

Barbecue : summer fun for everyone / Tesco Stores Ltd.

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Tesco (Firm)

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TESCO

Barbecue

Summer fun for everyone



Summer Barbecues

BARBECUES ARE GREAT
FOR FAMILY GATHERINGS,
PARTIES, PICNICS AND CAN
TURN AN EVERYDAY MEAL
INTO AN OCCASION.

*- Whatever the event Tesco
makes barbecues easy!*

From special barbecue equipment to tasty barbecue foods and recipe ideas, you'll find everything you'll need for a summer barbecue under one roof. So why not try a Tesco barbecue with foods that are simple to prepare, easy to cook and that taste delicious?



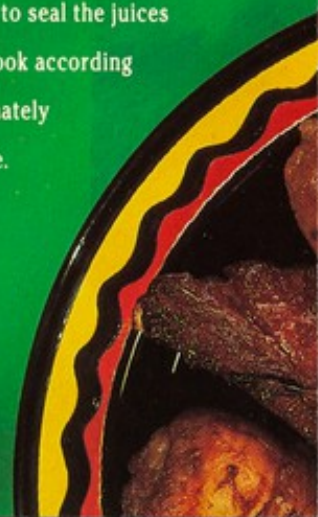
Tesco has a wide selection of foods specially prepared to cook on a barbecue. Try Tesco Barbecue Pork Ribs, Tesco Chinese Style Pork Shoulder Steaks and the Tesco Barbecue Selection. This contains 2 of each of the following: barbecue flavour sausages, pork chops and barbecue flavour chicken drumsticks.

LAMB CHOPS AND ROSEMARY

Brush lamb chops with oil and sprinkle with chopped, fresh rosemary and ground peppercorns, cook on the barbecue for approximately 5 minutes on each side.

PEPPERED RUMP STEAK

Rump Steak has a delicious smoky flavour when cooked on a barbecue. Brush the steak with oil and generously cover with freshly ground black pepper. Cook on the hottest part of the barbecue to seal the juices (where the coals are whitest). Cook according to taste, turning once, approximately 8-10 minutes for medium rare.



Tips ~ Light the barbecue over an hour before you intend to start cooking. (Make sure that the barbecue coals have turned from black to white).



Red Wines ~ You'll find lots of easy drinking, flavoursome red wines at Tesco, such as those featured here, which are ideal to accompany any barbecue. All at excellent value for money

Lager ~ For those warm Summer Evenings Tesco Bière d'Alsace is a must. It comes in 10 and 24 packs of 250ml bottles specially imported from France.



FISH IS IDEAL FOR A BARBECUE. IT'S EXTREMELY SIMPLE TO PREPARE, COOKS IN A MATTER OF MINUTES AND TASTES DELICIOUS.

Try some more unusual fish such as sardines, trout, tuna steaks and sword fish steaks. Or how about Tesco Fish Kebabs which are already prepared for a barbecue? Simply brush the fish with oil and cook on the barbecue turning once for the following amounts of time:

SARDINES 5-10 MINS, TROUT 10 -15 MINS, TUNA STEAKS 10 - 15 MINS, SWORD FISH STEAKS 15 - 18 MINS.

To add a little flavour why not swap the oil for lime marinade?

SPICY PEANUT DIPPING SAUCE

Serves 4

INGREDIENTS

- 1 x 150g pot Tesco Natural Yogurt
- 4 x 15ml (4 tbsp) Tesco Crunchy Peanut Butter
- 1/4 5ml (1/4 tbsp) Tesco Chilli Powder

