



HOW TO SMOKE FOOD IN YOUR CHARCOAL BBQ

GUIDE AND RECIPES

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(Note: This is general guidance to smoke meats, fish and vegetables. With vegetables just follow closely the required temperature)

You don't need to buy an expensive smoker to enjoy a perfectly cooked meal enhanced with a flavour of smoke. Your charcoal or kettle barbecue can be turned into a smoker. All you need are a bag of charcoal, wood chips (NOT chunks or sawdust) from a non-sap laden tree variety and some quality food.

1. Initial preparation for Meat

It's always best to make your meat ready few hours or even a day before cooking in a smoker. Place the meat in a large dish and pour the marinade of your choice, make sure all the meat is coated with marinade. Cover with a lid or cling film and leave it in the refrigerator for 2-6 hours or better, overnight.

2. Prepare Wood Chips

Soak the wood chips in water for at least 2 hours or better, overnight; the more soaked the chips, the more smoke they produce.



3. Start the Barbecue



Place the disposable aluminium container or any other heat resistant container next to your charcoals and fill it halfway with water. There are two reasons for this: the water will keep the meat moist and tender, and it will control the temperature around the meat.

Light the charcoal. When you've reached a low heat of about 120° C

(can be checked by using a barbecue thermometer), place 1 cup of drained wood chips on the charcoals.

Position the meat/fish/vegetables onto the grate directly above the water container, away from the charcoals – this is also called an indirect heat cooking method. Cover the grill making sure all the vents are closed. Smoke for the amount of time indicated in your recipe.

4. Remember to keep an eye on the Temperature

You need to check the temperature every 30 minutes. If the temperature begins to rise higher than 100 degrees, open the lid and let the charcoals burn off a bit and top it up with some more drained chips. If the temperature drops, open the vents and add more charcoal and wood chips.

5. Turn the Meat/Fish

Every 30 to 90 min, turn the meat/fish. If your recipe contains a barbecue sauce, apply it in the final 30 minutes of cooking.

6. Ready to Serve



Your meal will be ready to serve when the meat on the bone will start pulling away, and when trying to turn the meat, it will fall off the bone. Transfer the meat to a platter, add some more sauce and let it rest for 15 minutes. Now serve with your favourite sides and enjoy!

TIMING

How long to smoke? It depends on your choice of food.

Fish will take from 30 to 90 minutes at 100 – 105°C.

Chicken - an hour to two hours at 120°C.

Rack of ribs will take from 2 hours to 4 hours 30 minutes at 115°C.

A boneless beef or pork joint can take as long as 6 hours at 115°C.

Vegetables – 90 minutes to 2 hours at 95 – 105°C

Seafood – 35 – 45 minutes at 100 – 105°C



If you are using barbecue sauce wait to brush it on until the final 30-45 minutes of cooking. You do not want it to burn, and because most barbecue sauces have a lot of sugar in them, they will burn easily. When barbecuing fish, do not sauce until the last 15 minutes.

You will be able to spot doneness with some visual cues. Meat on bones will begin to pull away. When you turn or rotate meat it will begin to fall off the bone. The flakes on fish will separate easily. The interior of a beef or pork will be somewhere around 70°C – this is the only meat that should be barbecued or smoked with a meat thermometer.

What happens if your heat was just too high and things are looking charred? Well, hopefully you did not let it go this far because you'd been checking every hour to 90 minutes. But if it looks like you have too much char and the meat is not yet done, have no fear: Finish the meat in a 120°C oven. You will still have enough smoky taste to impress your guests.

Once your meat is done, remove it to a platter, add more sauce and let it rest for 10-15 minutes. Let a big meat joint rest for 20-25 minutes. Add even more sauce right at service and enjoy! You'll know you cooked real barbecue if everyone has sauce under their fingernails...



TASTY RECIPES FOR
SMOKING WITH
WOOD CHIPS

Smoky Salmon on the grill

Cooking Time: 30 minutes

Ingredients required

- Approximately 2 pounds of salmon fillet or however much will fit onto the rack below
- ½ cup of brown sugar
- ¼ cup coarse sea salt
- 1 tablespoon of freshly ground black pepper
- Oak or Cherry wood chips



Preparation and cooking instructions

1. Gather all the ingredients together
2. Ensure you remove all pin bones from the salmon
3. Placing the brown sugar, salt and pepper into a small bowl and mix thoroughly. Place approximately 1/3 of the mixture in the bottom of a baking pan, sit the salmon on top and then cover with the remaining mixture.
4. Cover and chill for a minimum of 4 hours, preferably overnight. The mixture will pull out moisture from the fish and infuse it with flavour, helping to create the distinctive extremely firm, slightly sweet flavour of a traditionally smoked salmon.
5. Place the selected wood chips in a large bowl and cover them with water, letting them soak for at least 30 minutes before draining.
6. Prepare your grill for indirect heat.

