

ACCENT ON AUSTRALIA

Grilling Tips From Down Under

(NAPSA)—Beautiful weather, combined with the opportunity to relax with family and friends over a great meal, has made outdoor barbecuing a much-loved American pastime. But it's not just Americans who enjoy grilling—in Australia, it's practically a way of life. From the foods they grill, to the wines they drink, for generations Australians have perfected their own outdoor grilling techniques and customs, shared here by the makers of Australia's Black Swan wines.

It's Not a Grill, It's a "Barbie"

Although the word barbecue in America typically means cooking meat and then dousing it with sauce, in Australia the word barbecue means cooking food outside on a grill. Of course in Australia, it's not called a "grill"—it's a "barbie." Like in the U.S., all good Australian barbecues begin with proper grill care. Clean your grill annually by scouring the grate with a wire brush and rinsing with warm water. Spray your grill with a non-stick cooking spray before cooking as this will prevent food from sticking and make cleaning easier.

Foods from the Land Down Under

Meats used for barbecues in Australia include varieties of seafood (including shellfish, salmon, and barramundi fish), lamb, pork, and of course beef and chicken (in Australia, it's also common to grill vegetables and even fruit!) Remember to keep all meats cold until they are ready to be grilled! If you are grilling frozen food, thaw them first in the refrigerator or microwave. And as a rule, never use the same platter or utensils to handle raw food and your final grilled creations.

Add some Australian flavor

After you decide what to grill, spice it up! While it may be difficult to find Australian wattleseed or mountain pepperleaf in the U.S.,



A great outdoor barbecue is best accompanied by a glass of Black Swan Shiraz from Australia.

spices such as thyme and ground pepper are close matches. Marinades are also a great way to add flavor to your foods. Meats should be marinated for several hours or overnight, while fish and poultry need only an hour or two to add subtle flavor. The flavors of grilled foods are best accompanied by a glass of delicious Australian wine; for meats such as beef and lamb, pair them with an authentic Australian Shiraz, such as the new Black Swan 2002 Shiraz. For poultry and fish dishes, enjoy them with a refreshing glass of Black Swan 2002 Chardonnay.

Grilling Tools

You have the grill and the food, now you need all the extras—grilling tools, corkscrew and wine glasses, and of course comfortable chairs for your family and friends! When it comes to grilling tools, it's best to have both a pair of tongs and a spatula on hand, as they allow you to turn and shift foods without piercing them. It's also a good idea to invest in flame retardant mitts to protect your hands from the heat of the grill.

For grilling recipes and more tips on Australian food and wine pairings, visit www.blackswanwines.com.