



*Mme Charlotte*

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# THE BIG BBQ BOOK FOR WOMEN *(and men)*

5

6

# ON FIRE!

At our home, the barbecue was only being used during summer, at the campsite of the Dutch island Terschelling. I mostly remember the hot bananas with chocolate, folded in aluminium. And of course the pieces of meat with all kinds of sauces. Shaslick. Bread with garlic butter. On hard plastic plaits with little squares in them. This was in the seventies. And it was my dad who, other than at home where he never cooked, was the one that stood behind the barbecue. Because, you know, flames and fire belonged to a men's world.

That way to barbecue is a long time ago. Now I will use a fire like to prepare a wonderful dish with. Not ordinary pieces of chicken on a stick, or prefab burgers of brochettes, and if you are lucky also a small piece of paprika. That way to barbecue is over. What I do make? Really nice, delicate grilled dishes with fish, meat, bird or vegetables. Because a barbecue is excellent for cooking at top level - and to relax afterwards with a nice drink by the flames.

What also belongs to the past, is the monopoly of men for the barbecue. Once a woman has taken a chance to grill, the flame will burn quickly. As an experienced cook and caterer, I have made enormous barbecue feasts, and I know how romantic and fierce it is to cook food on fire. With that I dare to say that I have become an expert in making fire. But still, whenever I start to collect coal or wood, a nice gentleman comes to me to offer his help. Because, fire and meat, wasn't that...?

Well, not anymore. As women, we demand our place at the fire. And with that we make it into a little feast. Not only in the summer, but all four seasons long. Because to barbecue only when the sun shines is old fashioned. So pull that grill away from the shadows and give it a prominent place in the backyard or on your balcony. You can make the most delicious dishes and serve it with wonderful drinks, all year long. And with some nice music and styling, it will be a feast to always remember.

*Charlotte Fielmich*



# BBQ YEAR- ROUND



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# TO BBQ THE BASICS

## The barbecue

There are many types of barbecues, with and without a cover. The barbecues with a cover are excellent for food that needs constant warmth, like whole chickens, pizza's, bread and dishes that need to simmer or stew for a long time. There are some fancy models, like the Big Green Egg, in where you can exactly control the temperature. Next to that, there also is the gas barbecue, which has adjustable temperature regulation, also for outside. Although it doesn't give the food the delicious smoky coal flavour.

## Briquettes or charcoal

For making fire, you can use briquettes, however they give less flavour than grilling on pure charcoal. Briquettes actually are remains or charcoal, compressed with for example corn flour. It takes longer to heat up, but will burn longer eventually. For a long grill session, I always use a thick layer of briquettes with charcoal on top of that. With this, the barbecue doesn't need to be filled up or cools down all the time. And you will still get that lovely charcoal flavour.

## Making fire

To start a fire, you can use dry wood, but firelighters are more easily. Divide them generously on the coal and let them do their job. Make sure they are settled right, you can use a refractory rod to do this. Flutter the glowing coal until they start to burn. I sometimes sod wood in burning fluids as well: home made firelighters.

The use of gasoline and/or spiritus is completely at your own risk. I never use it, because I love my eye laches too much, and it also gives a nasty aftertaste.

An artisan fire of wood of course also is an option. Make sure the wood is bone dry, otherwise there will be nothing more than just a little bit of smoke. Start the fire with straw or dry twigs and put some bigger chunks of wood with it.

A fire needs oxygen and maintenance. Make sure to keep the wood in its place, let there be enough room between the chunks and add new ones if necessary. Note: everything you use as fuel, you will taste in your food. So make sure the wood is clean and don't use old paper, cardboard or other dirty stuff. Burning aromatic wood or herb sprigs, on the other hand, I can heartily recommend.

## The grid

What will also influence the taste, is a dirty grid. I always clean it with a wire brush and hot water. If you clean the grid while it's still hot, it will be very easy. Just look out not to burn your fingers. To poke in the fire and move the coal, I use a separate rod. If you use the same rod for the food, it will taste like burned charcoal. Cleaning the rod during cooking of course is also a possibility.





