



Helen Graves

*Bonus  
Recipes*

Seasonal Barbecue  
Recipes and Stories  
of Live Fire Traditions  
Old and New

Hello, and thank you for pre-ordering *Live Fire*! Please enjoy this bonus set of 12 recipes as a reward for the gift you have bestowed upon your future self. You will find that these seasonally organised recipes complement those in the book – the Everyday Fermented Hot Sauce, in particular, will go with everything! I will confess I've been known to eat it with my boiled eggs in the morning.

The idea behind *Live Fire* is to inspire you to take up the tongs and experiment; to have fun playing around with cooking new ingredients over fire, and to be freed from the shackles of grilling the same old veg skewers and burgers (I've nothing against these things, except that they've Been Done, and many times before).

Hopefully, these recipes will whet the appetite while the main course is cooking; consider them a nibble, intended to sustain and entertain. I cannot wait for you to see the full book, because it contains some of my most-loved recipes, plus stories from some of my favourite live-fire cooks, which I think are crucial. As cooks, we are all products of the meals made by others; they always contribute something to our personal food story. I hope *Live Fire* will become a part of yours.





## Barbecue Techniques

There are two main barbecue cooking techniques you need to know about: *direct* and *indirect* cooking. When setting up a barbecue, I nearly always set it up for what is known as ‘two-zone cooking’. This simply means there is one area with lit coals in it, and one area without. There are various ways to arrange the coals to achieve this, but I often do mine in the simplest way possible, which is to place the hot coals on one side and leave the other side empty. Occasionally I prefer to place the coals in the middle and leave the edges clear, e.g. when I’m cooking chicken wings.

The reasons behind this are that two-zone cooking enables you to: sear food for colour and flavour before moving it to the cooler side to finish cooking more slowly; move food to the cooler area if the fire starts to flare up; keep food warm on the cooler side while you finish cooking something else; or slow cook something on the cooler side with the lid on. I’ll explain this in recipes where it’s relevant.

Just so you know, there are other ways of arranging charcoal – particularly for slow cooking – but for the purposes of this book I wanted to keep things as simple as possible.

Just think of your barbecue as having a range of temperature zones that work horizontally: the closer to the coals, the hotter it’s going to be. Simple!





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## Dover Sole

### *with Curry Butter*

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Setup: Direct cooking

Equipment: Tongs, fish cage  
(not essential!)

Prep time: 5 minutes

Cook time: 10 minutes

Serves: 2

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1 large Dover sole, fins  
trimmed but skin left intact  
80 g (2¾ oz/5½ tablespoons)  
butter, softened slightly  
2 teaspoons curry powder  
(I tend to use a Madras curry  
powder)  
a squeeze of lemon juice

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Dover sole doesn't seem to get a lot of love these days, and I'll admit it does seem something of an 'old fashioned' choice. You may recall, however, that the tough, leathery skin of the DS is not edible, and this is actually great news for the barbecue because it protects the delicate fish on the grill, and you don't have to worry about sticking. Simply swipe the lot off after cooking, smother in curry butter and insert face-ward.

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- Prepare a barbecue for direct cooking over medium heat.
  - Mash the butter in a bowl with the curry powder.
  - Put the Dover sole on the barbecue (in a fish cage if you like) and cook over low embers for about 10 minutes, turning occasionally.
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To Cook Indoors: To grill indoors, you should remove the skin before cooking (a fishmonger will do this for you), brush with a little oil or curry butter and cook under a preheated medium-hot grill for 4-5 minutes on each side, or until cooked through.

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## Spring Chicken Sandwich

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Setup: Direct cooking  
Equipment: Tongs, metal skewers  
Prep time: 15 minutes  
Cook time: 15 minutes  
Serves: 2

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1 small red onion, thinly sliced  
4 boneless, skinless chicken thighs  
40 g (1½ oz/¾ cup) Parmesan, finely grated  
200 g (7 oz) Tenderstem broccoli  
neutral oil, for cooking  
4 slices of sturdy white bread  
mayonnaise, for spreading

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### *Pesto*

40 g (1½ oz/¾ cup) Parmesan, finely grated  
large handful of basil leaves  
large handful of tarragon, leaves picked  
3 garlic cloves  
3 tablespoons pine nuts  
2 tablespoons lemon juice  
2 tablespoons extra virgin olive oil  
pinch of salt

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I am known for making large and excellent sandwiches. This is one of them. I feel like it's a confident stride into springtime grilling, too: crisp-skinned chicken thighs, bold greenery, and a pesto packed full of pungent basil. I really appreciate broccoli in a sandwich; sometimes leaves just won't cut it.

