



Ultimate BBQ Cookbook

You can't beat
the original



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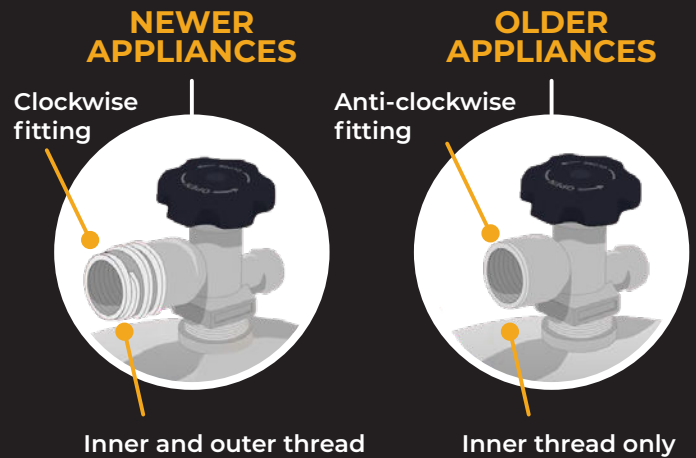


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CHOOSE THE RIGHT VALVE FOR YOUR APPLIANCE

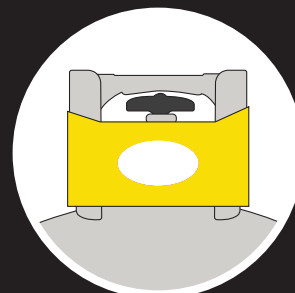
SWAP'n'GO LPG cylinders have been powering Aussie barbeques and outdoor heaters for generations. With recent changes to the connection valves, it's important you know what to look for and to pick the right valve for your appliance.



PICK A FULL CYLINDER

You'll also notice changes to how the SWAP'n'GO LPG cylinders appear in the cage. You can always tell a full cylinder from an empty cylinder by its weight, but another way is to always make sure your cylinder has either a yellow plug and hygiene safety seal or a black plug with tabs intact.

Make sure your cylinder has either:



A YELLOW PLUG AND HYGIENE SEAL

OR



A BLACK PLUG WITH TABS IN TACT

Welcome,

We've been enjoying the smells and tastes of the Aussie barbie for generations, and it's become a cultural icon. That's because the barbie is more than just a way to cook food. It's a tradition, a ritual, and a way of life. It's a place where people can relax, unwind, and enjoy each other's company. So, whether you're a seasoned pro or a first-timer, grab a friend and fire up the grill. It's time to cook, eat, and enjoy!





20
minutes



5
minutes



2
servings

BBQ lamb cutlets with salsa verde

INGREDIENTS

- 8 Frenched lamb cutlets
- 100ml olive oil

Salsa Verde

- 1 slice of thick, stale bread
- 300ml olive oil
- 2 cloves garlic
- 1 tbsp capers
- 2 anchovies (chopped)
- 1 tbsp lemon juice
- ½ bunch chopped parsley
- ½ bunch chopped mint
- ½ bunch chopped coriander
- Salt and pepper

EQUIPMENT

- BBQ on hot
- Chopping board
- Chef's knife
- Food processor
- Bowl or tray for basting
- Pastry brush

Terms used in this recipe:

- **Frenched:** trimming and cleaning bones for presentation purposes
- **Sweat:** the heat from underneath the meat has surfaced, indicating it's ready to turn

METHOD

1. To make salsa verde, moisten bread with a little olive oil and combine in food processor with garlic, capers, anchovies and lemon juice. Add chopped parsley to mix and season. Ensure there is an amount of olive oil on top to prevent the mix oxidizing (set aside)
2. Heat BBQ on high for 10 minutes
3. Add lamb to basting tray and drizzle with salsa verde oil and season well with salt and pepper on all sides
4. Turn BBQ down to about ½ and cook on the first side for 1½ minutes
5. With the raw side still up, turn cutlets to form a crisscross on the surface
6. When you see the lamb start to “sweat” blood droplets, turn over and seal for a further 1 minute. Take lamb off to rest for 4 minutes
7. To serve, add the lamb cutlets back to the BBQ for 30 seconds per side and place on a serving tray
8. Add a scoop of salsa verde to the lamb and serve at once