## The timing

Light the barbecue at least an hour before you want to use it. When it is burning enough, and the coal is glowing, you can put on the grid. You can grill pieces of beef, fish like salmon and tuna, which can stay raw on the inside, shrimps, lobster, small slices of zucchini, green asparagus and little leeks. Note: brush the food - the fish, meat or vegetable to grill - with a little bit of oil. Never brush the grid with oil, that will give it flashovers. Regularly turn the food above the fire not to let it get burned. Actually, this might be a good point to start using a cast iron pan to put on the grill, or to hang it above. In it you can make dishes like soup, sauces and stew. As soon as the heat is less high, the longtime dishes can cook through calmly, like big pieces of vegetables, chicken or pork that isn't precooked, sausages and whole fishes. At the end you can warm or re-heat food on the smoldering fire, and the hot ashes are perfect to puff food in. Like potato's, in silver foil. Or cheese which only has to melt. Dessert packages with liqueur and chocolate are also able to be warmed up or marinated.

Things you want to grill on high heat, has to be prepared first. And only when the first dishes are ready, you should put on the side dishes on the table. Because together they will form the meal. That is something I will never forget: by the time the sausages were done, we were already full with bread and garlic butter. And that's a shame, especially for the wonderful recipes in this book.

Finally, a thought about the primitive men. the invention of fire, is traditionally been attributed to men. Women stayed in a cave and took care of the children. Now and then they picked some berries. At least, that is the idea. But why? Weren't women the ones that cooked food? Making fire and burning wood was therefore one of their biggest interests. Wouldn't it be logical then to say that women did invent fire? That's what I thought.

# 7 STEPS TO BARBECUE

## 1) choose a fireproof surface.

The barbecue bin, a fire bowl, a hole in the sand or a container with rocks.

## 2) decide what you want to cook.

- ✘ Many dishes? In that case you will need a long burning fire. For that, you can choose a thick layer of briquettes with some charcoal on top.
- ✘ Will it be for a small company or is it just one part of the meal you want to grill? In that case a thick layer of charcoal is enough.
- ✘ Are you planning to simmer and stew? Then a fire of wood may come in handy, since you can easily get it to burn big.

## 3) light it with something that catches fire quickly

You can also choose to use something that easily burns for a long time or for something you can keep adding until the fire catches the coal, briquettes or wood. You can use firelighters for example, or pieces of newspaper or small dry twigs. Divide them over the coal, briquettes or wood, put them a little bit in between the coal or wood and light them with a match. Preferably use one of those big matches so you won't burn your fingers.

## 4) Divide & rule

Keep the coal or wood close to the burning flame. Keep that flame burning by adding new flammable stuff like wood and newspaper. Firelighters, wood drenched in fuel or flammable resins will burn long enough to kindle the rest.

Now divide the coal and wood in such a way, that the first burning ones are close to the not yet burning ones. Keep doing this until everything is on fire. This stage is almost meditative with a poke or rod in the one hand, and a glass of wine in the other... Lighting fire is not a haste job.

## 5) Wait until the fire is not burning anymore, but only glows and smoulders.

This can take an hour. Even when the glowing begins, it can still be too hot, so just be patient. Only when using a cast iron pot, you can put it on the fire. In that case it HAS to has a burning flame. For this, you should keep adding new chunks of coal or wood.

## 6) Put on a clean grid above the fire.

A dirty grid will influence the taste. So use a clean one and prepare the food as you like: short and hot, long and carefully turns, soft smouldering of melting.

## 7) Done with the barbecue?

Put on some more coal or wood on the last coals, for a nice fire to relax with.

**In a hurry to go away after grilling? In that way you can extinguish the fire with water or sand. To prevent a lot of smoke, add the water or sand very carefully.**

# COOKING ON FIRE

If you are to make a fire, you could as well invite your friends over and turn it into a little feast. Eating together is more fun anyway. That is why all recipes in this book are for eight. But you can easily half the ingredients of put the remains in the fridge or freezer.

## Basic ingredients

The real basics like olive oil, salt and pepper are not mentioned in the ingredient lists. Unless some special kind is needed, I assume you have this in your kitchen.

✦ **Coarse sea salt:** With this I mean the big crisp flakes of sea salt, like the French fleur de sel or the English Maldon sea salt. In many dishes, the difference between coarse sea salt and table salt are a world of difference.

