

Chef

S U C C E S S



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barbecue



barbecue

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Introduction

No matter the season, it's always a good time to fire up the grill and start cooking your favorite cuts, with your favorite people. Aside from getting some fresh air and savoring delicious meat, the greatest joy of a barbecue party is being able to sit together with your friends and family, enjoying a grand feast.

This book is aimed at everyone who loves a perfect, juicy grilled steak. Those who haven't grilled before will learn everything they need to start barbecuing like the pros. More experienced grillers will discover new and original ideas to freshen up their barbecuing skills. Barbecuing is all about flames, and heat and learning how to control them for the tastiest results. Through the pages of this book you'll discover the key skills and techniques needed to master the art of grilling.

Before starting, there are a couple basic points to take into consideration: first off, you need to pick the right barbecue. For the best flavor, we recommend a charcoal grill with a lid. Tools and accessories such as kitchen scissors, a basting brush, tongs and a spatula are also essential. Another important tip is that you should always remember to wait until the flames have died down and the coals look white hot before you start grilling. Above all: have fun! Because, that is, after all, the whole point of hosting a barbecue party.

The Editors



lentil and chickpea burger



Preparation time
30 minutes



Total cooking time
20 minutes



Makes
10

Ingredients

- 1 cup red lentils
- 1 tablespoon oil
- 2 onions, sliced
- 1 tablespoon tandoori mix powder
- 15 oz/425 g can chickpeas, drained
- 1 tablespoon grated fresh ginger
- 1 egg
- ¼ cup chopped fresh parsley
- 2 tablespoons chopped fresh coriander
- 2¼ cups stale breadcrumbs, for dusting

Coriander Garlic Cream:

- ½ cup sour cream
- ½ cup heavy cream
- 1 clove garlic, crushed
- 2 tablespoons chopped fresh coriander
- 2 tablespoons chopped fresh parsley

Preparation:

1. Prepare and heat barbecue. Bring large pan of water to the boil. Add lentils to boiling water and simmer uncovered 8 minutes or until tender. Drain well. Heat oil in pan, cook onions until tender. Add tandoori mix; stir until fragrant; cool the mixture slightly.
2. Place chickpeas, half the lentils, ginger, egg and onion mixture in food processor bowl. Process 20 seconds or until smooth. Transfer to a bowl. Stir in remaining lentils, parsley, coriander and breadcrumbs; combine well. Divide mixture into 10 portions.
3. Shape portions into round patties (if mixture is too soft, refrigerate 15 minutes or until firm). Toss patties in flour. Shake off excess. Place patties on hot lightly greased barbecue grill or flatplate. Cook 3-4 minutes each side or until browned, turning once. Serve with Coriander Garlic Cream.
4. To make Coriander Garlic Cream: Combine sour cream, heavy cream, garlic and herbs in bowl; mix well.

Tip from the chef:

This recipe can be served as a vegetarian dish on its own, or as an interesting accompaniment to other meat dishes. Coriander Cream is delicious with chicken or fish burgers.





herb and garlic sausage



Preparation time
20 minutes



Total cooking time
40 minutes



Serves
4

Preparation:

1. Prepare and heat barbecue. Place sausages on hot, lightly oiled barbecue grill or flatplate. Barbecue, turning frequently, 10 minutes or until well browned and cooked through. Cut sausages in half, lengthways.
2. Split baguettes in half horizontally and toast under preheated grill each side until golden. Place lettuce and tomato on each baguette base, followed by sausage. Top with Red Onion Relish. Cover with remaining baguette tops. Serve with grilled peppers, if desired.
3. To make Red Onion Relish: Heat oil in medium pan, cook onions over medium-low heat 15 minutes, stirring frequently, until very soft but not browned. Add vinegar and sugar, cook a further 10 minutes. Serve warm or at room temperature.

Ingredients

- 4 herb and garlic sausages
- 4-6 inch long baguettes
- 4 leaves lettuce
- 1 medium tomato, sliced

Red Onion Relish:

- 2 tablespoons olive oil
- 2 medium onions, sliced
- 2 teaspoons malt vinegar
- 1 tablespoon sugar

Tip from the chef:

Relish can be made up to 1 day in advance.



barbecued

hot dogs



Preparation time
20 minutes



Total cooking time
10 minutes



Serves
6

Ingredients

- 6 large thick, spicy frankfurters
- 1 tablespoons oil
- 6 hot dogs rolls
- 6 small leaves lettuce

Creamy Slaw:

- 3½ oz/100 g red cabbage
- 3½ oz/100 g green cabbage
- 2 spring onions
- ½ cup whole egg mayonnaise
- 1 tablespoon German mustard

Preparation:

1. Prepare and heat barbecue. Make 4 diagonal cuts in each frankfurters, slicing halfway through. Brush frankfurters with oil, and cook on hot lightly oiled barbecue flatplate 7-10 minutes or until cooked through.
2. Split rolls lengthways through the centre top; line with lettuce leaf. Place Creamy Slaw on lettuce, and top with German mustard. Serve immediately.
3. To make Creamy Slaw: Finely shred cabbage; finely chop spring onions. Combine mayonnaise with mustard. Place all ingredients in medium mixing bowl and toss to combine thoroughly.