10
minutes



5
minutes



4
servings

BBQ king prawns with chilli, lemon and herb pesto

INGREDIENTS

- 12 king prawns
- 12 skewers
- 3 lemons (juice + zest)
- 2 red chillis (deseeded)
- ¼ bunch basil leaves
- ¼ bunch parsley
- 3 cloves garlic
- 80g pine nuts, toasted
- 100ml olive oil
- Salt and pepper

EQUIPMENT

- Barbeque, char grill or griddle iron
- Food processor for paste
- Skewers (soaked in water to prevent burning)

METHOD

1. Peel and devein prawns down to the last tail
2. Skewer prawns from tail to head (making straight)
3. To make the pesto, combine in food processor garlic, herbs, lemon, and pine nuts, adding oil a little bit at a time. Season to taste
4. Marinate and coat prawns in baste and grill on both sides for 2 to 3 minutes
5. Great served as an appetiser or entrée and best eaten straight from the BBQ



Great served with caramelised pumpkin and apple sauce.

15-20 minutes

45 mins per kg

4 servings

BBQ pork roast with apple, onion and sage

INGREDIENTS

- 1.2kg pork roast (boned and rolled or rib attached)
- 1 onion (finely diced)
- 1 Granny Smith apple (peeled, cored and diced)
- ½ bunch sage
- 2 cloves garlic (chopped)
- 1 tbsp grain mustard
- 50ml olive oil
- Salt and pepper

EQUIPMENT

- BBQ
- Chopping board
- Roasting rack
- Enamel drip tray
- Paring knife
- Bowl for mixing
- Carving knife
- Basting brush
- Food thermometer

Terms used in this recipe:

- **Baste:** to coat or moisten with marinade during the cooking process
- **Rest:** to let the meat relax for tenderness and less juice on your plate

METHOD

1. Preheat BBQ until hot registers on the hood indicator
2. Combine chopped onion, apple, garlic, sage, sea salt, pepper, mustard and olive oil in a bowl
3. Score pork in about six places and season with salt and pepper all over
4. Peel back the fat a little and add the combined marinade between the fat and the flesh. Fill scores with marinade
5. Tie roast together and place on the roast holder
6. Place roast in the centre of BBQ, then turn burners off under pork (only have far left and right burners on high)
7. Whilst tempting, try not to open the hood until it is ready to prevent loss of heat and flavour of your roast. Time and temperature are the key
8. Cooking time is determined by weight of pork — approximately 45 minutes per kilogram for medium well (pork should register 81°C on a meat thermometer)
9. Rest roast for a good 10 minutes before carving

Great BBQ cooking and gas grilling tips #1

Food safety when you BBQ

- ✓ Keep it clean and keep it cold until you cook it or eat it
- ✓ Make sure you have enough ice
- ✓ Use separate dishes to avoid cross-contamination between raw and cooked meats

Seasoning the BBQ grill

- ✓ Pre-heat the clean grill and coat with cooking oil, using a brush or spray
- ✓ Close the grill and allow it to sit for about 20 minutes. Wipe the clean with a fresh, damp cloth
- ✓ The concept is the same as the seasoning of a cast iron fry pan

BBQ lid position when cooking

- ✓ The type of food you are cooking will determine if you leave the BBQ lid up or down
- ✓ Generally speaking, do what you would do if you were cooking indoors

Over the burner cooking

- ✓ Steaks, burgers and veggies that need to be seared or cooked from the outside inward, should be placed directly over the burners
- ✓ A little olive oil brushed on the steak will prevent it from sticking
- ✓ Do NOT use salt on meat before cooking as it draws out moisture and makes the meat dry
- ✓ If you do salt it as you start cooking, use coarse salt to get a nice, salty crust
- ✓ A bit of coarse black pepper can be nice, too





