



T H E R I B

SMOKEHOUSE AND GRILL



**celtic
at home**

by the celtic manor resort

The Rib's Barbecue Box Cooking Instructions

It takes more than just premium equipment and high-quality ingredients for the perfect barbecue.

It is also essential to use the right cooking method and getting your food to the optimal temperature. The following instructions are a rough guide designed to help you.

Please note:

These cooking instructions are only provided as guide. The exact cooking time will depend on many factors that cannot be taken into account here, such as the size of the food item, outside temperature etc. To ensure you never over or under cook your food, we recommend that you use an electronic temperature probe for greater accuracy, depending on what you are cooking and how you would like it cooked.

Lighting a charcoal barbecue

Lighting a charcoal barbecue is a more manual process than lighting other types, but does not have to be difficult. You can attempt to light it with no assistance, but we recommend using specialist lighting aids for the best results. The rule of thumb is that charcoal heats up faster, but briquettes stay hot for longer.

Lighting an electric barbecue

You don't need to use any fuel or lighting aids; you simply plug the barbecue into a socket, turn the controller to 'high' and just let it heat up for 25 minutes with the lid on. It will not be long before the barbecue is at the perfect temperature for cooking.

Please always refer to your own BBQ lighting instructions

Our tip: Always use a barbecue thermometer to measure the core temperature of the food and ensure it is cooked to your liking.

Rare: 50 - 52°C

Medium rare: 55 - 57°C

Medium: 60 - 62°C

Medium well: 65 - 69°C

Well done: 71°C

For the Grill

Uncooked dishes, ready to grill:

Twenty-one day aged Celtic Manor 3oz rump steaks

Indoor Cooking Instructions

Pre-heat your oven to 180°C before placing food into the oven

Using a heavy based pan or griddle, add a splash of vegetable oil and heat the pan until hot and almost smoking

Now add your steaks to the pan (it should sizzle) and sear for approximately 1 minute per side for rare, or longer if you like your steak more well done

Place the seared steaks uncovered on a rack in a roasting tin

Roast in the pre-heated oven at 180°C for 5 minutes

Outdoor Cooking Instructions

Place the steaks on the BBQ, cook on one side for around 4 - 5 minutes until golden brown and slightly charred. Turn the steaks over and continue to grill for 3 - 5 minutes for medium rare, for 5 - 7 minutes for medium, or for 8 - 10 minutes for medium well.

For greatest accuracy, use an electronic temperature probe to check the meat

Rare: 50 - 52°C

Medium rare: 55 - 57°C

Medium: 60 - 62°C

Medium well: 65 - 69°C

Well done: 71°C

Celtic Manor 100% prime beef 4oz burgers

Indoor Cooking Instructions

Pre-heat your oven to 180°C before placing food into the oven

Using a heavy based pan or griddle, add a splash of vegetable oil and heat the pan until hot and almost smoking

Now add your burgers to the pan (it should sizzle) and sear for approximately 3 minutes per side

Place the seared burgers uncovered on a rack in a roasting tin

Roast in the pre-heated oven at 180°C for 8 - 10 minutes

Brioche burger rolls

Split in half and lightly toast or grill before serving with the burgers

Celtic Manor Welsh Dragon spicy sausage, with sub rolls (Mu,G)

Indoor Cooking Instructions

Pre-heat your oven to 180°C before placing food into the oven
Using a heavy based pan or griddle, add a splash of vegetable oil and heat the pan until hot and almost smoking
Now add your sausages to the pan (it should sizzle) and sear for approximately 1 minute per side
Place the seared sausages uncovered on a rack in a roasting tin
Roast in the pre-heated oven at 180°C for 8 -10 minutes
Serve with the sub rolls

Fully pre-cooked Oriental style marinated chicken drumsticks (Mu,G)

Pre-heat your oven to 180°C before placing food into the oven
Delivered in a foil container
Remove lid and place on a baking tray then heat in the oven at 180°C for 8 - 10 minutes until piping hot
Alternatively, remove from container and place the drumsticks directly onto the BBQ to cook thoroughly

Fully pre-cooked half rack of BBQ ribs with BBQ sauce (D,Mu,G,SD)

Delivered in a microwavable bag
Pierce bag then heat in the microwave at full power for 2 - 3 minutes until piping hot
Alternatively, remove contents from bag and place the ribs directly onto the BBQ to reheat thoroughly (remember to turn frequently to ensure they do not burn)

Timings may vary from oven to oven and should be treated as a guide only. Please note if the oven is overloaded, this will increase cooking time dramatically. Please check that each dish is piping hot and if not, extend the heating time in 5 minute intervals for ovens and 1 minute intervals for microwaves.

Please note:

All items are fresh and have been refrigerated up until collection.
Pre-cooked items must not be reheated more than once.
All items will display a 'use by' date and are not suitable for freezing.
Weights are approximate and provided as a guide only.
Before serving at home please ensure that all items are piping hot.

For the Table

Pre-cooked accompaniments, simply heat and/or serve:

Two giant fluffy baked potatoes (V)

Delivered in a foil container
Remove lid and place on a baking tray
Heat in the oven at 180°C for 8 - 10 minutes until piping hot
Alternatively, place directly onto the BBQ to reheat thoroughly

Chargrilled corn on the cob with chimichurri butter (V,D)

Delivered in a foil container
Remove lid and place on a baking tray
Heat in the oven at 180°C for 8 - 10 minutes until piping hot
Alternatively, place directly onto the BBQ to reheat thoroughly

The Rib's coleslaw (V,E)

Delivered ready to serve chilled

The Rib's house salad (V)

Delivered ready to serve chilled

Sweet chilli glaze (V,SD)

Delivered ready to serve chilled

BBQ sauce (V,SD,Mu)

Delivered ready to serve chilled

Caramelised onions

Delivered in a foil container
Remove lid and place on a baking tray
Heat in the oven at 180°C for 4 - 5 minutes until piping hot
Alternatively, place the foil container onto the BBQ to reheat thoroughly

Grated Caerphilly cheese 50g (V,D)

Delivered ready to serve chilled

Unfortunately at this time we are unable to accommodate specific dietary requests. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers.
(V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.