METHOD

1. Combine all ingredients and mix well. Serve with Tesco Cooked King Prawns.



EASY LIME MARINADE

This marinade can be used for all types of fish

INGREDIENTS

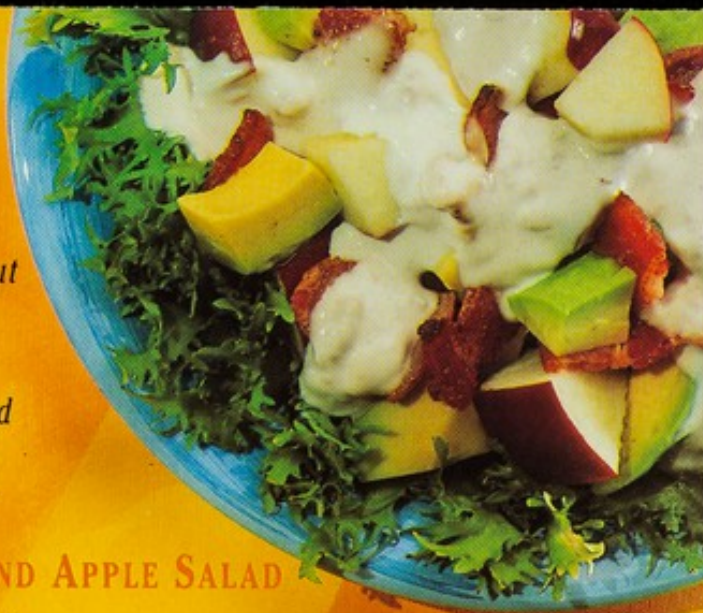
- 150ml (1/4 pint) Tesco Olive Oil
- Juice and zest of 1 Lime
- 3 x 15ml sp (3 tbsp) fresh Coriander, chopped
- Ground Black Pepper

METHOD

1. Combine all ingredients in screw top jar. Shake well. Use to brush fish frequently during cooking.
- * If fresh Coriander is not available, use fresh Dill or 1 x 15ml sp (1 tbsp) Tesco Dried Dill.*



A barbecue wouldn't be complete without a crisp, green salad to accompany it. Tesco has a wide selection of prepacked salads which are ideal for a barbecue.



AVOCADO, BACON AND APPLE SALAD

Serves 4

INGREDIENTS

- 2 rashers Rindless Streaky Bacon, cooked and crumbled
- 2 Avocados, peeled, cut into bite size chunks
- 2 Apples, cored, cut into chunks
- Juice of 1/2 lemon

DRESSING

- 50g (2oz) Tesco Walnuts, finely chopped
- 4 x 15ml sp (4 tbsp) Tesco Mayonnaise
- Salt and ground Black Pepper