15
minutes



50
minutes



4
servings



Whole BBQ Snapper Thai style with lime, ginger and chilli

INGREDIENTS

- 1 whole snapper (2kg)

Marinade:

- 2 cloves garlic (chopped)
- 15g ginger (peeled and chopped)
- ¼ bunch coriander (roots chopped and leaves picked)
- 4 bird's eye chillis (chopped and seeds removed)
- 1 stick lemongrass (roughly chopped)
- 8 limes (3 for marinade, 5 into wedges for stuffing fish)
- 60ml soy sauce
- 100ml peanut oil
- 1 banana leaf

EQUIPMENT

- BBQ
- Mixing bowl
- Chopping board
- Filleting knife
- Fish slice
- Foil wrap
- Oval roasting pan or baking tray
- Bowl or tray for basting
- Pastry brush

METHOD

1. Heat BBQ to high with the hood down
2. In a bowl, combine marinating ingredients (except lime wedges and coriander). Set aside
3. Clean and scale fish and remove excess fins to prevent burning
4. Score fish with 3 incisions along fillet ½ way through to spine each side
5. Season fish on all sides with salt and pepper and add marinade to the incisions and centre of the fish along with slices of lime wedges
6. Place fish onto a banana leaf and pour over excess marinade. Wrap up Snapper with banana leaf and either place in a suitable fish cage or into a foil roasting tray (tray version is fine covered with foil)
7. Turn centre BBQ jets off with 2 outside jets on only and place fish in centre of BBQ and close the hood. Our fish will cook for 25mins per kg — 50mins (BBQ will cook fish best after preheating on 200°C)
8. Fish will be tender to touch and eyes will be a pearl white when ready
9. Great to serve as a shared fish in centre of your dining table
10. Pour juice from tray over the fish just before serving
11. Serve at once with a cold beer or chilled white wine and enjoy!



10
minutes



6
minutes



6
servings



BBQ steak sandwich sliders with tomato relish

INGREDIENTS

- 650g beef sirloin minute steaks
- 3 sliced brown onions
- 4 sliced tomatoes
- 1 head chopped lettuce
- 1 long Turkish bread loaf
- 125g tomato relish
- Olive oil
- Salt and pepper

EQUIPMENT

- BBQ
- Tongs and bowl to mix salad
- Bread knife
- Chopping board
- Storage containers

METHOD

1. Heat BBQ/fry pan to hot then turn to about $\frac{3}{4}$ prior to cooking
2. BBQ Beef for about 1 min each side until it is tender to touch
3. Add sliced onions to the hot plate and caramelize BBQ style. Best cooked on high and tossed occasionally. Season generously
4. Rest beef for 3 minutes on a tray and retain juices
5. Toast Turkish Bread straight onto the grill and butter if required
6. Assemble lettuce, tomato then steak, onions and sauce. Season with salt and pepper
7. Add tomato relish to sandwich and add top of Turkish bread
8. Cut Turkish sandwich into 2cm sized slices
9. Serve at once



15-20
minutes



10
minutes



2
servings



BBQ Piri Piri chicken

INGREDIENTS

- 1 whole fresh chicken (marinate for 3 hours)
- 50ml olive oil
- Pinch salt and pepper

Marinade

- Harissa (made)
- Mint
- Coriander
- Parsley
- Shallots

Dressing

- Yoghurt
- Cucumber
- Olive oil
- Mint
- Salt and pepper

EQUIPMENT

- Food processor
- Chopping board
- Chef's knife
- Mixing bowl
- BBQ tongs

METHOD

1. Marinate chicken for 3 hours
2. Pre heat BBQ until high on the temperature gauge. Turn down to medium for cooking
3. Remove chicken from marinade and season with salt and pepper. Grill on both sides for 10 minutes or until cooked
4. In a bowl combine remaining ingredients and dress
5. Add salad to serving plate and arrange portioned chicken on top, garnish with coriander.
6. Serve at once and enjoy!

