

How to get the best results from your new Lifestyle Barbeque

• Getting Started

Peel the plastic coating off all the stainless steel panels. Make sure that you get it all off before lighting up the BBQ.



Line the drip tray with aluminium foil and add a bag of “fat catch” to the tray. Fat catch or ultra sorb as it’s most commonly known is a granular material you can buy from the supermarket or Hardware store that will soak up fat and oil that falls into the drip tray.



• Setting up the “Flare Cap System”

When setting up the flare caps (perforated) and burner protectors (inverted triangle, no perforations) you only need to place them under the grill section of the BBQ. They are not needed under the plate. The reflectors however (no perforations)

are fitted to the left and right hand side of every burner.



- **Setting up the plates and grills.**

When setting up the plates and grills make sure that the plate is on either the right hand side or in the middle. If the plate is positioned on the left hand side of the BBQ it can lead to the ignition overheating and reducing its service life.



- **Do I need to cover my lifestyle BBQ?**

If your BBQ is going to be exposed to the weather then the answer is yes. The stainless steel is not affected by the rain, but your battery powered electronic ignition will fuse if it takes on water. Even if your BBQ is under cover one of our fabric covers will help to keep it clean and free of leaf litter, dust, insects, etc

- **Do you have to cure the plates and grills?**

No, because Lifestyle plates and grills are stainless steel you don't have to cure them. Just give them a quick wash with dishwashing liquid to remove any dust or films from the manufacturing process and they're ready to use. It's a good idea to warm the barbeque up for 15 minutes or so before starting your first cooking session. It will burn off any remaining oil or traces of adhesive from the plastic film that might cause unpleasant aromas.

- **What's the best way to warm up the barbeque?**

Always light the burners with the hood up and the burner controls on 'high'. We always recommend heating up the

barbeque with the hood down and turning all burners down to the low control setting or just above low. Give your barbeque at least 6 or 8 minutes to heat up and achieve the most uniform temperature across plates and grills. Heating on high for a short time will give you uneven temperatures and a temperature too high for cooking – your recipes will be out of control as soon as you start. Remember you can always *drive more heat* into the plate or grill, but once it is too hot you can't *drive it down*. You can only *wait* for the cooking surfaces to cool down which will occur most quickly from the edges, resulting once again in uneven temperatures.

- **Clean Up**

Because we use commercial quality stainless steel for our cookware, cleaning is easy. You can use a flat edge spatula (a 100mm pain scraper is an excellent tool to keep on hand because of its flat, straight, relatively sharp edge) to scrape down the plate and a short brass wire brush for the grill. Scraping down the plate while it is warm, immediately after you finish cooking is easiest. Keep some paper handy in the cabinet below your barbeque and use them to wipe your scraper clean.

The real difference between our stainless steel cookware and the cheaper cast iron alternative is that you can wash it right back to the bare metal surface without fear of it rusting as cast-iron does. (This means you can cook a much wider range of recipes without fear of residues tainting the flavour of your next creation). Just some hot water, dishwashing liquid and a new green Scotchbrite pad will do the job. Use steel wool for more severe cleaning duties.

A really handy item to have is a shallow rectangular plastic tub from the hardware store that you can use to soak your plates and grills with some water and dishwashing liquid. It will make cleaning baked on marinade a lot easier.

- **Cooking on the plate**

You can use any type of spray-on Canola or Olive Oil to prevent food sticking to the plate. Caution: the gas propellant is flammable so don't hold the nozzle too close to the grill. It's best to spray it on before you start cooking.

What setting you cook on really depends on the type of food you are barbequing.

If its prawns or octopus you're cooking, then set the burners on high and cook them quickly and for a short time to seal in the flavour. It's often a good idea to turn off the plate or grill 30 seconds or one minute before they are completely cooked so the residual heat completes the process – remember over-cooking seafood is a disaster!

Snags and chops or even your Sunday morning breakfast are best being cooked on low to medium so that you can cook them through evenly without burning or charring the outside. The worst Australian barbeques we've all attended are where the arsonist gleefully displays his incinerated product – avoid overcooking by testing your recipes at intervals during the process. If under-done, you can always keep your cuts of meat on for a bit longer, but if overcooked and tough, you can't reverse the process!

Stainless steel plates are smoother than plain cast-iron. To reduce the chance of 'sticking' make sure that (a) your meat is not straight out of the freezer or fridge – for best results meat should always be at room temperature before starting; (b) your plate or grill is not too hot; (c) that you have enough cooking medium (eg oil or marinade) on the plate; (d) when placing cuts of meat initially on the plate, move them around the surface of the plate for the first 10 – 20 seconds to avoid 'quenching' the surface temperature of the plate.

- **How to Grill to perfection**

The direct method of barbequing refers to cooking with the burners on that are under your cuts of meat - whether the hood is up or down. The indirect method refers to placing your meat to the left or right or between the burner or burners that are on and always with the hood down.

The best way to achieve even heat distribution on the grill is to use the direct method and cook in the range of **low to medium** with the **hood down**. Depending on the cut of meat you are cooking and its fat content, err on the side of low heat when cooking with the hood down.