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- Prepare a barbecue for direct cooking over medium heat.
  - Make the pesto by combining all the ingredients in a blender and pulsing to a coarse paste. You want this to be a little stiffer than a regular pesto, as it needs to stay in the sandwich and not soak through the bread.
  - Place the sliced onion into a bowl of iced water.
  - Use a rolling pin or something heavy to bash the chicken thighs to an even thickness. Using 2 metal skewers per 2 thighs, carefully thread a thigh with the skewer on each side and push it down, then add a second thigh so that they both lay flat. Repeat with the other two thighs.
  - Rub the thighs with a little neutral oil and season with salt. Grill the thighs skin side down over medium direct heat for 10–15 minutes, or until cooked through, turning them occasionally. Towards the end of cooking, start sprinkling the thighs with the grated Parmesan and turning them, so that the cheese crisps up on the meat.
  - Toss the Tenderstem broccoli in oil and grill alongside the chicken for 6–8 minutes, until soft and charred.
  - Lightly toast the bread on one side (this is easiest on the barbecue, since it's lit). Spread two pieces with mayonnaise, and two pieces with the pesto. Remove the chicken from the skewers and slice it, then add it to the sandwiches. Roughly chop the Tenderstem broccoli and add some of that, then top with some of the onion slices. Close the sandwiches, and eat!

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To Cook Indoors: Preheat a cast iron griddle pan over a high heat for 5 minutes and cook the chicken thighs in it for 10–15 minutes, turning occasionally, until cooked through. Sprinkle on the Parmesan towards the end of cooking, turning once to help it crisp up. Griddle the Tenderstem broccoli for a couple of minutes on each side, or until soft and charred.

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## Everyday Fermented Hot Sauce

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Setup: Indoors  
Prep time: 20 minutes, plus fermenting time (about 10 days)  
Serves: Makes 1 litre (34 fl oz/4¼ cups)

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800 g (1 lb 12 oz) red chillies, stalks and seeds removed and chillies roughly chopped  
1 head of garlic, cloves peeled  
2 bay leaves  
5 black peppercorns  
5 white peppercorns  
2 teaspoons coriander seeds  
50 g (1¾ oz) fine sea salt  
1 litre (34 fl oz/4¼ cups) water

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I've tweaked and honed this recipe over the years and I encourage you to do the same. I love the bright citrus notes of coriander seed and white peppercorns, and the pure, primary intensity of the colour. This goes particularly well with kebabs, and I have even been known to eat it with boiled eggs and soldiers in the morning. This makes 1 litre (34 fl oz/4¼ cups), so you may want to gift some of it.

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- Put the chillies, garlic, bay leaves, black and white peppercorns and coriander seeds in a large sterilised jar (I use a Kilner jar, for the ease of opening the lid), along with the salt and 1 litre of water.
  - Seal with a lid and leave at room temperature to ferment for 10 days, 'burping' it (opening the lid to let the gas out) every few days. It should start to bubble after a few days, which is how you know it's fermenting.
  - Once the mixture is fermented, drain in a sieve over a bowl and reserve the liquid. Discard the bay leaves and whole spices. Blitz the chillies and garlic in a food processor until roughly chopped, adding a splash of the fermenting juice to get it going. You can now add as much of the reserved juice as you like, depending on whether you want a smooth sauce or a chunkier paste (I prefer it chunky). Keep sealed in the fridge - it will keep for a few weeks.