Great BBQ cooking and gas grilling tips #2

Searing and crosshatching your meat

- ✓ Always pre-heat the grill and take the meat out of the refrigerator about 15 minutes before cooking
- ✓ Sear the meat for 90 seconds on high heat and then rotate it 1/8 of a turn (45 degrees) and sear again. This will give it an attractive crosshatch pattern, assuming you are not cooking on a flat plate grill, and help seal in the natural juices
- ✓ Remember to reduce heat to normal cooking temperature after searing

Leave your meat alone and give it room on the grill

- ✓ You should only turn the meat once. Be patient!
- ✓ The meat needs room, too. Don't overcrowd the grill or it can heat unevenly
- ✓ There should be at least 2cm between the pieces of meat
- ✓ Also, make sure you have enough gas so that the cooking session is uninterrupted

Avoid using BBQ forks when turning meat

- ✓ To retain the natural juices, don't poke holes in the meat. No forks! This includes piercing the sausage skins
- ✓ Use long handled tongs or spatulas instead of forks
- ✓ Also, don't mash down on meat and burgers, as this forces out the natural juices and leaves you with dried out meat

Leave your meat alone: part two

- ✓ Let your grilled meat "rest" for five minutes after cooking, covered loosely with foil, to ensure more tender and juicy results
- ✓ Letting the meat rest also applies to roasts and other cooked meats, as well





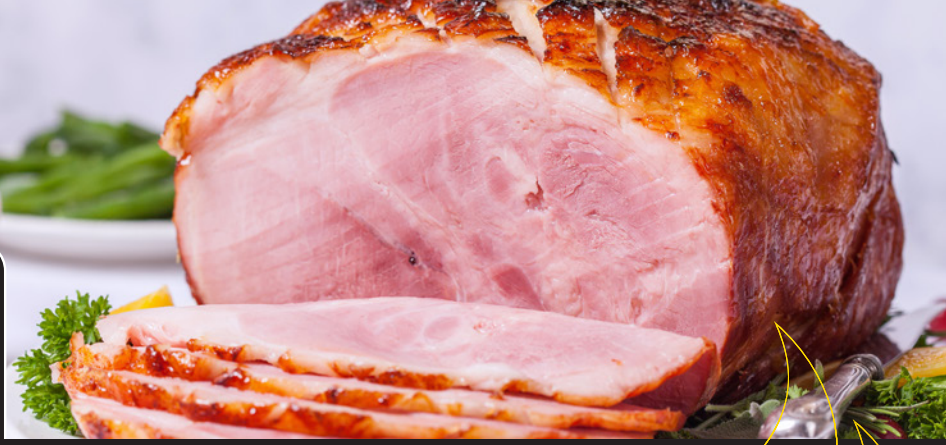
25
minutes



2 hours,
5 minutes



8
servings



BBQ glazed leg of ham, golden syrup and English mustard

INGREDIENTS

- 1 smoked leg of ham
- 20 cloves
- 300ml golden syrup
- 200g English mustard
- 400ml water
- ½ onion chopped
- 1 bay leaf
- 1 clove garlic, chopped
- 3 sprigs thyme

EQUIPMENT

- Chef's knife
- Carving knife
- Small pot
- Sieve
- Pastry brush
- Oven to bake the ham

METHOD

1. Pre-heat BBQ to 190°C
2. Cut excess fat layer from ham & score remaining fat in a criss-cross fashion then use the cloves to stud the ham where the cross's meet
3. Cover Leg with foil & bake for 1 ½ hours
4. In a small pot combine remaining ingredients and bring to the boil
5. Simmer for about 15 minutes or until the glaze is of a coating consistency
6. Pass through a sieve
7. Brush generous amounts of glaze onto the ham & bake in oven on 220°C for about 20 minutes (without foil), checking & basting when necessary (ham should be caramelised and coated all over)
8. Carve ham and serve with your favourite pickle & fresh rolls