✦ **Olive oil:** There is olive oil, and there is good olive oil. The first one is not 'extra vergine' or 'extra vierge', but is good enough for cooking or for brushing the vegetables and meat with for example. With good olive oil, I mean a first pressing: extra vergine. I love a fresh, somewhat grassy, spicy olive oil. It is an ingredient that will finish the dish. Of course, you can also cook, grill and brush with it, but that wouldn't add extra flavour and will be a waste of the oil.

✦ **Can of peeled tomato's:** it takes time to find the best peeled tomato's in can. You can do a taste test with cans from your own super market. I always buy tomato chunks to make sauce with, but squeezing hole peeled tomato's with your bare hands, will give you that special Italian La Mamma-feeling (be careful with white walls!!).

✦ **Puffed garlic:** Favorite! Mild and soft with that real garlic flavour. I have a full pot of it at home. To make it yourself: fill a pan with the separate cloves (in their skin) of a big garlic. Put olive oil with it until they are under the olive oil. Let it boil and than turn off the fire. Do this 2-3 times. Let the garlic cool down in the olive oil and put them in a clean pot. When you keep them under the oil, they will stay good for a few weeks. Then you can use both the garlic and the olive oil.



What you will often need when making your meal on fire:

- ✦ Cutting board
- ✦ One or two good knives (big & small)
- ✦ Peeler
- ✦ Kitchen brush to brush the food in with oil
- ✦ Good barbecue rod
- ✦ A few tea towels (not your nicest ones, they might get stains or burn spots)
- ✦ Bowls for the raw ingredients
- ✦ Bowls for the prepared ingredients
- ✦ Aluminium foil

To puree you can use whatever you have in your kitchen: a blender, of food processor or a mortar. The last one will take most of your time, but it is nice and artisan!

# KITCHEN TOOLS

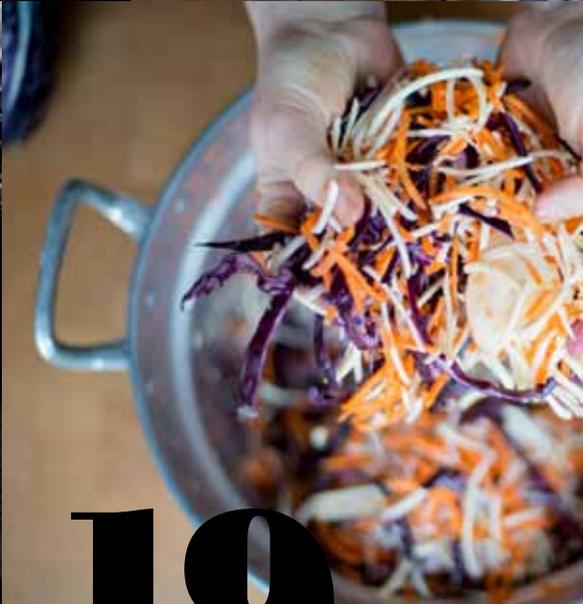


**BRR...  
NICE &  
COLD**

**18**



WINTER DISHES



19

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Winter  
bbq



The fierce warmth of the glowing coal, the hizz and fizzle of the sausages, the smoky flavour. The coldness brings out the best of everything.





# EGGPLANT

*with labne & sumak*

## INGREDIËNTEN

*For the labne*

- + 500 ml thick yoghurt  
(Turkish or Greek yoghurt for example)
- + Clean tea towel
- + Colander

*For the egg plant*

- + 4 big egg plants
- + Coarse sea salt
- + Extra vergine olive oil
- + Parsley
- + pepper
- + sumak

## THE LABNE

Put a clean tea towel in the colander and scoop in the yoghurt. But under it a drip cup. The longer the yoghurt is dripping, the firmer it gets. A few hours will be enough, but dripping for a night is also possible.

## THE EGGPLANT

Cut the egg plant in two halves and cut them crosswise till the skin. Sprinkle them with salt and let them rest for at least an hour. Pat them dry with kitchen paper. Brush them with olive oil and grill them both sides on a very hot barbecue. Regularly turn them to prevent them from burning. Put the grilled eggplants on a plait with the flesh on top. Put on every eggplant half a spoonful of labne and sprinkle it with sea salt. Cut the parsley en put it on the eggplant with some olive oil. This dish is best while warm.

