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**Peace, Love, and Barbecue**

**By Chris Sadler**

Peace, Love, and Barbecue

by Chris Sadler – 1001Recipes2Send.com

Whether you spell it BBQ, Barbecue, Barbeque, Bar-B-Q or any way everyone has one, the barbecue addict. Each year they peer earnestly out of the window during the rainy spring waiting for the moment they can bring out the barbecue and begin again for the summer (that is assuming they don't have a carport or big umbrella to cook under during all weather and that they actually did put the barbecue equipment away for the winter).

For the enthusiast in your family, this book is the perfect gift (especially if that person is you). From the beginning Peace, Love, and Barbecue is jam-packed with stories about the people whose recipes are featured in the book. You get detailed behind-the-scenes information about contests in which Mike Mills (a Grand World Champion and the only person to win three Grand World Champion titles at the Memphis in May International Barbecue Festival) has participated. The tips and anecdotes sprinkled around will help even champion level barbecuers.

The cookbook begins with Definitions of a secret, tall tale and an outright lie. ("Just so we know we're all talking about the same thing") and then continues with eight chapters: Barbecue = Food + Family + Love; Can You Keep a Secret?; Living Legends; Shrines, Shacks, Joints, and Right Respectable Restaurants; What's a Little Friendly Competition among Friends?; Barbecue Goes Uptown and Upscale; Barbecue Police and Evangelists; Playing with Fire: A Few Things You Need to Get Yourself Started. Finished up with an extensive Resources list and Recipe Index, Peace, Love, and Barbecue is THE backyard chef's must have cooking tool.

Try this fresh and fruity cobbler at the height of strawberry season:

Blue Smoke Strawberry-Rhubarb Cobbler

## Peace, Love, and Barbecue

Most barbecue restaurants don't have an official pastry chef, but Blue Smoke has the talented Jen Giblin. I spent a lot of time in her area of the kitchen during my extended stay in New York. She needed my help to taste-test just about everything she made. Believe me, I was happy to oblige.

### BISCUIT TOPPING

3 cups all-purpose flour  
1/4 cup packed light brown sugar  
3 tablespoons granulated sugar, plus additional for sprinkling  
1 teaspoon ground ginger  
3 1/2 teaspoons baking powder  
3/4 teaspoon kosher salt, finely ground  
12 tablespoons (1 1/2 sticks) butter  
1 1/2 cups heavy cream, plus additional for brushing

### FRUIT MIXTURE

1 pound strawberries, sliced  
1 pound rhubarb, chopped  
1 cup granulated sugar  
1/2 vanilla bean  
1 tablespoon cornstarch  
1 tablespoon vanilla extract

### FOR SERVING

Vanilla or buttermilk ice cream

Make the biscuit topping: Mix together the flour, brown sugar, 3 tablespoons granulated sugar, ginger, baking powder, and salt in a large bowl. Cut the butter into small pieces and rub into the flour mixture until it resembles coarse meal. Add about 1 1/2 cups heavy cream and mix until it forms a dough (you might not need all the cream). Wrap the dough in plastic wrap and chill for at least 1 hour.

Make the fruit mixture: Combine the strawberries, rhubarb, granulated sugar, and vanilla bean in a large bowl. Let stand for 1 hour. Remove the vanilla bean and pour off half of the liquid, then stir in the cornstarch and vanilla extract. Pour the fruit into a 13 x 9-inch baking dish.

Preheat the oven to 350 degrees.

Roll the dough out on a floured surface to 1/4 inch thick and cut into circles or any desired shape. Place the dough on the fruit mixture without overlapping any pieces. Brush the top of the dough with heavy cream and sprinkle with granulated sugar. Bake the cobbler for about 25 minutes or until the dough is golden brown and the fruit is bubbling in the center.

Serve warm with ice cream.

SERVES 6 TO 8

Chris Sadler is Owner and WebAdmin of The 1001Recipes2Send.com Recipes Database. Become a member to receive the weekly newsletter alert:

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

**By Les Brand**

### **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 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.

## Peace, Love, and Barbecue

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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