15-20
minutes



5
minutes



2
servings



BBQ squid salad with snow peas, bean shoots and Nahm Jim dressing

INGREDIENTS

- 4 squid tube (cleaned and cut into pieces, scored and set aside)
- 2 long red chilli, seeds removed and cut into thin strips
- 50g snow peas (cut into diamonds)
- 20g bean shoots (soak in water and place in fridge for 20 mins)
- ½ bunch coriander — picked and cleaned
- 1 x lime cut into cheek
- 50ml extra virgin olive oil

Nahm Jim

- 10ml fish sauce
- 2 cloves garlic
- 2-3 coriander roots
- 2 limes (juice & zest)
- 20g light palm sugar
- 1 birds eye chilli

EQUIPMENT

- BBQ or flat top grill
- Mortar and pestle
- Chopping board
- Chef's knife
- Mixing bowl
- BBQ tongs

METHOD

1. Prepare squid by cutting in half and cleaning, score in a crisscross fashion and slice into 3cm x 3cm pieces
2. Pre-heat BBQ to hot then turn down to $\frac{3}{4}$ to grill
3. Prepare Nahm Jim in a mortar and pestle by crushing garlic, chilli and coriander root. Add palm sugar and fish sauce. Season to taste with lime juice
4. Grill squid for about 2 minutes on scored side ensuring not to dry out
5. Turn the squid over and finish for a further minute
6. In a bowl, place snow peas, chilli, coriander and bean shoots
7. Add squid and a tablespoon of Nahm Jim, toss through and place on plate
8. Serve with a side of Nahm Jim



Great BBQ cooking and gas grilling tips #3

Away from the burner cooking

- ✓ Whole chickens, roasts and most fish fillets require indirect heat
- ✓ Try preheating the grill with all burners, then when the grill is hot, turn off one side of grill, put the slow cooking food over the unlit burners and close the lid
- ✓ In effect, it becomes an oven. This will help cook the meat evenly, browning it while keeping it juicy and tender
- ✓ Use a meat thermometer, where appropriate, to determine when it is done

Using aluminium foil for BBQ

- ✓ You can use aluminium foil to create cooking pouches for delicate foods, like fish fillets
- ✓ Cook away from the lit burners or place the pouch on the warming rack, if you have one
- ✓ Be careful not to puncture the foil when lifting it off the grill

Use your BBQ warming rack

- ✓ Toast bread, cook delicate foods or keep cooked food warm using your warming rack

Wood chips add flavour

- ✓ Wood chip smoke can enhance the flavour of your food
- ✓ You put wood chips in a steel smoker box or in a small aluminium foil tray within the BBQ
- ✓ Hickory is a good all-round choice if you are just starting
- ✓ Smoker boxes and wood chips can be found at BBQ specialty stores. Follow the wood chip supplier's instructions.



30
minutes



40
minutes



6
servings

BBQ pepper kangaroo fillet with roasted beetroot and grilled sweet potato salad

INGREDIENTS

- 400g kangaroo loin or leg (marinate for 3 hours)
- Marinade
- 400ml red wine
- 60g native pepper (or coarse cracked pepper)
- 4 sprigs rosemary
- 1 clove garlic (sliced)
- 200g sweet potato (cut to wedges)
- 200g baby beetroot (washed and wrapped in foil)
- 200g baby English spinach (washed)

Dressing

- 90ml olive oil
- 30ml red wine vinegar
- 5g salt and pepper

EQUIPMENT

- BBQ
- Chopping board knife
- Bowl for mixing

METHOD

1. Pre heat your BBQ till it registers high on the temperature gauge
2. Place beetroot in foil onto the resting shelf at the back of the BBQ and let cook for 40 minutes (indirect cooking) until tender
3. Grill sliced sweet potato wedges on char grill till tender. Around 2 minutes each side. Set aside
4. Remove kangaroo from marinade and wipe excess oil away. Sear on char grill for 3 minutes per side turning once (remember to only cook till rare as kangaroo being so lean will otherwise become tough)
5. Rest kangaroo in a warm place and assemble spinach leaves onto a serving plate
6. Unwrap and peel beetroot and place on top of spinach. Next add sweet potato wedges; building up for presentation
7. Slice rare kangaroo thinly across the grain and add to the top of the salad
8. Dress with vinaigrette and serve immediately
9. Serve with a fruity shiraz or dark beer and enjoy!