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## Grilled Peach and Tomato ‘Fattoush’

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Setup: Direct cooking

Equipment: Tongs

Prep time: 5 minutes

Cook time: 10 minutes

Serves: 4

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$\frac{1}{4}$  red onion, thinly sliced  
about 2 tablespoons neutral  
oil

1 teaspoon chilli flakes

2 pittas, split in half to make

4 thinner pieces

4 ripe peaches, stoned and  
quartered

2 large, ripe tomatoes, cut into  
thick wedges

handful of basil leaves, roughly  
torn

handful of mint leaves, roughly  
chopped

sea salt

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### *Dressing*

2 tablespoons lemon juice

1 teaspoon honey

3 tablespoons extra virgin  
olive oil

1 tablespoon sumac

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I have always loved fattoush, a Levantine salad of fresh, crunchy vegetables such as lettuce, tomatoes and radishes, combined with golden, deep-fried shards of bread and lots of sumac. It always reminds me of arriving in Beirut after a particularly harrowing flight from Istanbul. I hate to wheel out the tired ‘we had a hard journey and x, y, z food or drink made me forget all about it’ trope but I’m afraid that’s what happened – that combination of crunchy bread and cold vegetables brought ultimate refreshment on a hot, dusty day.

So yes, this steers quite a way away from a classic fattoush, but those juicy tomatoes and sweet peaches will work their own kind of magic. This is less about the crunch, more about the fragrance.

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— Prepare a barbecue for direct cooking over medium heat.

— Put the sliced onion in a bowl of iced water.

— Combine 1 tablespoon of the neutral oil with some salt and the chilli flakes and rub over the pittas on both sides. Toast the pitta on the barbecue until crisp. Chop into ‘chips’ and set aside.

— Brush the cut sides of the peaches with the remaining neutral oil and grill cut sides down for a few minutes, turning occasionally, until all cut sides are charred.

— Combine the dressing ingredients in a clean lidded jar or bowl and shake or whisk to combine.

— Cut the grilled peaches into thick wedges and combine in a bowl with the tomatoes. Drain the onions and add those too, then add the herbs, dressing and finally the pitta chips. Toss to combine and serve immediately.

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To Cook Indoors: Toast the pittas under a grill instead of on the barbecue, and cook the peach quarters in that trusty cast iron griddle pan.

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## Smoked Tofu Dip

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Setup: Indirect cooking  
Wood: Oak or Beech  
Equipment: Wire rack that fits inside the barbecue  
Prep time: 5 minutes  
Cook time: 25 minutes  
Serves: 2

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1 tablespoon sesame seeds  
1 teaspoon Sichuan peppercorns  
280 g (10 oz) firm tofu, cut into 2 thick pieces  
2 teaspoons Chinese chilli oil with sediment, such Chiu Chow or Lao Gan Ma  
1 spring onion (scallion), thinly sliced  
1 teaspoon toasted sesame oil  
a squeeze of lime juice  
sea salt

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### *Crispy garlic chips*

100 ml (3½ fl oz/scant ½ cup) neutral oil  
5 garlic cloves, thinly sliced

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### *To serve*

around 60g prawn crackers (an average sized bag)  
crudites such as a handful radishes, ½ sliced cucumber and a few sticks celery, chilled

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Smoking tofu on the barbecue wasn't something that had occurred to me until my friend Lizzie suggested it for a supper club we hosted together. It's so easy and can be blitzed into a dip and topped with lots of fun bits and pieces. This recipe is very similar to the one we served that night - it's great with prawn crackers or crunchy cold crudités (it won't surprise you to learn that I like to have both).

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- Prepare a barbecue for indirect cooking, with just a few lit coals.
  - To make the crispy garlic chips, heat the neutral oil in a small frying pan (skillet) over a medium-low heat, add the garlic slices and cook for 2-3 minutes until they start to turn golden at the edges. Remove from the oil using a slotted spoon and drain on kitchen paper.
  - Lightly toast the sesame seeds in a dry frying pan over a medium heat, moving them around to make sure they toast evenly and don't burn. Set aside. Lightly toast the Sichuan peppercorns too, then roughly crush them in a pestle and mortar.
  - Place the tofu on a wire rack. Place a small piece of wood or some chips on top of the lit coals. Place the tofu on its rack over the coals and put the lid on. Close the vents until they are ¼ open. Allow to smoke for 20 minutes, then remove.
  - Put the smoked tofu in a blender and blend to a smooth paste, adding a splash of water and some salt. Spread it onto a serving plate and top with some of the crispy garlic chips, chilli oil, spring onion (scallion), toasted sesame seeds and Sichuan pepper, sesame oil and lime juice.
  - Eat with prawn crackers and crudités.

