



ELITE BBQ SMOKER

SET UP AND USER GUIDE



SETUP INSTRUCTIONS | HINTS AND TIPS | RECIPES | RESOURCES



SAFETY AND WARRANTY

Safety Instructions

Please read and follow these instructions before using your smoker, failure to do so may result in serious injury, death or a fire.

- This unit is designed for OUTDOOR USE ONLY. Do not operate indoors or in an enclosed area.
- Only use this smoker on a hard, level and non-combustible surface.
- Do not leave the smoker unattended and keep children and pets away from the unit at all times.
- Make sure there is at least 3'/ 1m clearance between the unit and any combustible materials such as bushes, trees, wooden decks and buildings.
- Do not attempt to move the smoker when lit.
- Use BBQ/oven mitts when handling your BBQ, as the surfaces will become hot.
- The use of abrasive cleaners or sharp objects will damage the coatings.
- Use extreme caution when adding charcoal or wood.
- Do not use instant lighting charcoal, or flammable liquids. We recommend using a chimney starter with natural charcoal or charcoal briquettes.
- Extinguish coals and ash after use and before leaving the smoker unattended.
- Use common sense and caution when using this smoker.
- To clean the smoker, a mild solution of warm, soapy water is all that is required.

Warranty

For one year from date of purchase, Mac's BBQ Ltd warrants this charcoal smoker against defects due to bad workmanship or faulty materials to the original purchaser. To obtain repair or replacement under the terms of this warranty, please email our Customer Care team (info@macsbbq.com) for complete details. Mac's BBQ Ltd's obligations under this warranty are limited to the following guidelines.

- The warranty does not cover smokers that have been altered or damaged due to: normal wear, rust, abuse, improper maintenance, improper use, disassembly of parts and/or attempted repair by anyone other than an authorised employee/agent of Mac's BBQ Ltd.
- This warranty does not cover surface scratches or heat damage to the finish, which is considered normal wear.
- Mac's BBQ Ltd may elect to repair or replace damaged units covered by the terms of this warranty.
- The warranty extends to the original purchaser only and is not transferable or assignable to subsequent purchasers.
- Except as above stated, Mac's BBQ Ltd makes no other express warranty. The implied warranties of merchantability and fitness for a particular purpose are limited in duration to one year from the date of purchase.

ABOUT YOUR BBQ AND ASSEMBLY



ProQ[®] Elite

Temperature Gauge

The analogue temperature gauge gives you a good idea of the internal temperature of the smoker, it is fully adjustable for ease of calibration.

Lid

Keeps the heat in for smoking and roasting.

Grills

Stainless steel for all-purpose grilling, roasting and smoking. Rust and stain resistant.

Doors

The top door allows you to add water to the water pan if it's running low, the bottom door opens onto the fire and allows you to add wood chips and chunks for smoking.

Waterpan

For indirect heat roasting and smoking, the waterpan stabilises the unit's temperature making it almost impossible to burn food. It can also be used as a wok over the fire.

Charcoal Basket - Flip 'n Grate compatible

The charcoal basket gives the fire excellent ventilation by keeping space between the sides of the unit and the fire.

Base

Sturdy tripod design that sits close to the ground with three separate vents for accurate temperature control.



Stackers

All porcelain coated for weather resistance and fitted with brackets for both the waterpan and the grills. Fitted with access doors for woodchip and water top-ups.

Probe Eyelets

These silicone eyelets allow you to use remote probe thermometers with ease, for checking the internal temperature of food.

Latches

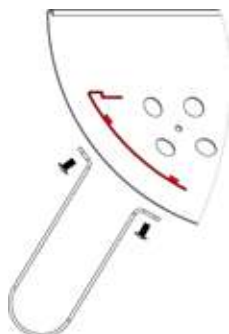
The latches allow all sections to clip together for stability and transport.

Handles

Folding side handles allow you to move the entire unit with ease as well as store it easily.

Vents

There are four vents in total - one in the lid and three in the base, allowing you to protect the fire in windy conditions and control the temperature more accurately.





AN INTRODUCTION TO SMOKING

Generally when hot smoking food, we aim to bring down the temperature and cook for longer, this is commonly referred to as “Low ‘n Slow” cooking and refers to temperatures between 100°C - 135°C / 210°F - 275°F. You can smoke any type of food with this method from meat and fish to vegetables and even desserts, the ProQ® Water Smokers make this easy.

Some important elements of smoking in a water/bullet smoker:

The Fire

Water smokers are efficient; one full basket of good quality charcoal, will give you around 8 hours of cooking time, so there's not a lot of fiddling other than to toss a few bits of wood on every now and then for a smoky flavour, so sit back and enjoy!

Charcoal/Briquettes

Unlike grilling, when smoking you are cooking in an enclosed space, you should select a fuel that has as few additives as possible - avoid any ‘instant light’ fuel, or anything with added paraffin. Instead you should look for a fuel that burns as cleanly as possible, we recommend ProQ® Cocoshell Briquettes or any good lumpwood charcoal.