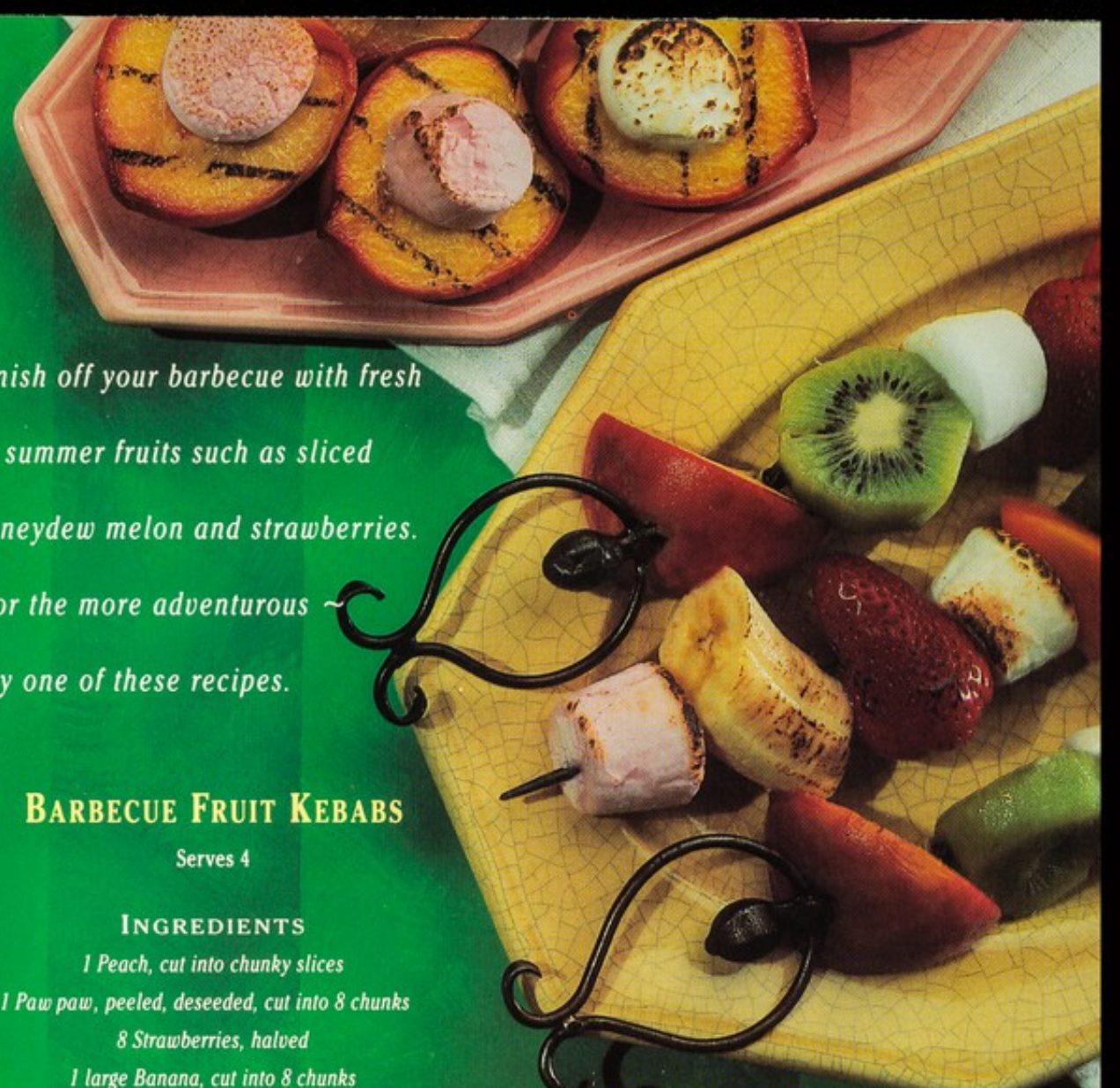
METHOD

1. Toss bacon, avocado and apple in the lemon juice.
2. Combine dressing ingredients. Stir into or pour over avocado mixture. Chill.



White Wines ~ Tesco Californian White Wine is dry and fresh, perfect for drinking either with food or on its own. Alternatively, try any of the delicious fruity flavours in the Tesco Fizz range; they're refreshing, fun and light in alcohol.





Finish off your barbecue with fresh summer fruits such as sliced honeydew melon and strawberries.

For the more adventurous try one of these recipes.

BARBECUE FRUIT KEBABS

Serves 4

INGREDIENTS

- 1 Peach, cut into chunky slices*
- 1 Paw paw, peeled, deseeded, cut into 8 chunks*
- 8 Strawberries, halved*
- 1 large Banana, cut into 8 chunks*
- 2 Kiwi Fruit, peeled, cut into quarters*
- 8 Tesco Marshmallows*

METHOD

1. Thread 4 skewers with alternate fruits and marshmallows. Grill on barbecue for 5 minutes or until marshmallows are golden, turning frequently.

Serve straight away.

BARBECUE PEACHES

Serves 4

INGREDIENTS

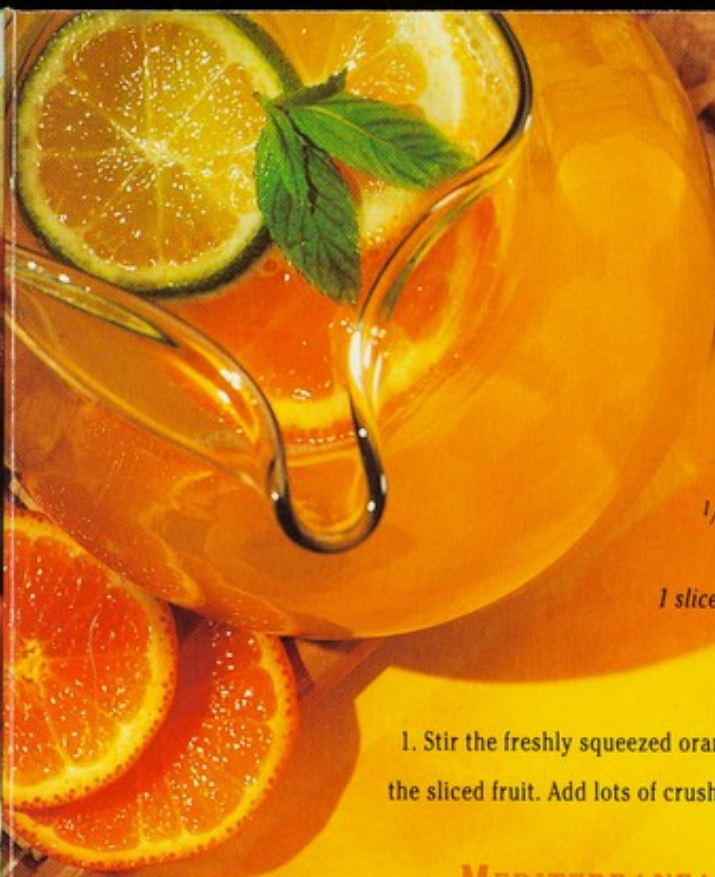
- 2 large Peaches, cut in half, stones removed*
- 4 Tesco Marshmallows OR 50g (2oz) Tesco Marzipan*
- Oil for brushing grill*