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## Red Mullet *with Mint and Olives*

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Setup: Direct cooking  
Equipment: Tongs, fish cage (optional)  
Prep time: 5 minutes  
Cook time: 12-16 minutes  
Serves: 2

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2 red mullet (about 350 g/12 oz each), scaled and gutted  
neutral oil, for cooking the fish  
1 lemon, sliced  
2 mint sprigs  
grated zest of 1 lemon  
sea salt and freshly ground black pepper  
lemon wedges, to serve

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### *Dressing*

1 tablespoon lemon juice  
4 tablespoons extra virgin olive oil  
1 small garlic clove, crushed or finely grated  
1 teaspoon honey  
handful of mint leaves, finely shredded  
10 Kalamata olives, stoned and roughly chopped

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Red mullet are made for the grill and conjure thoughts of the glittering Aegean, even from this mid-century block of flats in South East London. They vary a lot in size, so adjust the cooking times accordingly - the small ones can be just as fun if a little trickier to navigate in the eating. This dish goes beautifully with the honeyed fennel in *Live Fire*.

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- Combine the dressing ingredients and some salt and pepper in a clean lidded jar or bowl and shake or whisk to combine. Add the shredded mint and olives and set aside.
  - Preheat a barbecue for direct cooking over medium heat.
  - Rub the mullet with neutral oil and season with salt inside and out. Insert the lemon slices and mint sprigs inside the fish. Place inside a fish cage or directly onto the grill and cook for 6-8 minutes on each side, or until just cooked through. The fish will release itself naturally from the grill when it is ready to turn, so don't force it.
  - Serve the grilled mullet with the dressing poured on top.

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To Cook Indoors: Cook the red mullet under a medium-hot grill for a few minutes on each side, or until cooked through.



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## Smoked and Spiced Butternut Squash

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Setup: Indirect cooking  
Equipment: Tongs  
Wood: Oak or Beech (optional)  
Prep time: 15 minutes, plus  
overnight marinating time  
Cook time: 30 minutes  
Serves: 4

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1 tablespoon cumin seeds  
1 tablespoon coriander seeds  
1 teaspoon fennel seeds  
4 green cardamom pods,  
crushed and seeds removed  
1 tablespoon chilli flakes  
100 g (3½ oz/7 tablespoons)  
butter, softened  
1 butternut squash (about 1  
kg/2 lb 4 oz)  
200 g (7 oz/scant 1 cup) ricotta  
sea salt and freshly ground  
black pepper

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### *Green chilli dressing*

1 green chilli, finely chopped  
4 tablespoons olive oil  
handful of coriander (cilantro)  
leaves, finely chopped  
small handful of mint leaves,  
finely chopped  
2 tablespoons lemon juice  
pinch of sugar

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An appreciation for sweet vegetables is something I've embraced relatively late in life, and I'm still very particular about the way they should be cooked and served. Squash needs plenty of aggressive heat (hello, barbecue) to steer fully away from any baby-food associations. I also require spice, cold dairy and bright green acidity (told you it was specific).

This is fantastic when cooked both with and without wood.

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— Toast the cumin, coriander and fennel seeds in a dry frying pan (skillet) over a medium heat (moving them around so they don't burn), just until fragrant. Grind or crush roughly with the cardamom, then combine with the chilli flakes, softened butter and a few pinches salt.

— Cut the squash in half lengthways and remove the seeds, then cut it hasselback by placing the squash cut side down on a surface with two wooden spoons on either side (this will stop you cutting all the way through the squash). Cut the squash widthways at intervals roughly 1 cm (½ inch) apart. Rub half of the spiced butter all over the squash.

— Prepare a barbecue for indirect cooking over medium heat, with the coals banked to one side. Add a small piece of wood to the lit coals, if using, then grill the squash skin side up on the cooler side of the grill, with the vents ¾ open, for 30 minutes. After this time carefully turn it over to colour the skin..