Wood

As opposed to charcoal or briquettes which are used as a heat source, wood is added specifically to impart flavour to your food. Different woods have different flavours which are suited better to some kinds of food than others. Try to find well-seasoned woods as they give the best flavour, adding a fist sized chunk or two once every 3-4 hours depending on how smoky you like it. Never use any wood that has been treated and/or coniferous woods as these can make you sick.

Ingredients

The most important part of your BBQ! Try to support your local butcher. We strongly recommend going for quality over quantity when it comes to meat as higher welfare meat tends to shrink less in the cooking process (it's not injected with water to increase the weight) and has a lot more flavour to it.

Rub

Dry or wet, the rub is a mixture of herbs and spices that is rubbed onto the outside of your food, as it cooks, this forms what is known as the bark.

SOME MORE USEFUL TIPS



Here are a few pointers and common issues experienced when starting out, if you have any questions or queries, feel free to get in touch with your local Distributor, or contact us directly through www.macsbbq.com.

Make sure your charcoal basket is full when starting out, a single chimney will burn out quite quickly and you won't reach your desired temperature. You can save and re-use some fuel after the cook by closing all the vents to extinguish the fire.

When you start your cook, fill the waterpan with hot or warm water. This will ensure the smoker gets up to temperature quickly, saving you on fuel.

Keep the top air vent fully open during the cook, it allows the unit to exhaust properly and gives you a nice clean smoke flavour.

"If you're lookin' you ain't cookin'" – every time you open the lid to your smoker you add an extra 15-30 minutes to your cook, try to keep opening the smoker to a minimum. For the best results use a wireless probe thermometer so you can see when the food is ready.

In your first cooks go easy with the wood, adding too much will make your food very smoky and can be bitter when over smoked. We recommend just 1-2 handfuls of chips, or 1-2 fist sized chunks. All that you're after is a wisp of light blue smoke coming from the top vent.

Use good quality lumpwood or briquettes, we prefer restaurant grade lumpwood or Cocoshell briquettes. Try to avoid briquettes with added fillers and quick start/instant light on the bag.

Always buy good quality ingredients, this will make the biggest difference to your results.

Experiment! Try different woods, rubs, sauces and cuts of meat until you find something you like! We've put a few basic recipes in this manual, but feel free to add your own twist or completely reinvent them.



QUICK REFERENCE GUIDE

Food	Smoker temp.	Approx. time	Cooked internal temp.	Notes
Beef				
Beef Roast (rare)	225-250°F / 107-121°C	10mins/1lb	125°F / 51°C	
Beef Roast (med-rare)	225-250°F / 107-121°C	15mins/1lb	135°F / 57°C	
Beef Roast (medium)	225-250°F / 107-121°C	20mins/1lb	145°F / 62°C	
Beef Roast (well)	225-250°F / 107-121°C	30mins/1lb	155°F / 68°C	
Brisket	225-250°F / 107-121°C	1.5hrs/1lb	185-195°F / 85-90°C	ST
Beef Short-Ribs	225-250°F / 107-121°C	8-10 hrs	190-195°F / 87-90°C (PB)	ST
Pork				
Pork Chops	225-250°F / 107-121°C	1.5hrs/1lb	160°F / 71°C	GR
Pork Roast (sliced)	225-250°F / 107-121°C	6-8hrs	160°F / 71°C	ST
Pork Butt (pulled)	225-250°F / 107-121°C	2hrs/1lb	205°F / 96°C	ST
Baby Back Ribs	225-250°F / 107-121°C	5-6hrs	(PB)	GR
Spare Ribs	225-250°F / 107-121°C	5-7hrs	(PB)	GR
Whole Hog	225-250°F / 107-121°C	16-18hrs	205°F / 96°C	
Poultry				
Chicken (whole)	225-250°F / 107-121°C	3-4hrs	170°F / 76°C	
Chicken (pieces)	225-250°F / 107-121°C	2hrs	170°F / 76°C	GR
Turkey (whole)	225-250°F / 107-121°C	2.5hrs/1lb	170°F / 76°C	
Turkey (legs)	225-250°F / 107-121°C	2-3hrs	170°F / 76°C	
Duck (whole)	225-250°F / 107-121°C	3-4hrs	170°F / 76°C	
Pheasant	200°F / 93°C	3-4hrs	170°F / 76°C	
Lamb				
Lamb Leg (rare)	225-250°F / 107-121°C	4-8hrs	135°F / 57°C	
Lamb Leg (med-rare)	225-250°F / 107-121°C	4-8hrs	140-150°F / 60-65°C	
Lamb Leg (medium)	225-250°F / 107-121°C	4-8hrs	160°F / 71°C	
Lamb Leg (well)	225-250°F / 107-121°C	4-8hrs	170°F / 76°C	
Lamb Shank	225-250°F / 107-121°C	4hrs	130°F / 54°C min	Until tender
Fish				
White meat	225-250°F / 107-121°C	Size depending	-	Cook until flaky
Salmon (whole)	200-225°F / 93-107°C	3-4hrs	-	Cook until the oil is dark
Tuna Fillets	200-225°F / 93-107°C	45-55mins	125°F / 51°C (med-rare)	

PB = Pull Back - This is when the meat starts to pull away from the bones of the ribs, the other way to check ribs is to do the flex test. The BBQ experts came up with another method using the 'flex' of the rack. This means picking up the ribs about 1/3rd of the way along the rack, and 'bouncing' them gently. If the rack bends to about 90° and cracks appear in the top of the meat, the ribs are done.

