

★ U.K. ★ BBQ ★ Week ★



in. Direct
grill
in Dish



Final Temp
74°C



240 mins
plus
prep



£6



Serves 8

RECIPE

Easy Pit Beans



INGREDIENTS

1 tsp oil,
4 slices of back bacon.
One large onion chopped,
one garlic clove,
1 red or yellow pepper.
2tbs of pickled jalapenos
1 tin toms
150ml bbq sauce.
One tin of each cheap baked beans,
haricot, cannellini, pinto, red kidney.
1 tin premixed Jack Daniels and coke,
don't worry the alcohol cooks off
100mls of chicken.
1 tbs treacle
You can add leftover bbq meet if u have
any.
3tsp of rub. (I used the General from
Angus and Oink which adds a nice
smoky tex mex flavour)

METHOD

1. Take rub and add 2-3tbs of water stir together to make a paste.
2. Heat oil add bacon and fry, remove from Pan
3. Add onion to pan and cook till softened.
4. Add garlic pepper and jalapenos and cook for 2-3 mins
5. Add rub/paste and cook for 1-2 mins
6. Add garlic pepper and jalapenos and cook for 2-3 mins
7. Add tomatoes, jd and coke, stock and bbq sauce and return the cooked bacon to the pan
8. Stir well, add beans and bbq meat if using.
9. Place pan on the bbq and cook until sauce has thickened adding water if necessary, probably for around 3-4 hours at a low temp or less time if higher

Recipe by Christine Dale