— Combine all the green chilli dressing ingredients in a bowl and season with salt. Set aside.

— Once the squash is cooked, top the flesh side with the remaining butter while still hot. Cut into thick wedges, dot with the ricotta and top with the green chilli dressing.

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To Cook Indoors: Preheat the oven to 180°C (350°F/gas 4). In a roasting tray, roast the squash halves skin side down for 30–40 minutes, or until tender.

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## Mutton Kebabs *with Apricot Salsa*

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Setup: Direct cooking  
Equipment: Tongs, 4 long metal skewers  
Prep Time: 30 minutes, plus a few hours marinating time (overnight if possible)  
Cook Time: 10 minutes  
Serves: 4

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1 kg (2 lb 4 oz) mutton, diced  
sea salt

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### *Marinade*

1 tablespoon garam masala  
2 teaspoons hot chilli powder  
1/2 teaspoon turmeric  
2 teaspoons ground cumin  
1 tablespoon neutral oil  
sea salt

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### *Apricot salsa*

50 ml (1¾ fl oz/3½ tablespoons)  
lemon juice  
50 ml (1¾ fl oz/3½ tablespoons)  
water  
2 teaspoons honey  
125 g (4¼ oz) dried apricots, cut into fairly small dice  
1 red chilli, finely chopped  
1/2 red onion, finely chopped  
small handful of mint leaves, chopped  
handful of coriander (cilantro) leaves, chopped

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### *To serve*

150g (5¼ oz) natural yoghurt  
4 flatbreads  
a few pinches garam masala, for sprinkling

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Lamb, you may well have noticed, is a meat I often cook on the barbecue. Are you surprised to learn, however, that I also cook mutton? Mutton has such negative connotations in the UK, as something that's tough, inedible and needs very long, slow cooking, but I have recently learned that's not always the case.

Matt Chatfield is a farmer in Cornwall selling 'cull yaw' – older sheep that have walked around a lot but have also developed a lot of fat, meaning the meat can be aged. This renders it tender and full of flavour. Matt has been able to do this as he farms his sheep in a low-impact way, where he's careful not to over-graze the animals, thereby protecting the soil and encouraging regeneration. Find out more about where to buy Matt's meat at [@thecornwallproject](#): it really is a world apart from what we usually think of as mutton.

Of course, if you can't find tender mutton, you can still make these kebabs by replacing it with diced lamb shoulder. The dried apricots are the key to the salsa: rehydrated in a mixture of honey and lemon, they add nuggets of acidity and sweetness.

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— Combine the marinade ingredients with a couple of generous pinches of sea salt in a bowl. Add the diced mutton, mix well, cover and marinate in the fridge for a few hours, or overnight if possible.

— Prepare the apricots for the salsa. Combine the lemon juice with the water and the honey in a bowl, mix well and add the apricots so that they are covered. Set aside for at least 30 minutes.

— Prepare a barbecue for direct cooking over medium heat. Thread the marinated mutton onto skewers and grill for 10 minutes directly over the coals, turning occasionally using tongs, until cooked just cooked through and still tender.

— Drain the apricots and combine them in a bowl with the chilli, onion, mint and coriander (cilantro). Season with a little salt.

— Serve the mutton with the apricot salsa, yoghurt, flatbreads and a little garam masala sprinkled over.

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To Cook Indoors: Cook the mutton skewers under a medium-hot grill for about 10 minutes, turning them occasionally.

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## Spiced Sticky Quails

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Setup: Direct cooking  
Equipment: Tongs  
Prep time: 10 minutes  
Cook time: 10 minutes  
Serves: 2-4, depending on other dishes

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4 quails  
4 tablespoons maple syrup  
1 tablespoon five spice  
2 teaspoons chilli flakes  
2 tablespoons lime juice  
Lime wedges, to serve

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This recipe leans into autumn with its hum of five spice and chilli. I love to cook a pile of these as they're so quick, and the recipe scales up very easily. Brushing them with reserved marinade on the barbecue guarantees a sticky, charred result - all the better for nibbling into. They're small birds, but they make up for it in flavour and finger food appeal.