ST = Stalling - This means that the meat may stall at 160°F, and the temperature will not move for some time, it is not a reason to panic! It is caused by the meat sweating off the heat, and will stop as soon as the excess has evaporated.

GR = Grilling - We recommend grilling at the end to crisp up and finish off the meat.

QUICK REFERENCE GUIDE

(WOOD FLAVOURS AND MEAT PAIRINGS)



Which wood you choose for your cook can influence the flavour of your food, use this chart to see what works well.

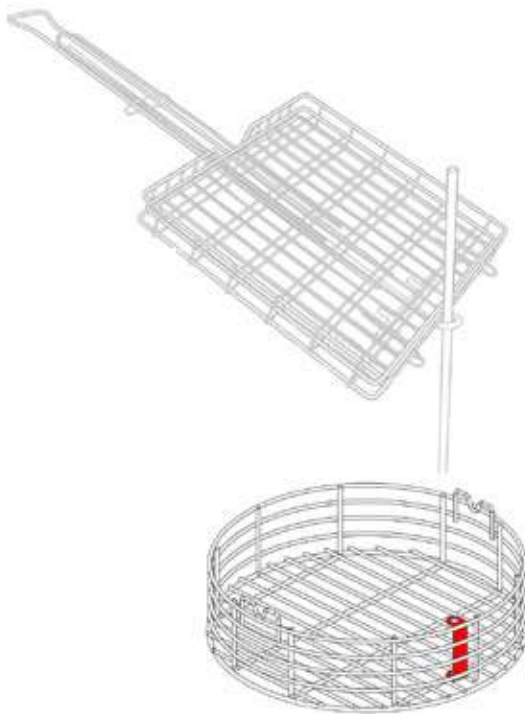
Wood	Flavour	Comments	Red meat	Pork	Poultry	Fish
Alder	Sweet, musky, light flavour.	Works especially well with salmon and turkey.		X	X	X
Apple	Slightly sweet but fruity and strong smoke flavour.	Very good with pork and game birds due to the sweetness.		X		
Beech	Mild smokeyness with a slight nuttiness to it.	Good all round, especially with game birds and salmon.	XX	X	X	XX
Cherry	Cherry adds a sweet, fruity flavour with a mild smokeyness.	Cherry also adds a pink tinge to meats and skin of poultry dark brown.	X	X	XX	X
Hickory	Sweet and strong with a bacon like flavour.	Hickory chips should be soaked for 2 hours in water to remove bitterness. Fantastic with ribs.	X	XX	XX	XX
Maple	Mild smoke flavour with a subtle sweetness.	Good for game. Absolutely fantastic for pork roast.	X	XX	X	
Oak	Oak is a versatile smoking wood that is mild and has no aftertaste.	Must-have for brisket.	XX	XX	XX	X
Whiskey Oak	Strong smoke flavour, similar to oak but with a malty taste.	Fantastic with venison, game and poultry.	XX	X	X	X

Please note: This table is a guideline only. You should experiment to see which flavours best suit you.



FLIP'N GRATE®

We've upgraded the charcoal basket by making it compatible with another fantastic product, the **ProQ® Flip'n Grate™** (the Flip'n Grate is not included with your smoker, but can be bought separately on-line or from your local dealer).



The **Flip'n Grate™** is a unique grilling tool, designed to transform the way you cook on your existing BBQ.

It can also be used as a stand alone grill that is ideal to take camping, fishing, hiking or the perfect beach BBQ.

It will give you unbelievable control - rotate 'flip' your food, adjust the cooking height or move the food to the side - all in one easy motion!

Made from high grade (304) stainless steel.

Easily folds into the bag (supplied) for portability and storage.



SCAN TO SEE HOW
THIS WORKS



WATERPAN

The waterpan (included with your smoker) is used mainly to stabilise the temperature inside the unit, keeping it running at 225°F - 250°F/ 105°C - 120°C when used with water. This is an almost fool-proof method for regulating the temperature inside the BBQ. However, a lot of people have been experimenting with different methods in the waterpan which you may want to try out.