15-20
minutes



5
minutes



2
servings



Half shell scallops with soy, chilli, lime and coriander

INGREDIENTS

- 6 x ½ shell scallops
- 30ml soy sauce
- 1 fresh chilli
- 1 lime (zest & juice)
- 2 sprigs coriander
- 50 ml good olive oil salt

Salad suggestion

- 1 bunch mizuna
- 1 pack bean sprouts
- 1 pack snow pea shoots
- 1 red capsicum cut into strips

EQUIPMENT

- Hooded BBQ
- Mortar and Pestle or blender
- Mixing bowl
- Spoon
- Fish lifter

Chef's tip:

With your chillis, you don't have to take out the seeds, but they add a lot of heat to the dish. The smaller the chilli, the hotter it is.

METHOD

1. Heat BBQ to hot and then turn down to $\frac{3}{4}$ with the hood down
2. Place soy, chilli, coriander, salt, lime zest and juice in a pestle and mortar
3. Crush into a rough pulp, add olive oil
4. Take scallop from shell and place shell under the BBQ hood on the resting tray to cook
5. Brush scallops with marinade and grill lightly on one side until golden
6. Place scallop back into shell under the hood. Spoon additional mixture onto the scallops
7. Let scallops cook for 1 minute then serve on a plate
8. Garnish with a light salad of your favourite leaves with crunchy shoots and sprouts or strips of capsicum



1
hour



15
minutes



6
servings

Chilli paneer skewers

INGREDIENTS

- 2 200g blocks paneer, cut into 2cm squares
- 1 red pepper, cut into 2cm squares
- 1 green pepper, cut into 2cm squares
- Mango chutney or mango pickle, to serve (optional)
- Flatbreads, naans or wild rice salad, to serve

Marinade

- 1 tbsp tomato purée
- 100g coconut yogurt or natural yogurt
- ½ lemon, juiced
- 2-3 tsp Kashmiri chilli powder
- 3 tsp ground cumin

Salad

- 2 ripe mangoes
- 1 small red onion, finely sliced
- 1 lime, juiced
- 1 long thin red chilli, finely sliced
- Handful of mint leaves, chopped

Raita

- ½ cucumber
- 200g coconut yogurt
- Small handful of toasted coconut flakes
- ½ tsp runny honey
- Handful of mint leaves, finely chopped

EQUIPMENT

- BBQ or flat top grill
- Mortar and pestle
- Chopping board
- Chef's knife
- Mixing bowl
- BBQ tongs

METHOD

1. Marinate paneer in a whisked mixture with seasoning for at least 1 hour
2. Grate cucumber, drain, and mix with raita ingredients
3. Slice mangoes and combine with salad ingredients, adding mint before serving
4. Barbecue or grill marinated paneer and peppers on skewers for 8-10 minutes. Serve with salad, raita, and flatbreads or rice salad, garnished with coconut and mint leaves



20
minutes



30
minutes



4
servings



Miso mushroom and halloumi burgers

INGREDIENTS

- 4 large portobello mushrooms, stalks removed
- 1 large red onion, cut into 4 thick slices
- 250g block halloumi, cut into 8 thick slices
- 4 burger buns, split
- 2 tomatoes, sliced
- 4 handfuls of rocket or other peppery leaves
- Burger sauce of your choice, to serve

For the miso butter

- 100g softened butter
- 2 tbsp white miso
- 2 tbsp light soy sauce
- 1 large garlic clove, grated

EQUIPMENT

- BBQ
- Bowl for mixing
- Basting brush

METHOD

1. Prepare miso butter by mixing all ingredients in a small bowl and set aside
2. Light the barbecue with two heat zones. Grill mushrooms and onion, basting with miso butter for 10 mins. Move to the cooler side of the grill to keep warm
3. Grill halloumi, toast buns with miso butter, and assemble burgers with mushrooms, onions, halloumi, tomatoes, rocket and burger sauce

Guide to BBQ cleaning

Let's face it, no one likes to clean a BBQ. It ranks up there with oven cleaning, only worse! However, there are some things you can do to make it easier and quicker.