✕



+ Sumak? Sumak is a plant that grows near the Mediterranean sea. Their red berries get ground and give a very nice fresh, citrus-like taste.

+ A more inconvenient way of making labne? put yoghurt in the tea towel. Tie it up and hang it in a cool room with a dripping cup underneath.

# GEGRILDE POMPOEN

*met pittige pruimenchutney*

## INGREDIËNTEN

*Voor de chutney*

- + 1 grote rode ui
- + 1 rode peper
  - + 2 el olie
- + 3 el rodewijnazijn
- + 250 ml water
- + 250 g gedroogde pruimen
  - + 1 steranijs

*Voor de pompoen*

- + 1 pompoen
- + 2 el grof zeezout
- + 1 tl kaneel, gemalen
- + 1 tl piri piri of pul biber (grof gemalen rode peper)
  - + 1 el gedroogde salieblaadjes
    - + olie
  - + bladpeterselie
    - + vijzel

## DE CHUTNEY

Snipper de ui en snijd de rode peper fijn. Verhit de olie in een pan met dikke bodem. Fruit hierin de ui met de peper tot de ui glazig ziet. Schenk er nu de wijnazijn bij en vervolgens het water. Snijd de pruimen in stukjes en doe ze met de steranijs in de pan. Roer door en breng zachtjes aan de kook.

Kook met de deksel van de pan 15 minuten zachtjes door. Breng op smaak met zout en versgemalen peper.

## DE POMPOEN

Halveer de pompoen, verwijder de pitten met een lepel, snijd de pompoen met een groot scherp mes in partjes.

Schep zout, kaneel, peper en salie in de vijzel en stamp er een kruidig poeder van. Kwast de pompoenparten royaal in met olie. Bestrooi ze met het kruidenmengsel.

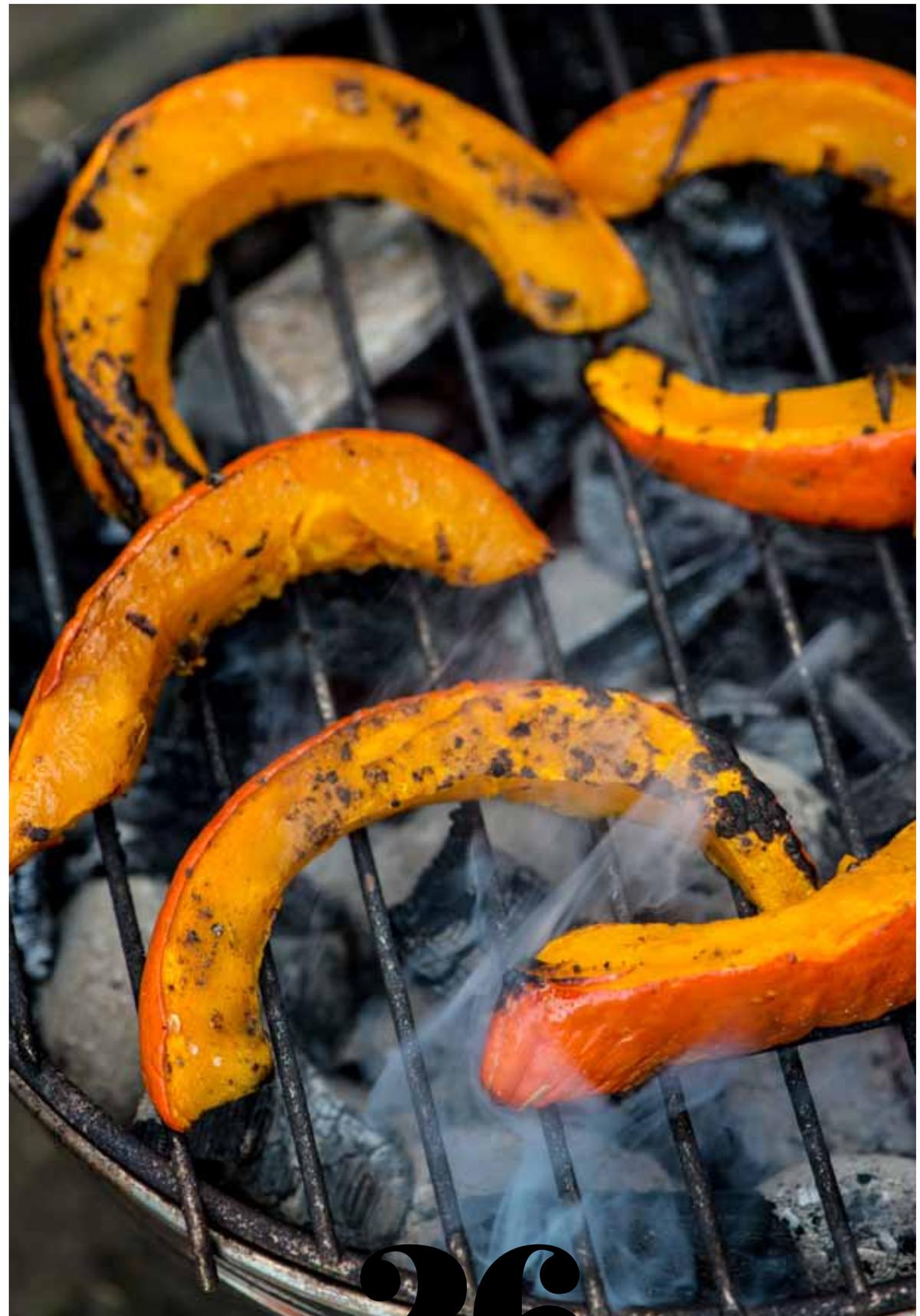
Rooster de stukken pompoen tot ze mooi bruin gestreept zijn en een beetje zacht worden. Snijd de peterselie grof en strooi 'm over de pompoen. Serveer met de pruimenchutney. ✖