Replacing the water with sand or terracotta/ceramic plates in the pan can be an advantage in that you won't have to top up the waterpan during long cooks. It's also possible to foil the pan over and use it empty, the temperature in these methods is controlled using the bottom vents (2 fully closed and the third adjusted is usually quite stable), this works especially well with forced air systems. You can also run at higher temperatures if desired but be aware it may over run.

Cooking in the pan is also possible, paella and stir fry are fantastic things to try cooked over an open fire. **The ProQ® Ranger Elite** comes with a wok handle for the pan to make this easier. It is also possible to roast vegetables or potatoes in the pan with a little fat, just be careful not to overheat this as you will end up with a chip pan fire. Use lard or rapeseed oil as it has a higher flash point.







FIRST COOK

We suggest following the simple instructions below for your first attempt at real BBQ, this will give you a good idea of how it all works:

Barbeque Whole Chicken

What you will need: Charcoal, BBQ / oven mitts, newspaper, charcoal chimney starter, lighter / matches, clean water, herbs, spices, a whole free range chicken.

The Fire

Fill your charcoal starter with a good quality charcoal, place a sheet of rolled up newspaper into the cavity at the bottom, make sure the starter is standing on a non-combustible surface (you can stand it in the charcoal basket of your smoker), light the newspaper. The charcoal should be ready to use in about 20 minutes. Pour the charcoal into the charcoal basket and top up with unlit coals.

Water Pan

Fill the water pan about $\frac{2}{3}$ with hot water (by using hot water your smoker will get up to the correct cooking temperature quicker) and place it in the bottom stacker. Then place the second stacker above the first with the lid on top. Make sure all the vents are open fully and wait for the unit to reach 220 - 250°F or 105 - 120°C.

The Food

Whilst you're waiting, remove all the packaging from the chicken and coat lightly in cooking oil, followed by your favourite herbs like rosemary and thyme and be sure to season with salt and pepper. Once prepared, you can place it on the cooking grill just above the water pan, and put the lid on with the top vent fully open.

The Smoke

Open the bottom access door and place the wood chips or chunks directly on to the charcoal, be careful and use gloves if required. Close the door. Make sure to keep the vent on the lid open, if you close this vent it will shut down the fire. If you need to adjust the temperature use the vents on the base unit. Open them to get more heat, close it to bring the temperature down. Wood can be added through the front door of the bottom stacker for more smoke during the cook, but if it's your first time, just add a handful of chips at the beginning or a fist sized chunk. If you find your food isn't smoky enough this time, add more on your next cook.

The Best Bit

After approximately 3.5 hours (cooking temperature of 220°F - 250°F / 105 - 120°C) the chicken should be done. Check the internal temperature of the breast using a probe thermometer, you're looking for a minimum of 165°F or 73°C.

Dry Rub

A good dry rub is really important starting out, it's where a large part of your flavour will come from, this one works on Beef, Pork and Poultry – feel free to tweak it!

- 1 Measure of coarsely ground black pepper
- 3 Measures ground Coriander
- 1 Measures Garlic Powder/ flakes
- 1 Measure yellow mustard powder
- 4 Measures Paprika
- 3 Measures dried Pimento flakes
- 2 Measures Mixed Herbs
- 1 Measure ground Celery
- 2 Measures Coarse Sea Salt
- 2 Measures Demerara Sugar

Sauce

This is a base for a glaze/sauce that can be altered to complement what you're cooking or just used as is. It's sweet and sticky, and caramelizes nicely over the fire. It's made using the following;

- 1 cup Cola
- 1 cup Ketchup
- 4 tbs Sugar – (golden/demerara)
- 4 tbs honey or golden syrup (different flavours, but they both work well)
- 2 tbs white wine vinegar
- Salt and pepper to taste

Add the ingredients to a saucepan, mix well and heat, until the mixture starts to simmer, then turn the heat right down and reduce until all the sugar has dissolved, leave on the heat until it is reduced by about half then allow it to cool – the cooling process will thicken it up more.

This recipe can be adapted many ways to suit what you're cooking, for example, replacing the cola with apple or mango juice for Pork is fantastic, or adding some chilli gives it a nice kick.



SPARE RIBS

This recipe is for a rack of pork spare ribs. Untrimmed and smoked to perfection. They take a long time to cook perfectly so preparation is key.

Step 1 First thing to do is remove the membrane from the underside of the ribs by lifting the edge up with a knife and peeling it all the way back and off.

Step 2 Get some hotdog or English mustard and give the ribs a nice coating, the flavour will be cooked out and it'll help the rub stick, which is the next step.

Step 3 Coat the ribs generously with a dry rub of your choice but try to avoid caking them, make sure you do both sides, before putting the ribs in the fridge for an hour, sealed with cling film. You can use this time to get your smoker going at 225-250°F/105°C-120°C.

Step 4 Smoke the ribs (bone side down) or in a rack for 3½ hours, check your temperature and water once an hour, no more. Opening the smoker causes massive temperature fluctuations which can affect the cook, so try to do it as little as possible.

