

Sizzle this summer

FLAMING TASTY:
Tesco Flame Academy make it easy to BBQ



THIS summer, it's all about taking would-be BBQ chefs from beginner to pro and helping gourmet grillers go for gold.

Over the coming weeks Tesco Flame Academy will share its favourite recipes for beginners, intermediates and advanced, to see the barbecues of Britain soar this season.

Inspired ideas, step-by-step guides and tips from the experts are all on the menu.

We're already well into barbecue season so if you haven't yet fanned the flames, now is the time.

Recipes are organised by skill level – they're easy to find and easy to follow – so there is something for you whatever your level of barbecuing experience.

There are useful tips along

the way to ensure your dishes look beautiful and taste great.

There are sections devoted to healthier BBQ foods for both meat lovers and vegetarians plus special diets and speedy barbecue recipes. We also include a hint of spice or a touch of the exotic alongside the best of British.

As a nation, we love cooking al fresco and with summer here it's a great time to try something new and exciting on the barbecue.

Find out more at tesco.com/flameacademy, join the conversation @TescoFood on Twitter or pop in store for recipe cards and live demonstrations. Check out the Tesco YouTube channel to see the best barbecue chefs in action, showing you exactly what you should be doing. No excuse for a burnt banger!

TIP: Marinate meat in a food bag. Shake the bag to ensure the meat is evenly covered then leave it in the fridge to develop all the flavours.

Vegetarians love BBQs too!

Vegetarian food is a big part of Tesco Flame Academy, with a wealth of meat-free BBQ inspiration that carnivores will adore, too. Here's a flavour of some of the recipes on offer...



BEGINNER

LIME AND CHILLI AUBERGINES WITH PEANUTS
Perfect for barbecuing, these lime and chilli-infused aubergines with a crunchy peanut and coriander topping are a great vegetable and gluten-free addition to summer feasting. The recipe is simple but the ingredients shine.



BEGINNER

HALLOUMI BURGERS WITH RED PEPPER HOUMOUS AND SWEET POTATO CHIPS

A dish that will please a crowd, this vegetarian halloumi burger and sweet potato chips recipe is delicious. The tasty burger is topped with crunchy vegetables and rich houmous; making it colourful and satisfying.

A staggering

125M

BBQs are held in the UK

FOOD STANDARDS AGENCY STATS

What's your favourite?

33%

of Brits who like to barbecue cook kebabs. These colourful, tasty skewers are our top choice

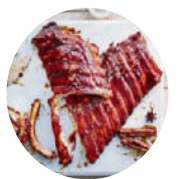
TESCO STATS

Finger-licking pork treats

STICKY RIBS

BBQ a whole pork spare rib for a finger-

licking, fun-to-eat party dish everyone will love. Go to realfood.tesco.com/recipes/bbq-sticky-ribs.html to find the recipe for this mouthwatering treat.



PULLED PORK SHOULDER

This works well on the barbecue, but you'll need one that will stay warm for four hours. Save time by starting it off indoors, just finishing it on the grill.



For more recipes, expert tips and how-to videos, visit tesco.com/flameacademy