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— Combine the maple syrup, five spice, chilli flakes, lime juice and some salt. Mix well and divide in two.

— Spatchcock the quails by placing them breast side down on a board and cutting up either side of the backbone with a pair of scissors to remove it. Press gently down to flatten out the quails.

— Rub half the marinade all over the quails, mixing well to make sure they're all coated.

— Prepare the barbecue for direct cooking over medium heat. Once it's ready, cook the quails for 8-10 minutes, brushing with the reserved marinade. Move the quails to the edges of the BBQ if they look like they're starting to burn.

— Serve with the lime wedges.

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To Cook Indoors: Don't spatchcock the quail but roast whole at 200C for around 20 minutes, brushing twice with the marinade.



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## Coal-baked Beetroots

### *with Goat's Cheese, Pickled Chilli, Pomegranate Molasses and Mint*

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Setup: Direct cooking  
Equipment: Tongs, heatproof gloves, foil  
Prep time: 5 minutes  
Cook time: about 1 hour  
Serves: 2-4 as a main dish, 4-6 as a side

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500 g (1 lb 2 oz) medium beetroot (beets) (try to find some that are a similar size to ensure they cook at the same time)  
neutral oil, for coating the beetroot  
125 g (4½ oz) soft goat's cheese  
about 1 tablespoon pomegranate molasses  
small handful of mint leaves, chopped  
sea salt  
extra virgin olive oil, for drizzling

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#### *Pickled chilli*

3 mild red chillies, thinly sliced  
75 ml (2½ fl oz/5 tablespoons) white wine vinegar  
1 teaspoon sea salt  
1 tablespoon caster (superfine) sugar

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There's something magic about the way the beetroots (beets) soften so perfectly and evenly when cooked in coals, their papery, wrinkled skins still intact.

It takes some nerve to write a beetroot and goat's cheese recipe these days you know; the combination has been well and truly 'done' to the point of basically extinguishing it as an option. However, I think the tart rosiness of pomegranate molasses and tingle of pickled chilli in this version makes it worth revisiting. See what you think.

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— Place the sliced chillies in a bowl. Combine the white wine vinegar, salt and sugar in a small saucepan and heat just until the salt and sugar are dissolved. Pour the liquid over the chillies and set aside.

— Prepare a barbecue for direct cooking, letting the flames die down to embers.

— Coat the beetroot (beets) in a splash of oil and season them with salt. Wrap each one in foil.

— Place the beetroots right at the edge of the hot embers, so they're touching them but not right in the middle of the hottest part. Leave them there to do their thing, turning them around occasionally until cooked. This will take an hour or so, depending on the size of the beetroots. They're cooked when a skewer can be pushed easily into the beetroot.

— Spread the goat's cheese onto a plate (alternatively you can 'crumble' it on top of the beetroot). Carefully unwrap the beetroots and cut them into wedges. Place the beetroot wedges onto the cheese, and add a swirl of pomegranate molasses and olive oil, some of the pickled chillies, and the mint.

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To Cook Indoors: Preheat the oven to 150C. Coat the beetroot (beets) in a splash of oil and season them with salt. Wrap each one in foil. Place in a roasting dish and cook for 2-3 hours, or until a skewer can be pushed easily into the beetroot.

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## Spicy and Sweet Kimchi Wings

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Setup: Indirect cooking  
Equipment: Tongs  
Prep time: 10 minutes, plus a few hours marinating time (overnight if possible)  
Cook time: 30–45 minutes  
Serves: 2–4, depending on appetite for wings

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300 g (10½ oz) kimchi  
6 tablespoons honey  
4 tablespoons fish sauce  
1 scotch bonnet chilli  
12 chicken wings, jointed into flats and drums if you like (discard the tips or put them in the freezer as I do, to use for making chicken stock)  
lime wedges, to serve

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Looking for new ways to use kimchi? Hello, hot wings. Here, the heat and lactic acidity of the kimchi is offset with sticky honey and lime. I like to blend the sauce as finely as possible; chunkiness will depend on both kimchi and blender. Whatever the results, they will definitely not be boring: charred chicken with a fluoro sauce that's hot, sweet and sour.