Step 5 Once they've been on for the 3½ hours, take them off, cover them in glaze, wrap them in 2 layers of heavy duty tin foil and place them back on the smoker bones up, without the waterpan - this should take the temperature up to about 300°F for ½ an hour.

Step 6 Take the foil off the ribs, glaze them generously and grill for 10 minutes on each side with the lid shut. You can always add more glaze. Remove the ribs and rest them for 15-20 minutes before serving.

N.B. We usually say that temperature is the only way to truly tell if your meat is cooked, but it's hard to get an accurate temperature for ribs with all the bones and different thickness of the meat, so the BBQ experts came up with another method using the 'flex' of the rack. This means picking up the ribs about 1/3rd of the way along the rack, and 'bouncing' them gently. If the rack bends to about 90° and cracks appear in the top of the meat, the ribs are done.

MEDITERRANEAN CHICKEN



Pesto (You may also use ready-made pesto):

- 3 cups fresh basil leaves (loosely packed)
- 3 tbsp. lightly toasted pine nuts
- 2 cloves roughly chopped garlic
- ½ cup freshly grated parmesan cheese
- ½ cup extra virgin olive oil
- Salt and pepper to taste

Pop all the ingredients into a blender and blend until you have a paste.

Rub (Use ProQ® Herbilicious Rub if want to skip this step):

- 1 tbsp. course sea salt
- 1½ tbsp. cracked pepper corns
- 1 tbsp. dried rosemary
- 1 tbsp. dried oregano
- 1 tbsp. ground coriander

If you like a bit of a “kick”, add some crushed chilli. Mix all the ingredients by hand in a mixing bowl.

Chicken

1 large, preferably free range chicken, completely defrosted.

- Preparation - Loosen the skin on the breast of the chicken and using a spoon, insert the pesto between the skin and flesh, taking care not to tear the skin. Once you have a few spoonful's in place, massage the bird until the pesto is evenly distributed. Take a bit of the left-over pesto and rub it all over the outside, then sprinkle on your prepared rub (the pesto will help it to stick).
- Set up your smoker to run at 225-250°F/105°C-120°C, and place the bird on the cooking grill of your smoker. Close the lid, open the bottom door and throw on some wood for smoke flavour. With a consistent temperature the bird should be done in around 3½ hours. Remember to use a probe thermometer to check if it's done (165°F/73°C).



PULLED PORK

Pulled pork is one of those dishes that gets you hooked on BBQ, and once you learn to make it you'll be surprised at how easy it is. The 2 key things here are preparation and patience, pulled pork is easy as long as you keep this in mind. Whilst it may take a long time to prepare it's well worth the wait for that tender porky goodness. We usually start a cook in the morning, marinating at around 10am but not putting the butt on until midnight, and it's normally ready for lunchtime the next day. We recommend using a 'bone in' pork shoulder (butt) for this recipe.

Step 1 First pour about 2 cups of cola or fruit juice (apple or mango are best) into a tall glass or cup and use your marinade injector to inject the juice into the pork, until it's all gone, try to get in from every angle. If you don't have a marinade injector, you can soak the butt for 12 hours in cola or juice beforehand.

Step 2 Smother it in mustard, all over, followed by your choice of BBQ rub, wrap it in film and leave for 6 hours in the fridge, before injecting another 2 cups of your sugary drink and putting it back into the fridge – take it out about a ½ hour before you want to put it on.

Step 3 Around 14 hours before you're planning on serving light your fire, and get a nice base of coals, and fill your water pan with warm to hot water - as full as possible.

Step 4 Put your "butt" on the smoker at 225-250°F/105°C-120°C, and add your smoking wood. If you have them, set your digital thermometers for a smoker temperature of 200°F min. 280°F max, and your meat for 195°F. Check the smoker every four hours to make sure the fire is still lit and the water pan is still full.

Step 5 When the shoulder gets between 195 and 200°F, take it off, wrap it in heavy duty foil and let it sit in a cooler-box or sealed container for an hour, before pulling it apart by hand or using forks. The bone should slip out easily, just shred the rest, put in a bun with some 'slaw and BBQ sauce and enjoy!

If you'd like to give this a try without making a huge amount, ask your butcher for a pork collar and try the same recipe. Note the cooking time on these are 6-8 hours, but the internal temperatures are the same.

HOT (OR NOT) WINGS



This is a recipe for sweet, sticky and (if you like it) spicy chicken wings, done in a Tex-Mex style. If you prefer mild wings, leave out the chilli and Tabasco.

