



Think the BBQ is a friendly summer get-together? You're cute. The steaks are always high when I have my 'frenemies' over for a grill-off.

Here are my tips to blitz the BBQ, because I like my chances of losing like I like my sirloin – rare.

Tips & Hints

- 1 Only flip your steak once to keep it juicy. The less you turn your meat, the less your guests will turn on you.
- 2 Spritzing your meat with apple cider as it grills will maximise flavour. How you like them apples?
- 3 Marinate and season your meat the day before. This maximises flavour and will give you time for more important things. Like hair and makeup.
- 4 Cook when the grill's red-hot. It'll apply flavour to your meat and heat to your competition.
- 5 Let your meat rest. Wrap it in foil just after cooking to lock in the juices and your victory.

The BBQ

Do's & Don't's

- DO** grill your meat to perfection.
- DON'T** let your guests grill you for your cooking secrets.

Drink Recipe

The pink says "we're friends" but the rest of the drink says "and that means nothing".

Pink gin and tonic

INGREDIENTS

- 1 cup (250ml) gin
- 1 cup (250ml) sweetened cranberry juice
- 1 cup (250ml) rosé wine
- 2-3 lemons, thinly sliced
- 1 cup (250ml) tonic water

METHOD

1. Fill a serving jug with ice cubes. Pour in the gin, cranberry juice and rosé, then stir well to combine.
2. Slip in as many lemon slices as desired and top up with tonic water.
3. Pour pink gin and tonic into chilled glasses and serve immediately.



Playlist



I like my music to send a clear message to my guests – can you guess what it is?

- DJ Khaled feat. Ludacris** – All I Do Is Win
- Tina Turner** – Simply The Best
- ABBA** – The Winner Takes it All
- MC Hammer** – U Can't Touch This
- Monica** – Don't Take It Personal
- Robyn** – Konichiwa Bitches

**Cooking is
Competitive**
– START WINNING –

Want to start your hot streak?

Download the FREE '25 Recipes for Winners' eBook [here](#) to get a taste of these champion recipes:

- Foccacia with Truss Tomatoes & Brazil Oil**
- Bone-In Rib Eye Steaks with Chimmichurri**
- Malibu Fruit Ice Blocks**



Sunbeam