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**Barbecue Thai Style Bananas. Bring A Bit Of Tropicana To Your Barbecue**

**By Les Brand**

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Traditional Thai food is cooked on an open charcoal stove and meat and chicken are frequently barbecued. The Thai people rarely end a meal with an elaborate dessert but with the abundance of bananas in Thailand, the wide range of Thai dishes that include bananas, and their method of cooking, it's no wonder that a favourite dessert is barbecued Thai style bananas. Once you've tried Thai style bananas it'll become a firm favourite. It looks great and tastes even better, and the children love it.

From a health point of view, bananas contain high levels of natural sugars which are a better source of energy than foods that contain refined sugar. Bananas contain a good amount of potassium which helps redress our typically high salt diet. Bananas are often regarded as a super food!

Tip – don't store bananas in the fridge, as their skins will turn black! Keep them at room temperature, or in a cool place.

Preparation time: 5 minutes

Cooking time 8 minutes minutes

Serves 6

6 medium sized bananas

For the sauce

3 tablespoons of shredded, fresh, coconut

60 g (2 oz) of unsalted butter

1 tablespoon of grated ginger root

The grated zest of 1 orange

60 g (2 oz) of unsalted butter

4 tablespoons of lime juice

6 tablespoons of Cointreau or Grand Marnier

3 teaspoons of sesame seeds

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1. Place the bananas, unpeeled, on a grill over hot coals. Cook for about 8 minutes, turning frequently, until the skins are blackened.
2. While the bananas are cooking, heat a small non-stick frying pan until hot. Add the coconut and fry for about 1 minute until lightly coloured, stirring constantly. Remove from the pan and allow to cool.
3. Place the bananas on serving plates and cut one segment of the skin away so that they are boat like in shape.
4. Heat the butter in a frying pan until it melts. Add the ginger and orange zest. Mix well for 1 to 2 minutes until the mixture becomes sticky. Add the Cointreau or Grand Marnier and stir well to blend. Ignite with a taper and allow the flames to die down.
5. Pour the sauce over the bananas where the segment of skin has been removed. Sprinkle with the coconut and sesame seeds.

### Variation

For an extra special treat serve your barbecue Thai style barbecue bananas with scoops of coconut or praline flavoured ice cream. Or both!!

We hope that you enjoy this Thai style bananas recipe. Please come back again as we're adding more recipes all of the time. Or even better, sign up for our free newsletter, Chargrill Chat, and be the first to know about new recipes as we add them.

If you enjoyed this Thai style bananas recipe, please [www.barbecuehut.com](http://www.barbecuehut.com)

Les runs The Barbecue Hut website that provides useful information about barbecue grills and smokers, and also includes a wide selection of recipes. He is also author of The Char Grill Chat newsletter. Website: <http://www.barbecuehut.com> Newsletter: [http://www.barbecuehut.com/chargrill\\_chat](http://www.barbecuehut.com/chargrill_chat)

## **Don't Cook The Trees – Barbecue Safety**

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### **Don't Cook The Trees – Barbecue Safety by Les Brand**

My first experience of a barbecue was as a seventeen year old at a friend's house. His father, Douglas, was an expert at barbecuing, with many years experience, we thought! It was a hot summer's day but with a light breeze, so Douglas, with all that experience, decided to erect a cardboard frame about one foot high around three sides of the barbecue. The barbecue grill itself, which was fuelled with charcoal, was positioned next to, and underneath, some trees in the back garden. Not having seen a barbecue being lit before I was keen to watch, and moved in closer. Douglas placed the firelighters in the grate, set fire to them and arranged the charcoal in a pyramid over them. A number of years later I found out that this was the classic way

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to light a barbecue. Now, Douglas, in an attempt to speed up the process uncovered his secret weapon and enthusiastically said "Lighter fuel, this will have the barbecue going in seconds!" With the poise of a highly trained swordsman, Douglas sent a jet of lighter fuel through the air and across the whole length of the barbecue. Douglas was right! The barbecue erupted into flame. I was very impressed. Unfortunately, seconds later so did the cardboard frame and then the surrounding trees! Luckily there were enough of us there to safely put out the flames and to carry on with the barbecue.

A few years later I began barbecuing for myself and always remembered Douglas and his flaming trees. Apart from not erecting a cardboard frame around your barbecue and keeping it well away from trees, there are some simple rules to follow to ensure that you start your charcoal barbecue in safety.

If you're setting up a barbecue for the first time, read the instructions carefully first.

Carefully choose where to set-up your barbecue. Make sure that it's on level ground and don't try to move it once it's lit.

Don't attempt to start your barbecue in very high winds. Not even with a cardboard frame!

Don't try to barbecue indoors. I know people that have tried to barbecue in a shed and in a garage! Extremely dangerous.

Use proper firelighters to start your barbecue. They're better than rolled up paper and won't fly away in the wind.

Only ever use purpose-made firelighters and fuel on your barbecue. Never use petrol, white spirit, or paraffin. Not only is it extremely dangerous but it also taints the flavour of the food.

Everyone loves a barbecue but don't forget that the grill gets extremely hot. Follow the rules above and keep safety in mind. You'll experience a great barbecue, your guests will have lots fun and you'll enjoy yourself.

Les runs The Barbecue Hut website that provides useful information about barbecue grills and smokers, and also includes a wide selection of recipes. He is also author of The Char Grill Chat newsletter. Website: <http://www.barbecuehut.com> Newsletter: [http://www.barbecuehut.com/chargrill\\_chat](http://www.barbecuehut.com/chargrill_chat)

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