Ingredients

- 12 - 14 Chicken Wings
- 2 tbs Olive oil
- 1 Limes juice
- 2 Shots of Tequila
- 1 tsp chilli flakes or to taste
- 1 tsp each of sea salt and pepper
- ½ tsp Habañero Tabasco
- 2 finely chopped chillies
- 4 tbs honey
- 2 tbs demerara sugar
- 1 cup of cola
- ½ a cup of ketchup

Step 1 Place the wings in a large bowl and marinade them in the olive oil, lime juice, tequila, chilli flakes, salt and pepper. Cover the bowl with clingfilm and put in the fridge until you're ready to cook the wings; allow one hour minimum to let the flavours soak in. Reserve the large bowl with leftover marinade for later use. Use this time to get your smoker running at 225°F - 250°F/ 105°C - 120°C - be sure to include your waterpan 3/4 full.

Step 2 Place wings on the grill rack in the smoker for 45 mins, adding your chips/chunks at the beginning and 1/2 an hour in. Whilst the wings are hot smoking, add the Tabasco, chopped chillies, honey, demerara sugar, cola and ketchup to the bowl containing the leftover marinade. Mix this well and put it in a saucepan over low heat to simmer; the top should only just bubble/ froth.

Step 3 After 45 mins, take the wings out the smoker and put them back into the bowl. Pour about ¼ of the sauce from the saucepan onto the wings and give them a shake to cover them evenly, before placing them back in the smoker for a further 15 mins. Put the saucepan back on to simmer, stirring occasionally.

Step 4 Take out the waterpan and grill the wings over the coals. Keep spooning the remaining sauce in the bowl over the wings and turn them every 5 to 10 mins with the lid off the smoker. This will glaze the wings and gives them their sticky, slightly charred skin. Grill the wings in this way until they look like you like them, checking that the internal temperature is at least 165°F/ 73°C. Take the saucepan off the heat and pour the sauce into a bowl or bowls to use as a dipping sauce for your wings!



HOT SMOKED SALMON

Hot smoked salmon steaks are a great quick smoke with only around 2 hours cooking time and fantastic results! This recipe is for 6 salmon steaks (1- 1.5 inches thick).

Step 1 Combine the following;

- 2 cups cold water
- 2 tbsp. sea salt
- 1-1/2 tsp. white wine vinegar
- 1 tsp. dried mixed herbs
- 1/4 cup extra virgin olive oil

Step 2 Place the fish steaks into a dish and pour the mixture over, cover and refrigerate for 30 minutes, use this time to set up your smoker.

Step 3 Once the smoker is up to temperature, place the steaks on the cooking grill. Put the lid on (remember to open the lid vent fully), then add the wood of your choice to the charcoal, using the bottom access door.

We recommend a mild wood such as Alder or Beech for fish, cook for about 2 hours at 225-250°F/ 105°C-120°C, or until the fish flakes easily.



SMOKED SEAFOOD PAELLA



This is a recipe that came about after we experimented with making paella in the waterpan of the ProQ® and it worked extremely well but we're sure most paella recipes would work with the same method, so if you have a favourite, feel free to use it.

Ingredients

- ½ kg uncooked shelled prawns
- 10 tiger prawns (whole)
- 800g Mussels
- 2 fillets / ½ kg Monkfish in 2cm cubes
- 2 Squid - sliced into rings
- 400g Wild/Brown Rice
- 150g Chorizo, about 2cm cubes
- 1 large onion, finely chopped
- 3 peppers: 1 green, 1 red, 1 yellow
- 1 small bunch of parsley, finely chopped
- ½ bottle of white wine
- 750ml chicken stock
- 2 tbs Paprika
- 2 Cloves Garlic – finely chopped
- Zest and juice of 2 lemons
- Salt and pepper to taste
- 1 tbs lard

Step 1 Make sure your waterpan is nice and clean, and get your fire lit, then put the waterpan in the top of the stacker (use 2 stackers, the top one to cook on).

Step 2 Put the lard in the pan and wait for it to melt, then fry off your onion, paprika, and peppers for about 5 minutes before adding the chorizo and frying for a further 5, with some wood on the fire and the lid shut.

Step 3 Add your rice to the pan and fry for about 5 minutes before adding about ½ a cup of white wine and ½ a cup of chicken stock, allow the rice to soak up the juice, adding the stock and wine alternately when it has been soaked up, do this until you have used all the wine and half the stock.

Step 4 Add the monkfish and tiger prawns, then stir well and add the rest of the stock. Cover the pan with a lid or some foil (as well as the lid on the smoker) and leave for 10 minutes.

Step 5 Add the rest of the prawns, then the mussels and finally the squid, leaving 5 minutes between each, and keeping the pan covered and the lid on the smoker.

Step 6 Once the mussels have opened, sprinkle with parsley take the waterpan out and serve!



COLD SMOKING



COLD SMOKING



Traditionally, food was cold smoked to aid in the curing and preservation process (this was before we had refrigerators), nowadays smoke is predominantly used to add flavour. Cold smoking is usually used for foods such as cheese, fish, sausages, vegetables and many more things. Some foods will need to be cooked after the cold smoking process before they can be eaten such as bacon, so please follow recipes or instructions carefully when curing or smoking.