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— Combine the kimchi, honey, fish sauce and scotch bonnet chilli in a blender and blend until really smooth. Divide the mixture in half, setting aside half for coating the cooked wings. Coat the wings in half the sauce and marinate for a few hours in the fridge, or overnight if you can.

— Prepare a barbecue for indirect cooking over medium heat, with the coals arranged in the centre of the barbecue and space around the edge.

— Once the barbecue is ready, arrange the wings in a circle on the grill around the coals, but not directly over them. Cook the wings, turning them every so often, until cooked through and caramelised. This will take 30–45 minutes, and you can move the wings further into the centre (over the coals) as the coals burn down.

— Once the wings are cooked, heat up the remaining sauce in a small saucepan. Combine it with the wings in a bowl and toss to coat, then serve with the lime wedges.

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To Cook Indoors: Preheat the oven to 220°C (430°F/gas 9) and cook the wings on a baking tray for 40 minutes, turning them once. Coat with the remaining sauce.

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## Topside of Beef *with Roasted Garlic and Pickled Walnut Butter*

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Setup: Indirect cooking  
Equipment: Tongs, probe thermometer, foil  
Prep time: 10 minutes  
Cook time: 50 minutes, plus resting time  
Serves: 6

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2 heads of garlic  
a little olive oil, for rubbing the garlic and beef  
1.5 kg (3 lb 5 oz) topside of beef  
a healthy sprig of thyme  
100 g (3½ oz/7 tablespoons) salted butter  
2 pickled walnuts  
sea salt

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Topside might not have the swagger of a rib joint, but good beef will still be full of flavour and it cooks much faster. It's important to emphasise (if you haven't got the sandwich memo from my Instagram @foodstories) that the pickled walnut butter is excellent in bread with some watercress and any leftover beef.

I also love to serve this with the Smoky Celeriac Gratin or the Autumn Coleslaw, both of which can be found in *Live Fire*.

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— Slice the very tops off the heads of garlic that the cloves are exposed. Add a little olive oil on top of the cloves, then wrap both in a sheet of foil.

— Prepare the beef by rubbing it with a little olive oil and seasoning it really well with salt and plenty of thyme leaves.

— Prepare a barbecue for indirect cooking on high heat, with the coals banked to one side.

— Place the beef and the foil wrapped garlic on the grill on the opposite side to the coals. Put the lid on and leave the vents open. Cook and for about 50 minutes, rotating once.

— The beef will be ready when a probe thermometer reads 50°C/122°F for rare, 55°C/131°F for medium-rare or 60°C/140°F for medium.

— Remove the garlic from the barbecue about 5–10 minutes before the beef is ready. Squeeze the cloves from their skins and combine with the butter and pickled walnuts in a blender until smooth. Transfer the butter to a dish and pop it into the fridge or freezer (depending on its softness) to firm up while the beef rests.

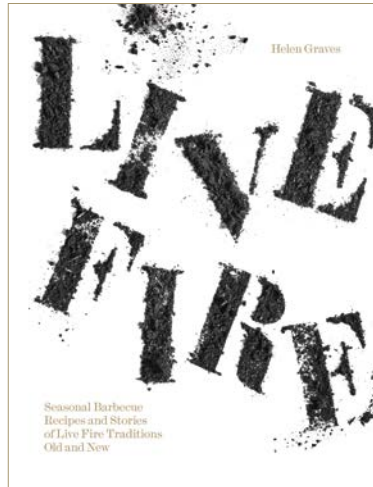
— Remove the beef from the barbecue and let it rest for at least 20 minutes before carving and serving it with the butter.

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To Cook Indoors: Preheat the oven to 200°C (400°F/gas 6). Place the garlic and beef in a roasting tray and cook for 50 minutes, or until done to your liking.



Thank you for pre-ordering  
**LIVE FIRE** by Helen Graves  
*Releasing May 2022*



In this new book you'll find over 100 seasonal and achievable barbecue recipes celebrating the common thread of live fire cooking in cuisines from around the world.

'This will make you into a year-round barbecuer. Just the right amount of information, and absolutely delicious recipes.' *Diana Henry*

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