Using this method, if you see a lot of flare ups, then a few things should be considered: (a) your burner control setting is too high, the flare caps and burner protectors are too hot and are igniting the fat drippings; (b) the meat has a high fat content and you should consider trimming excess fat away before starting; (c) your flare caps and burner protectors are too dirty and the carbon or oil residues are supporting a flame – they can be black with carbon, but heavy deposits will burn with a naked flame that ruins your control over the cooking process.

Warm the BBQ on low with the hood down for 6 to 10 minutes. Then simply lift the hood, place your food on the grill and put the hood down again.

Cooking your food slowly on the grill and using the convection cooking method (rising, circulating and contained movement of hot air) made possible when your barbeque is fitted with a roasting hood ensures your food cooks through without excessive flare up.

If you want a little “flare up” to achieve a flame char-grilled result eg for steaks, so that they are slightly blackened on the outside, then just turn the burners up for the last minute or so.

- **Setting up and Cooking on the Rotisserie**

Follow the instructions that come with the Rotisserie to set up the unit. Below are some pictures that may help to make the instructions clearer. Note that (1) the 240V power supply cable should be at the top when mounting your rotisserie motor to the bracket (2) ensure that the wing nut that secures the collet to the shaft does not foul on the inside of the hood and stop the shaft from rotating. If that is allowed to happen your rotisserie motor will be driving an unmoving shaft and it will be damaged.



To cook a perfect roast on your Rotisserie you need to follow one simple rule, *Indirect Cooking*.

What Indirect Cooking means is that you don't have the burners on directly under the food.

You can season the meat to suit your own tastes. Some suggestions are,

- **Rub with Olive Oil & Sea Salt (especially for Pork roasts)**
- **Cracked Black Pepper**
- **Sprig with Rosemary or Thyme**
- **Make deep incisions and push in slivers of garlic cloves**

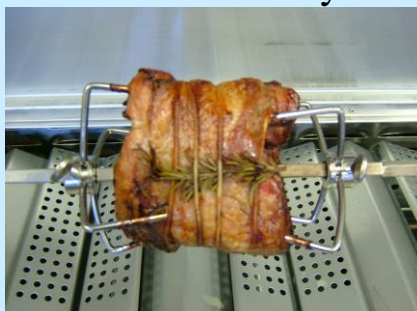
Before you start, take out the warming racks and the plates and grills. (no need to allow these to get dirty as they wont be used). Then position your roast along the shaft so that it is over the flare caps and burner protectors in your BBQ. Remember that your flare cap system can be moved to wherever you prefer it.



Then put either one or two burners on medium (**one burner for a three burner – two for a four or five burner**) on the other side of the BBQ away from where you've positioned the roast.



Put the hood down and start the Rotisserie. While the roast is cooking the juices from the meat will drip onto the flare caps and burner protectors. There they will smoulder away generating aromatic smoke that will infuse the meat with a beautiful flavour and keep it moist. Moisture is even better retained by basting with (a) olive oil, (b) juices collected below the roast in a small (eg aluminium) pan or tray or (c) with some of the marinade if you are cooking a marinated roast.



- **Roasting with a roasting rack**

Under the hood of your Lifestyle Barbeque you can roast anything you would normally do in your kitchen oven. The only limitation is your imagination and willingness to experiment.

The same method applies to roasting in a baking tray as using a Rotisserie; the key to success is **Indirect Cooking** with control over roasting time and temperature according to your recipe.

First take out the plate and move one or two grills into the middle of the BBQ.



Put your meat, fish or poultry into a roast holder (rack) so that air can move freely under the roast and then place the rack in a drip tray or baking dish/roasting tray as pictured. If you put a cup of water in to the bottom of the drip tray it will maintain 100% humidity in the roasting chamber and maintain moisture.

Put the tray in the middle of the BBQ and turn the outside burners to medium.

If you have more than one tray you can position them both on the left hand side of the BBQ and put one or two burners on the right on. It doesn't matter so long as you **do not** have burners on directly underneath the roast.



Now you're ready to put the hood down and start cooking. Most meat will take between 45-60 minutes per kilo. You should baste the meat every half hour or so and check it with a meat thermometer when you think it might be ready. If you don't have a meat thermometer you should be able to pick one up at any hardware store. Alternatively, insert a metal skewer horizontally into the thickest part. When the juices that emerge run clear, without bubbling, it is cooked.

- Potatoes

What would a roast meal be without some golden roast potatoes to accompany it?

Because the potatoes can take longer than the meat to cook (depending on the size of your roast and the size of your potatoes), it's a good idea to par boil them first. Once they are nice and soft drizzle them with some Olive Oil and sprinkle with Sea Salt.

You can then place them around the meat or in a separate roasting tray or even on the warming rack/s. If they do happen to be ready before the meat then take them out and cover with aluminium foil to keep warm and perforate to release water vapour.

All of the instructions detailed above apply regardless what you plan to roast or bake. Whether it be lasagne, chicken pieces or even a dessert, if you use the indirect cooking method you wont go wrong.

Hopefully this basic guide will give you a good start to cooking on your new Lifestyle barbeque.

As your cooking skills develop you'll find that you are easily able to perfect simple recipes and will start to experiment with some ideas of your own. Good luck.



Enjoy!

*Laughter is brightest where food is best
~Irish Proverb~*