Cold smoking is a process that not only adds flavour, but also aids in curing certain foods. Cold smoking is usually done at temperatures below 86°F (30°C), but preferably lower than 10°C, this means that you must keep an eye on the temperature in your smoking chamber and the ambient temperature (we suggest using a digital thermometer for this). If it rises above 86°F (30°C), this may cause bacteria in the food to multiply rapidly, making the food unsafe to eat. Don't try to cold smoke on a hot summer's day, but rather try to smoke overnight when the ambient temperature drops.



Cold smoking is a little harder to master as it requires a bit more research and knowledge into the method of curing and smoking. We would suggest buying a book that deals specifically with the methods used e.g. *Smoking Food at Home with Smoky Jo*.

Cold smoking is easy to achieve using the **ProQ® Cold Smoke Generator** which can be purchased separately from your dealer.



COLD SMOKE GENERATOR

Our patented **ProQ® Cold Smoke Generator** is a great little gadget that makes cold smoking easy to do and affordable. Released in 2010 it is now used by top chefs, fishermen, hunters and “foodies” around the world to add a wonderful smoky flavour to foods such as fish (Salmon, Haddock, Kippers, etc), bacon, hams, eggs, cheeses, beef, venison, duck, salami, butter, salt and nuts. The **ProQ® Cold Smoke Generator** is designed to produce smoke for up to 10 hours, using **ProQ® Smoking Wood Dust** which is of a high quality and sourced from sustainable forests (other brands of dust may not produce the same results). Our original CSG is most effective in containers that have a volume of between 30 – 150 Litres (Ranger and Frontier), while the Artisan Cold Smoke Generator is designed for larger volume smokers 150 litres plus (Excel20, Cabinet Smokers).

Our customers say that it works fantastically in their Bradley Electric Smokers, Weber Smoky Mountains (WSM), Brinkmann Smoke n Grills; in fact it can be used in just about all existing BBQ's, (even kettles provided they have a lid), food smokers, or any suitable container, such as an old metal filing cabinet, or fridge. Please be aware, that although the unit is a cold smoke generator, it does have a small area of very hot smouldering dust, so bear this in mind when choosing a container. Traditionally, food was smoked to aid in the curing process (this was before we had refrigerators) - nowadays smoke is predominantly used to add flavour. Some cold smoked products can be eaten without having to be cooked, whilst others, such as bacon, will need to be cooked prior to consumption.



COLD SMOKING CHEESE



We'd recommend getting a **ProQ® Cold Smoke Generator** for this as it will produce 8-10 hours of cold smoke without a heat source and is specifically designed to make cold smoking easy, however if you don't have one yet, this method will also work for short periods of cold smoke which is perfect for smoking cheese.

1. Light 4 or 5 charcoal briquettes in a chimney starter and once they have a grey appearance, place them in the fire bowl - you won't need the charcoal basket for this type of smoking.
2. Cover the briquettes with your chosen wood dust (a cupful should do it), this will allow the wood to smoulder, plus reduce the heat given off by the briquettes. It should produce smoke for up to an hour.
3. Place the water pan in its usual position, just above the fire and fill with cold water to keep the ambient temperature down below 30°C (85°F).
4. Place the cheese on the cooking racks and put the lid on with the lid vent and one base vent fully open.
5. Repeat steps 1 & 2 to keep the smouldering smoke going for 3 - 4 hours whilst keeping an eye on the temperature, then wrap your cheese in cling film and leave to mellow for 2 - 3 days before tasting.





BRINING AND CURING

Dry Curing

Dry cures are predominantly used by commercial smoking operations these days, because they require less time to cure the meat, however it is a very easy method that can be used by the home smoker.

Dry cures are predominantly made up of salt and sugar (do not use iodised salt), we'd recommend using good quality fine flake sea salt mixed 50/50 with sugar. If this mix is too sweet for your taste, you can reduce the sugar content. Aromatics and herbs can also be added to your cure for extra flavour e.g. lemon zest and dill are great on salmon.

Brines

Brines are generally used on white meats such as fish or poultry and are used to produce a juicier and more flavourful end product. The brining process will enhance food that is to be either hot or cold smoked. Before you start brining, there are a couple of basic rules to follow:

As brines are basically a salt solution, the containers need to be clean and made from a non-reactive material. Plastic tubs or glass containers that are intended for food preparation are best.

Before placing your meat into the brine, the temperature of the brine must be below 4°C/39°F. This temperature needs to be maintained throughout the process, and we'd recommend refrigerating. A good quality digital thermometer will help with monitoring this, make sure the meat is fully covered by the brine. Brines can NOT be reused.

Basic Brine Recipe

- 1/4 Cup of Kosher salt
- 1/4 Cup of brown sugar
- 4 Cups of water

In a medium bowl, combine the salt, sugar and water. Stir vigorously until all the salt and sugar has dissolved. Once cool, you can pour this mixture over the meat, poultry, or fish that you are preparing. Soak for several hours, or overnight. As with dry cures, you may wish to add some herbs, spices or aromatics to your brine.

