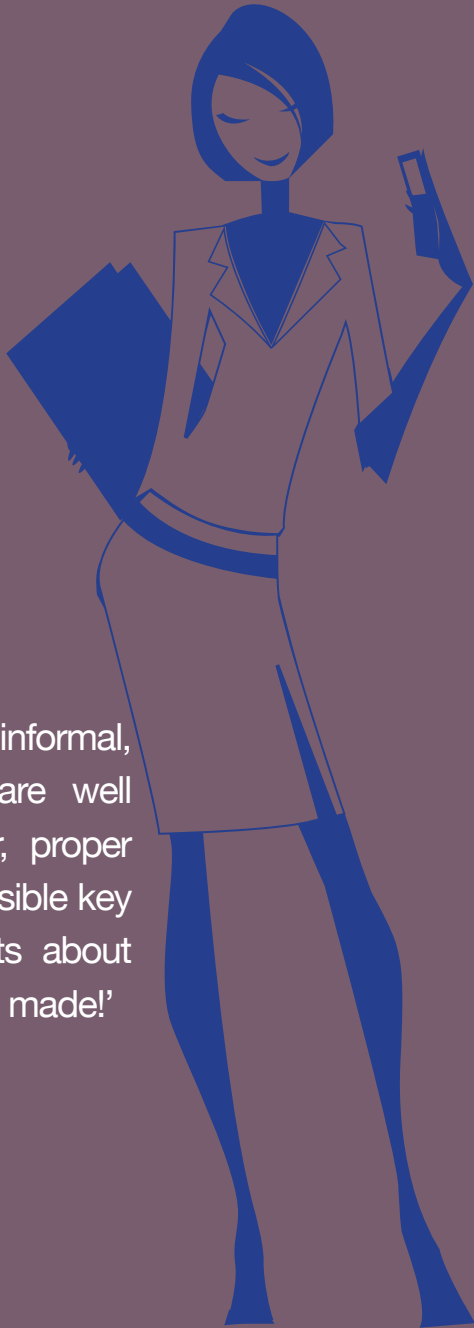
‘Make sure that everything is prepared before the guests arrive. If it’s a formal alfresco dinner party, ensure an even and equitable distribution of guests to maximise table ambiance – place names may be a good idea and the table should be properly dressed, bright summer flowers are always a good focal point.’

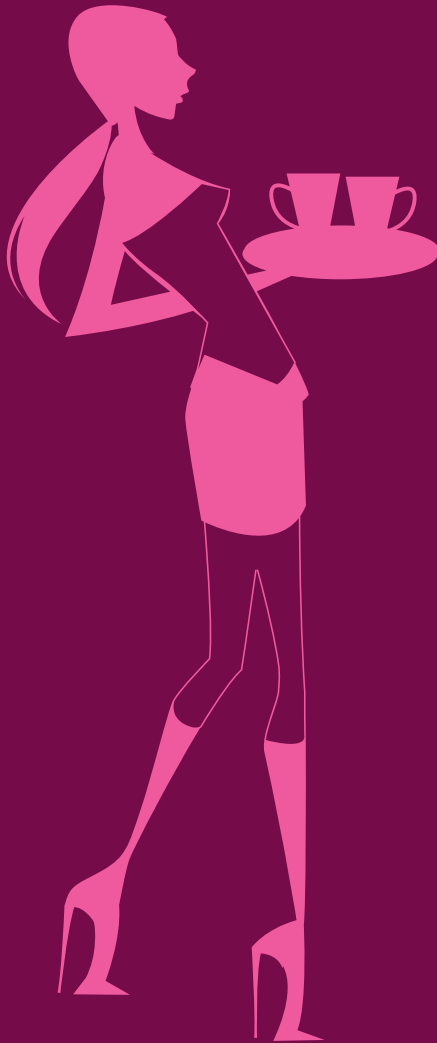


A stylized illustration of a woman in a pink dress holding a large pink umbrella, set against a dark teal background. The woman is depicted in a simple, graphic style with long, thin legs and a flowing dress. The umbrella is large and open, with a dark pink interior and a lighter pink exterior. The background is a solid, dark teal color.

‘If more informal, make sure that your guests have sufficient glasses crockery and cutlery etc, plus napkins. There should also be ample seating and sunshades, should the weather be really hot. Equally, if held in the evening when there could be a slight nip in the air, outdoor heat sources such as patio heaters may be a good idea!’