+ Een biologische pompoen kun je met schil en al roosteren en opeten.

+ Deze pruimenchutney smaakt ook geweldig bij gebakken of gekookte pompoen. Maak 'm in grote hoeveelheden, vul er potjes mee en geef ze cadeau!

+ Ook labne is heerlijk bij dit gerecht. Zie de voorgaande pagina voor het recept.



# MERGUEZ

*met harissa-yoghurtsaus*

## INGREDIËNTEN

*Voor de worstjes*

- + zoveel merguez-worstjes als je nodig denkt te hebben
- + 500 g dikke Turkse of Griekse yoghurt
- + 1 el harissa
- + lange satéprikkers, in water geweekt

*Voor de harissa*

- + 3-5 rode pepers
- + 4 el tomatenpuree
- + 1 sjalotje
- + 1 tl komijnzaad
- + 1 tl korianderzaad
- + 4 gepofte knoflookteentjes (zie pag. 15 voor het recept)
- + 1 el olijfolie

## DE WORSTJES

Rooster de worstjes boven een heet vuur tot ze bruin en gaar zijn. Draai ze regelmatig om, bijvoorbeeld door er prikkers in te steken. Zo kun je makkelijk zonder je vingers te branden je worstje roosteren. Meng de yoghurt met de harissa en serveer die bij de worstjes. Voor extra pit roer je meer harissa door de yoghurt.

## DE HARISSA

Harissa kun je kant & klaar kopen (ook in mijn online winkeltje [www.madame-charlotte.nl](http://www.madame-charlotte.nl)). Liever zelf harissa maken? Rooster 3-5 in de lengte doorgesneden rode pepers zonder zaadjes op de barbecue. Verwijder de schil en pureer ze met de tomatenpuree, het gesnipperde sjalotje, het komijnzaad, het korianderzaad, de gepofte knoflookteentjes en de olijfolie. Breng op smaak met grof zeezout. Bewaar de harissa tot gebruik in een schone pot. ✕



+ Back to nature? Zoek een paar mooie dunne takjes en slijp er een scherpe punt aan. Leg ze een nachtje te weken in een bak water, tenzij je ze net uit de vochtige natuur plukt. Rijg er vervolgens je worstjes aan!

+ Langdurig speuren naar de allerlekkerste merguez is echt de moeite waard. Mijn Hollandse slager maakt heel goeie, maar in een zijstraatje van de Albert Cuyp koop je bij de Marokkaanse slager echt de allerbeste.

+ Als je de worstjes even voorwelt in kokend water garen ze sneller en bijven ze sappiger als je ze roostert.