

Safety advice for charcoal BBQs



- Never leave a BBQ unattended and make sure it's well away from sheds, fences, trees, shrubs or garden rubbish.
- Keep children, pets and garden games away from the cooking area.
- Remember, alcohol and cooking can be a recipe for disaster.
- Never use petrol or paraffin to start your BBQ as you risk causing a sudden burst of fire. Only use approved methods.
- For more information visit www.avonfire.gov.uk

Be BBQ safe

Banana, chocolate and marshmallow melt

Here's a simple dessert recipe that perfectly rounds off any barbecue party.

Serves: Six people

Preparation time: Five minutes

Ingredients

6 ripe bananas

2 of your favourite chocolate bars sliced in to small pieces

12 marshmallows chopped up into small pieces

With a sharp knife cut halfway through each banana lengthways from end to end, leaving it in its skin.



Fill the bananas with a generous helping of the chopped chocolate and marshmallow.

Wrap each banana in foil and place on the barbecue grill or directly onto the hot coals.



Let the bananas cook for five to ten minutes until they are soft and the filling has melted.

Carefully unwrap the bananas from the foil and serve with a scoop of ice cream.