For gas grills: Heat ½ of the desired quantity of burners you have and set a foil-wrapped pan with about an inch of water in it under the cooking grate, on the turned-off burner.

For charcoal grills: Light a fire, when the coals are ready, push them to one side and set a foil-wrapped pan with approximately an inch of water in it on the other side of a coal grate. Put them into a small smoker box that comes with some grills, or simply put the soaked chips over the hot coals.

7. Rinse the salmon from its mixture by patting in dry, set it skin-side-down onto the cool side of the grill, on the cooking grate that is over the pan of water below. Cover and then cook until the salmon is fully smoked and flaky, this should take around 30 minutes.
8. Serve and enjoy your fish!

Grill Smoked Trout on the kettle barbecue

Cooking Time: 45 minutes

Ingredients required

- 2 trout (filleted)
- 1 fist-sized wood chunk or 1 cup of wood chips (oak and hickory are favourites with trout)

(Brine)

- 4 cups of water
- 2 tablespoons of table salt (4 tablespoons of sea salt)
- ¼ cup of brown sugar
- Oak or Apple wood chips



Accompaniments for appetizer style trout

- Paper thin sliced red onions
- Slices of lemons
- Capers
- Sour cream
- Crackers

Preparation and cooking Instructions

1. Brine the trout and soak the wood: In a large bowl, stir the salt and brown sugar in with the water, wait for the salt and sugar to dissolve. (this may take about 5 minutes). Add the trout fillets and refrigerate for at least 1 hour (up to 4 hours). While the trout is brining, soak the smoking wood in water.
2. Prepare the grill/barbecue for cooking on indirect medium-low heat of 100 – 105° C
3. Make a foil tray for the trout. While the grill is pre-heating, take the trout out of the brine and pat it dry using paper towels. Double fold a piece of heavy-duty baking foil to use as a tray, a little wider than you will need for all four pieces of trout and lay the fillets onto the foil skin side down.
4. Grill smoke the trout. Drain the smoking wood and add it directly to the coals. Carefully slide the tray of trout onto the grill grate, as far away from the lit coals as possible. Close the lid (if using a kettle grill, rotate the lid until the vent is directly over the trout to pull the smoke over the fish). Cook with the lid closed until the fish is thoroughly cooked and browned from the smoke, 40 to 45 minutes.
5. Serve immediately or chill the smoked trout first. To chill, move the foil tray of trout to a sheet pan, let cool at room temperature for 15 minutes then cover with plastic wrap and refrigerate for up to 3 days. To serve, scrape the trout fillet away from the skin with a spatula – the skin will stick to the foil.

Smoked Lamb Chops

Cooking Time: 2 hours

Ingredients

- 4 lamb chops
- ¼ cup / 60ml white vinegar
- 1 tablespoon balsamic vinegar
- 1 tablespoon 15ml paprika
- 1 ½ teaspoons sea salt
- 1 ½ teaspoons mustard powder
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- Apple, Oak, Cherry or Hickory wood chips



Instructions (simple)

1. Mix both vinegars and soak the chops for 30 minutes
2. Drain thoroughly.
3. Mix the spices together and sprinkle generously over both sides of chops
4. Place in the barbecue ready for smoking with apple wood chips for about 2 hours
5. Once cooked, remove them from the smoker and serve with your favourite side dishes.

Smoked Chicken

Cooking Time: 1 hour 45 min

Ingredients

- 4 pounds of any chicken parts (drumsticks, thighs, wings, breasts) with skin on
- Salt
- Virgin Olive Oil
- 1 cup of barbecue sauce
- Oak, Cherry or Hickory wood chips



Preparation and cooking Instructions

1. Coat the chicken pieces with olive oil and season with salt
2. Grill the chicken over hot coals for 5 min on each side to create a nice golden skin. Remove the chicken from the grill onto a platter and put a cover on.
3. Put some soaked and drained oak wood chips on the coals. Place a water container next to the coals.
4. When the temperature of the grill drops to about 120⁰ C, place the chicken pieces on the grill directly above the water container. Cover the grill and cook for about 30 minutes.
5. Turn the chicken over, check the temperature of the grill, adjust it if needed. Cover the grill and cook for another 30 minutes.
6. Turn the chicken again and baste it with barbecue sauce. Cook for another 25-30 minutes.
7. Check if the chicken is done by inserting a tip of the knife into the thickest part of the chicken piece, if the juices run clear the chicken is cooked.
8. Baste the chicken with the sauce and serve.

Smoked Pork Ribs Recipe

Cooking Time: 4 hours 30 min

Ingredients

- 4 x rack of ribs, 3lbs each
- Sea salt
- Olive oil
- Barbecue sauce of your choice
- Apple or Cherry wood chips



Preparation and cooking instructions

1. Cut each rack of ribs in two halves, coat them with olive oil and salt them.
2. Prepare your grill for smoking by putting some soaked and drained oak wood chips on the coals. Place a water container next to the coals.
3. Place the ribs on the grill directly above the water container and slow cook them at 115 °C for 90 minutes.
4. After that, turn them every 30 minutes and baste them with a sauce. Keep cooking for about 3 hours.
5. When you notice that the meat is falling off the bone, baste the ribs with the sauce and move them to a hot side of the grill. Cook them for 1 – 2 minutes until a golden skin appears.
6. Remove the ribs onto a platter and serve!