Remember to be careful with painted and stainless steel surfaces. Use non-scratch scrubbers, always test on a small area and follow the grain on any stainless steel.

How to clean a gas BBQ grill

- 1 Turn off and disconnect the gas bottle
- 2 Clean your BBQ grill while still warm
- 3 Brush and/or scrape your grill grates and hot plates to remove burned on food
- 4 Use your dishwasher to clean your grates and hot plates
- 5 Clean inside of grill with warm soapy water and a stiff brush
- 6 Use Teflon grill sheets then just rinse off when done. Re-position Teflon grill sheets
- 7 Clean outside of grill with warm soapy water and a soft sponge
- 8 Re-assemble grill grates and hot plates
- 9 Replace drip tray foil and refill with kitty litter
- 10 Reconnect your gas bottle and check connections for leaks with soapy water
- 11 Apply cooking oil to grates and hot plates to re-season
- 12 Run the BBQ grill on high for 15 minutes to burn off any remaining residue

How to have a fun, safe and healthy BBQ season from SWAP“n”GO



Everybody loves a BBQ

- Remember, there is always a risk of illness if food isn't handled and stored correctly
- Outdoor cooking is an even greater challenge without a clean kitchen and fridge
- The risk of spoilage increases with warmer temperatures
- Lack of proper cleaning facilities, including hand washing, adds to the concerns
- Windborne contaminants, insects and animals also contribute to the risk



If in doubt, throw it out!
This is especially true of any perishable food that was without refrigeration for more than four hours.

Suggestions to keep your BBQ season fun, safe and healthy

- Always keep meat, poultry, seafood, dairy and any other food that requires refrigeration in a fridge or iced cooler until just before cooking or eating
- Refrigerate all salads, dips and other perishables, especially those made with mayonnaise, until just before serving
- Return them to refrigeration as soon as you are done serving
- Don't let uncooked meat, poultry or seafood come in contact with other foods or common food surfaces
- Keep them refrigerated in leak-proof containers to avoid contaminating other foods
- Keep food covered to protect against windblown dirt, insects and animals
- Make sure that food is cooked thoroughly. If you use a meat thermometer, heat meat to a minimum of 75°C
- Poultry should be cooked until the meat is all white, with no pink remaining. Meats should be cooked until the juices coming out of the meat are clear
- Don't use dirty or cracked eggs
- All egg dishes must be fully cooked
- Do not make or serve dishes that use raw eggs
- Do not re-use plates or utensils that were used for raw meats, poultry or seafood



How long does a BBQ gas bottle last?

This is one of the most frequently asked questions. The answer depends on the gas consumption rating of the BBQ or patio heater being used.

How long do 8.5kg gas bottles last?

- All outdoor gas appliances are rated by energy consumption in either megajoules (MJ) or British Thermal Units (BTU) per hour
- The energy content of 8.5kg BBQ gas bottles and cylinders (and other sizes) is determined by their capacity and the energy content per unit of LPG (propane)
- To find out how long a gas bottle-cylinder will last, divide the hourly consumption of your gas appliance by the available energy content of the LPG gas bottle
- A full 8.5kg BBQ gas bottle contains 416 MJ



Checking for leaks — the soapy water test

1. Mix soap with water or use a spray bottle
2. Apply soapy solution to the entire hose assembly, including the valve and regulator.
3. Gently open the SWAP'n'GO BBQ cylinder without turning on any appliances
4. Look for bubbles or detect any odours (rotten smell)
5. Check from the cylinder valve, all the way to where the hose attaches to the appliance
6. If bubbles or odours are found, shut off the cylinder and return it immediately
7. If no issues are found, rinse the soapy solution with clean water and allow it to air dry

If you need to disconnect and store your cylinders, remember:

- When travelling with a SWAP'n'GO cylinder, keep it secured and upright (max two per vehicle)
- Never store your cylinder inside or under cover
- When storing your cylinder, always ensure the back of the valve faces away from combustible materials, towards an open space
- Always secure bottles, remove securely in an upright position
- After use, close the valve first, then the appliance

How long will a 8.5kg BBQ gas cylinder last?