‘Whether formal or informal, unless your guests are well known to each other, proper introductions (with possible key Barbi or Alfresco facts about each guest) need to be made!’



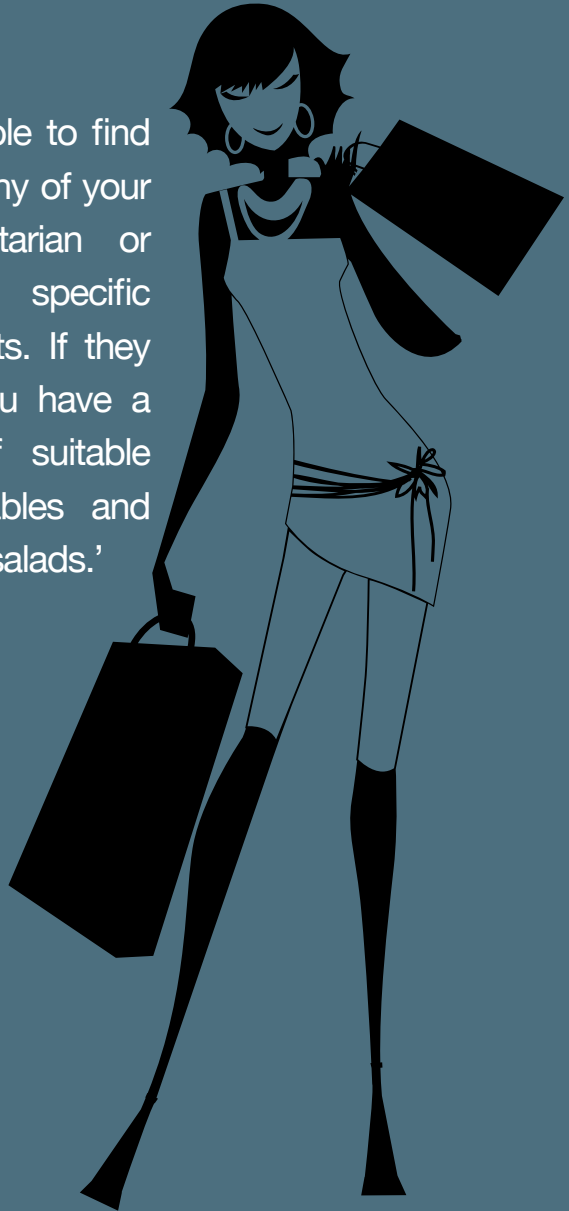


‘Ensure that you have plenty of ice and that appropriate drinks are kept well chilled, as a combination of hot sunshine, spicy food and a prolonged period of alfresco ambience can make your guests very thirsty which can in turn lead to dehydration.’

‘If the weather is disappointing, don’t force your guests to persevere in a cold, windswept garden. Always make contingency plans to move indoors – but if necessary, use the grill to cook your BBQ food.’



‘It would be sensible to find out in advance if any of your guests are vegetarian or alternatively have specific dietary requirements. If they do, make sure you have a wide selection of suitable char-grilled vegetables and fruit or alternatively salads.’





‘It is always an idea to welcome guests with a drink in hand on arrival. Certainly, all guests should be made to feel comfortable with a drink before BBQ’ing begins. Also make sure that you have sufficient quantities of fruit-based soft drinks for those who are driving or who are non-drinkers.’



‘Whilst good grill skills are an essential part of any successful Barbi, if you are BBQ’ing, remember that it is better to grill the food well and to gastro standards rather than to attempt to be the centre of attention by imitating a ‘stand-up comedian’.’



‘Ensure that all your guests have somewhere comfortable to eat – ideally a place at a table with adequate cutlery and napkins. Barbi’s are about the pleasures of Alfresco eating, not discomfort. Juggling food and drink while standing will diminish your guests’ enjoyment.’



‘Don’t leave your guests waiting around for food. Make sure that you have prepared thoroughly beforehand – marinating meat and fish, threading kebabs on skewers and so on – so that you can keep a steady flow of food from grill to plate.’



'Hosts or hostesses should never ever begin eating before your guests have begun to consume their food. Never ever consume too much alcohol either whilst grilling or at the table!'

‘BBQ’s should not be a one-man or woman Gastro marathon. Accept offers of help from your guests – either with cooking, serving drinks or handing food around.’





‘Finally you should certainly inform all of your immediate neighbours of an upcoming BBQ event or even better still, invite them all!’



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