METHOD

1. Brush barbecue with oil
2. Place peaches cut side down on barbecue for 5 minutes. Turn and place either 1 marshmallow or $\frac{1}{4}$ of the marzipan in each peach hole. Cook for a further 5 minutes. Serve with Tesco ice cream.

**As an alternative, swap the peaches for nectarines.*





Tesco has a wide range of wines and beers and, for the children, how about Fizzy Summer Fruit Punch or Tesco Tropical Fruit Crush?

FIZZY SUMMER FRUIT PUNCH

INGREDIENTS

- 1/2 litre Tesco Freshly Squeezed Orange Juice*
- 1/2 litre Tesco Traditional Lemonade*
- 1 sliced Orange, 1 sliced Lemon, 1 sliced Lime*
- Sprigs of fresh Mint*



METHOD

1. Stir the freshly squeezed orange juice and lemonade together in a large jug and add the sliced fruit. Add lots of crushed ice cubes and garnish with sprigs of fresh mint.

MEDITERRANEAN CHICKEN AND VEGETABLES

Serves 4

INGREDIENTS



- 4 Chicken quarters*
- 1 Aubergine, sliced into 1/4" slices*
- 2 Courgettes, sliced into 1/4" slices*
- 2 Onions, peeled and cut into thick slices,*
- 1 Red and 1 Green Pepper, cut into 1/4" slices and deseeded*

FLAVOURED OIL

- 150 ml (1/4 pint) Tesco Olive Oil*
- 4 large cloves Garlic, crushed*
- 3 x 15mlsp (3tbsp) fresh Basil, chopped or 1 x 15mlsp (1tbsp) Tesco Dried Basil*
- 3 x 15 mlsp (3tbsp) fresh Thyme leaves or 1 x 15 mlsp (1tbsp) Tesco Dried Thyme*
- 1 x 15 mlsp (1tbsp) fresh Rosemary or 1 x 15 mlsp (1tbsp) Tesco Dried Rosemary*
- Ground Black Pepper*

METHOD

1. Combine all flavoured oil ingredients in a screw top jar. Shake well.
2. Brush the chicken and vegetables with oil. Barbecue chicken for 25 minutes or until cooked. Barbecue vegetables for 10 minutes. Brush with oil and turn frequently throughout cooking time.



All items are subject to availability, some lines featured in selected stores only.
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**FOR A FAMILY BARBECUE SERVE TESCO BEEFBURGERS IN TESCO
WHITE SEEDED BURGER BUNS WITH TESCO CHEESEBURGER SLICES,
SALAD AND A SPICY TOMATO RELISH.**

*And Tesco Traditionally Made Old English Pork Sausages or Tesco Frankfurters
in warm Tesco Finger Rolls with onions, mustard and spicy tomato relish.*



Tips ~Piping hot Tesco Garlic Bread and bowls of Tesco flavoured crisps make a perfect accompaniment to any barbecue occasion. Slice onions finely into rings, place in a square of foil with a knob of butter, seal the foil to form a parcel and cook on barbecue until the onions are soft.



SPICY TOMATO RELISH

INGREDIENTS

- 5 x 15ml sp (5 tsp) Tesco Tomato Ketchup
- 2 x 5ml (2 tsp) Tesco Creamy Horseradish Sauce
- 1 x 5ml (1 tsp) Worcestershire Sauce



METHOD

1. Combine ingredients. Mix well. Serve with cooked Tesco Beefburgers, Tesco Traditionally Made Pork Sausages and Tesco Frankfurters.