Smoked Sausages

Cooking time: 3 hours

Ingredients

- Any type of your favourite sausage
- Apple or Cherry Wood Chips



Preparation and cooking instructions

1. Prepare the barbecue for cooking on indirect heat. Once the barbecue's temperature reached steady 120⁰ C, it's time to put wood chips on the charcoals.
2. If you are using linked sausages, separate them and place them 1 inch apart from each other on the rack. This way the smoky flavour will cover their whole surface. Don't puncture your sausages as they'll lose all the juices.
3. Cover the barbecue with the lid and smoke the sausages for 3 – 4 hours depending on the thickness of the sausages.
4. You can check the internal temperature of the sausage with the meat thermometer 1 hour before the end of cooking.
5. If the meat thermometer reads 75⁰ C, your sausages are ready.
6. Serve them hot or chill them in the fridge for 3 – 4 days.

Smoked Cherry Tomatoes

Cooking Time: 2 hours

Ingredients

- 1 lb (450 gr) of cherry tomatoes
- Water
- Olive Oil
- Apple or Cherry wood chips



Preparation and cooking instructions

1. Start the grill or charcoal barbecue. When the temperature drops to about 105⁰ C, move the charcoals to one side of the barbecue and place a water container next to them to create steam.
2. Add wood chips directly to the charcoals or a smoker box.
3. Rinse the tomatoes in the water and let them dry on the paper towel. Cherry tomatoes are naturally sweet, so you don't need to season them, just brush them with olive oil.
4. Put the tomatoes on the rack directly above the water container. Smoke them for 1 hour and 30 minutes.
5. Keep checking the temperature making sure it doesn't rise above 105⁰ C. Continually add water and wood chips as needed and smoke the tomatoes for another 30 – 45 minutes.
6. Serve and enjoy with your main course or on its own!

Smoked Corn on the Cob

Cooking time: 1 hour 30 minutes

Ingredients

- 6 ears of sweet corn (without husks and silks)
- Butter
- Salt
- Black pepper for serving
- Water
- Oak or Cherry wood chips
- Aluminium foil



Preparation and cooking instructions

1. Pre-soak ears of corn in water for 2 hours.
2. Cover each ear of corn with butter and salt. Wrap tightly in aluminium foil.
3. Pre-heat the barbecue to 105⁰ C. Add wood chips on to the charcoals or smoker box and place a water container next to the charcoals to create steam.
4. Place the corn ears on to the barbecue directly above the water container. Close the lid.
5. Smoke the corn ears for 1 hour 30 minutes rotating them every 30 minutes and making sure there is always water in the water container. Add wood chips as needed.
6. When you are half through the cooking, check if the corn ear is not drying out. Sprinkle them with water.
7. Serve with butter, salt and pepper.

Smoked Sweet Peppers

Cooking Time: 2 hours

Ingredients

- Sweet peppers
- Aluminium Foil
- Oak or Apple Wood Chips



Preparation and cooking instructions

1. Clean the peppers under cold running water. You don't need to remove the seeds and stem as it doesn't reduce the smoking time, but if you prefer you can take the seeds and stem out.
2. Make sure you use a clean grill/barbecue, as peppers absorb nasty flavours very easily.
3. After your barbecue reached the temperature of 95⁰ C, it is time to smoke your peppers. Add a handful of apple or oak wood chips to the charcoals or a smoker box if you have it. Place a sheet of aluminium foil above the water container and lay the sweet peppers on it.
4. After you start smoking, keep checking the temperature to make sure it stays at the recommended level.
5. The sweet peppers will be ready to serve after 2 hours. You'll know they are ready as they will be soft and not too wrinkly.

Smoked Prawns

Cooking time: 35 – 45 minutes

Ingredients

- 1 lb of tiger prawns, peeled
- 1 tsp sea salt
- 2 tbsp olive oil
- 1 tbsp dried oregano
- 1 tbsp dried basil
- 2 garlic cloves, crushed
- Apple or Cherry wood chips



Preparation and cooking instructions

1. Mix the prawns with oil, oregano, basil, garlic and salt in a large bowl. Leave for 30 minutes to marinade.
2. Pre-heat the barbecue to 100 – 105⁰ C. Add apple wood chips to the charcoals and place a water container next to the charcoals.
3. Put the prawns into an aluminium foil container that could be pierced for the prawns to absorb smoky flavour better.
4. Smoke the prawns until they turn pink for about 35 – 45 minutes.
5. Serve with lemon slices.