COLD SMOKING SALMON



Cold smoked salmon is even better when homemade, and is much easier to make than most people think. The salmon will need to be cured before smoking, either by brining or dry curing. Before the fish goes onto the smoker, it should be kept at temperatures below 4°C (39°F). Once it is on the smoker, it must not be exposed to temperatures above 30°C (86°F) – we'd recommend smoking overnight to ensure lower ambient temperatures. Brines and dry cures are corrosive, so be sure to use glass, food grade plastic or a high quality stainless steel dish to place the fish in.

Step 1 Remove all the pin bones from the salmon fillet using long nosed pliers.

Step 2 Mix 1 cup salt with 1/2 cup brown sugar, grind up some black pepper and add it to the mix. Then spread that all over the salmon and rub it in before covering the whole fillet with dried dill and wrap it in foil, cling film or in a re-sealable plastic bag. You need to put this into the coldest part of your refrigerator and put some weight on it (bags of rice work well). Let it cure for 24 - 48 hours and turn it over once about every 12 hours.



Step 3 After 24 - 48 hours, rinse the cure off the salmon under cold running water and pat it dry with kitchen roll or a clean tea towel. Hang in a cool, dry place allowing a pellicle (a sticky surface) to form. 12 hours is usually sufficient.

Step 4 Baste the salmon with some bourbon, allowing it to dry slightly before basting again.

Step 5 Put your salmon in your **ProQ® Water Smoker**, making sure the grill is very clean, keep the waterpan in to catch any drips of moisture from the salmon. Light your **ProQ® Cold Smoke Generator** and place it in the charcoal basket. After 12 - 24 hours (this depends how smoky you want it) of smoke, remove the salmon from the smoker, baste it with an extra virgin olive oil and bourbon mixture and cover it with dill again. It's important to not slice it directly after smoking, as it needs a night in the fridge to let the smoke flavour mellow down.



RECOMMENDED TOOLS

Chimney Starter

A good quality chimney starter will make lighting your fire so much easier, and will last for years, consider the **ProQ® Stainless Steel Chimney Starter**.

Tongs

A long pair of tongs with a wide grip are recommended, this allows you to move coals around without burning, and lift whole cuts of meat with ease.

BBQ Mitts

A good pair of mitts will go a long way to helping you avoid the dangers of cooking with fire, these are also generally more durable than traditional oven mitts. We'd recommend the **ProQ® UltiMitts**.

Probe Thermometer

A good probe thermometer will allow you to know exactly when your food is cooked, and to ensure it's safe to eat. We'd recommend an electronic probe as they're much more accurate than the analogue counterparts, and you can also get a wireless version which you can monitor from indoors!

Aluminium Foil and Kitchen Roll

These two things are always handy to have near your BBQ, can be used to scrape down grills, mop up spills, wipe greasy fingers and much more!

Knives

A good set of knives is essential to every cook, we'd recommend having a cleaver, large chef's knife, paring knife and a long slicer for fish and brisket slicing.

Marinade Injector

A marinade injector allows you to put flavour deep into your meat, and infuse it with flavour from the inside out. Try out the **ProQ® Marinade Injector!**

Rib and Roasting Rack

Perfect for squeezing a few racks into your cooker, the **ProQ® Rib Rack** when turned over becomes a handy basket to carry your roast beef/chicken in as well.

Chicken Rack/Stand

A chicken rack or stand makes your bird stand up, making it an excellent space saver in the smoker.



proqsmokers.com

Our website has a host of information about how to get started and plenty of recipes to keep you busy.

UnitedQ Podcast

Free weekly podcast based around all things BBQ (unitedq.com).

Books:

The Hang Fire Cookbook: Recipes and Adventures in American BBQ - Sam Evans and Shauna Guinn (ISBN-13 978-1849497657)

Smoking, Curing & Drying: The Complete Guide for Meat & Fish - Turan T. Turan (ISBN-13 978-1845435615)

Smoking Food at Home With Smoky Jo - Jo Hampson and Georgina Perkins (ISBN-13 978-1908098511)

Franklin Barbecue: A Meat Smoking Manifesto - Aaron Franklin and Jordan Mackay (ISBN-978-1-60774-720-8)

Low & Slow: Master the Art of Barbecue in 5 Easy Steps - Gavin Wiviott with Colleen Rush (ISBN-978-0-7624-3609-5)

Smokin' with Myron Mixon - Myron Mixon with Kelly Alexander (ISBN-978-0-345-52853-7)

Flavorize: Great Marinades, Injections, Brines, Rubs and Glazes - Ray "Dr. BBQ" Lampe (ISBN-978-1-4521-2530-5)

Pitmaster: Recipes, Techniques & Barbecue Wisdom - Andy Husbands and Chris Hart (ISBN-978-1-59233-758-3)

Berber & Q - Josh Katz (ISBN-978-1-78503-528-9)



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