Whilst it is hard to say for certain, here are some approximate examples of how long an 8.5kg cylinder will last on some commonly used appliances:

26–29 hours

1 Burner on a Full-Sized BBQ

6–7 hours

4 Burners on a Full-Sized BBQ

44–59 hours

1 Burner on a Compact BBQ

22–29 hours

2 Burners on a Compact BBQ

12 hours

35 MJ Patio Heater

36 hours

12 MJ Tabletop Heater

These estimates are based on running at the maximum setting/rate for that appliance. You may find the cylinder lasts longer if you use the appliance on lower settings.



Conversion Tables

*These conversions have been rounded for cooking purposes



Metric cup and spoon sizes*

Metric	Cup
60ml	1/4 cup
80ml	1/3 cup
125ml	1/2 cup
250ml	1 cup
Metric	Spoon
1.25ml	1/4 teaspoon
2.5ml	1/2 teaspoon
5ml	1 teaspoon
10ml	2 teaspoons
20ml	1 tablespoon (equal 4 teaspoons)

Liquids*

Metric	Cup
	30ml
1/4 cup	60ml
1/3 cup	80ml
	100ml
1/2 cup	125ml
	150ml
3/4 cup	180ml
	200ml
1 cup	250ml
1 1/4 cup	310ml
1 1/2 cup	375ml
1 3/4 cup	430ml
	475ml
2 cups	500ml
2 1/2 cups	625ml
3 cups	750ml
4 cups	1L

Mass (weight)*

Grams	Ounce/Lbs	Cup
7g	1/4oz	-
14g	1/2oz	-
28.35g	1oz	0.125
56.7g	2oz	0.25
85g	3oz	0.375
113.4g	4oz (1/4 lb)	0.5
141.8g	5oz	0.625
170g	6oz	0.75
198.45g	7oz	0.875
226.8g	8oz (1/2 lb)	1
255g	9oz	1.125
283.5g	10oz	1.25
311.84g	11oz	1.375
340.19g	12oz (3/4 lb)	1.5
368.5g	13oz	1.625
396.9g	14oz	1.75
425.24g	15oz	1.875
500g	18oz (1.1 lb)	2
750g	26oz (1 1/2 lb)	
1kg	35oz (2.2 lb)	

- LPG kg to litres (1kg = 1.96L) or litres to kg (1L = 0.51kg)
- *LPG kg to m³ (1kg = 0.53m³) or m³ to kg (1m³ = 1.89kg)
- *LPG litres to m³ (1L = 0.27m³) or m³ to litres (1m³ = 3.70L)
- LPG MJ to kWh (1MJ = 0.278kWh) or kWh to MJ (1kWh = 3.6 MJ)
- LPG litres to MJ and vice versa (1L = 25MJ) or (1MJ = 0.042L)
- LPG kg to MJ and vice versa (1kg = 49MJ) or (1MJ = 0.02kg)
- LPG litres to kWh and vice versa (1L = 6.9kWh) or (1kWh = 0.145L)
- LPG kg to kWh and vice versa (1kg = 13.6kWh) or (1kWh = 0.074kg)

*Note that these are liquid-to-gas or gas-to-liquid conversions

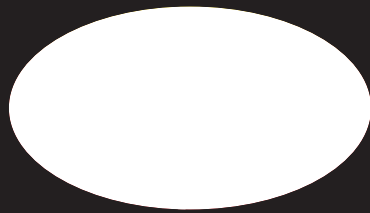
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