Tip from the chef:

Top hot dogs with ketchup, mustard and your favorite sauces.



chili burger

with avocado



Preparation time
25 minutes



Total cooking time
10 minutes



Serves
6

Preparation:

1. Prepare and heat barbecue. Place ground beef in a large mixing bowl. Add onion, chili, cumin, tomato paste and coriander. Using hands, mix until thoroughly combined. Divide mixture into 6 equal portions and shape into ½ in/1,5 cm thick patties.
2. Place patties on hot lightly oiled grill or flatplate. Barbecue 4-5 minutes each side, turning only once. Serve between split bread rolls with arugula and Avocado Salsa.
3. To make Avocado Salsa: Peel avocado and remove stone. Cut into small cubes, place in a bowl and toss immediately with lime juice. Add tomato and corn and lightly combine.

Ingredients

- 2¼ lbs/1 kg ground beef
- 1 small onion, finely chopped
- 3 teaspoons chopped chili
- 1 teaspoon ground cumin
- 2 tablespoons tomato paste
- 2 tablespoons chopped coriander
- 6 bread rolls
- 1 cup arugula leaves

Avocado Salsa:

- 1 medium avocado
- 2 tablespoons lime juice
- 1 small tomato, chopped
- 4½ oz/130 g can corn kernels, drained

Tip from the chef:

The quantity of chili in this recipe will produce quite spicy burgers. If you prefer a milder taste, reduce chili to 2 teaspoons.



burger

with the works



Preparation time
40 minutes



Total cooking time
10-15 minutes



Serves
6

Ingredients

- 1½ lbs/750 g lean ground beef
- 1 onion, finely chopped
- 1 egg
- ½ cup fresh breadcrumbs
- 2 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- 2 tablespoons chopped fresh parsley
- salt and cracked pepper, to taste
- 3 large onions
- 1 oz/30 g butter
- 6 slices cheddar cheese
- 6 eggs, extra
- 6 rashers bacon
- 6 large hamburger buns, lightly toasted
- 6 leaves lettuce
- 2 tomatoes, thinly sliced

Preparation:

1. Prepare and heat barbecue. Combine ground beef, onion, egg, breadcrumbs, tomato paste, Worcestershire sauce, parsley, salt and pepper in large bowl. Mix with hands until well combined.
2. Divide mixture into 6 portions. Shape each portion into round patties ½ in/1,5 cm thick. Cover and set aside. Slice onions into thin rings. Heat butter on hot barbecue flatplate. Cook onions, turning often until well browned. Move onions towards outer edge of flatplate to keep warm. Brush barbecue grill or flatplate liberally with oil.
3. Cook meat patties 3-4 minutes each side or until browned and cooked through. Move patties to cooler part of barbecue or transfer to plate and keep warm. Place slice of cheese on each patty (the heat of the burger will be enough to partially melt the cheese). Heat a small amount of butter in a large frying pan. Fry eggs and bacon until egg's are cooked through and bacon is golden and crisp. Remove from heat. To assemble burgers: Place toasted bun bases on individual serving plates. Top each with lettuce and tomato. Place cooked meat patty on top, followed by cooked onions, bacon, and egg. Place remaining bun halves on top. Serve with potato chips, if desired.

Tip from the chef:

Burgers can be prepared up to 4 hours in advance. Refrigerate until needed. If desired, add beetroot slices and pineapple rings.



steak

in red wine



Preparation time
10 minutes + 3
hours marinating



Total cooking time
5-10 minutes



Serves
4

Preparation:

1. Cut steaks into large, even-sized serving pieces. Trim meat of excess fat and sinew.
2. Combine wine, salt, oregano leaves and pepper in a jug. Place steak in a large, shallow non-metal dish. Cover and refrigerate several hours or overnight. Prepare and heat barbecue 1 hour before cooking.
3. Cook steak on hot lightly greased barbecue grill or flatplate 3-4 minutes each side or until cooked as desired, brushing with wine mixture frequently. Serve garnished with rosemary, with potato salad and corn on the cob, if desired.

Ingredients

- 1½ lbs/750 g rump steak
- 1 cup good red wine
- 2 teaspoons garlic salt
- 1 tablespoon dried oregano leaves
- Cracked black pepper, to taste

Tip from the chef:

Choose a basting brush with pure bristles. Nylon bristles can melt in the heat and introduce an unpleasant flavor to cooked foods.
Substitute 2 tablespoons of fresh oregano for dried oregano, if desired.



hot peppered steaks



Preparation time
15 minutes



Total cooking time
10 minutes



Serves
4

Ingredients

- 4 (1¾ lb/800 g) medium-sized sirloin steaks
- ¼ cup seasoned, cracked pepper
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh thyme leaves

Horseradish Sauce:

- 2 tablespoons brandy
- ¼ cup beef stock
- ⅓ cup heavy cream
- 1 tablespoon horseradish cream
- ½ teaspoon sugar
- salt and pepper, to taste

Preparation:

1. Prepare and heat barbecue. Lightly grease barbecue grill. Trim meat of excess fat and sinew. In small bowl, mix parsley, and thyme. Coat steaks on both sides with pepper, pressing it firmly into the meat. Pat parsley mixture over steaks.
2. Barbecue steaks 5-10 minutes until cooked as desired. Serve with Horseradish Sauce and steamed vegetables, such as crisp snow peas.
3. To make Horseradish Sauce: Combine brandy and stock in pan. Bring to boil, reduce heat. Stir in cream, horseradish and sugar and stir until heated through. Season to taste.

Tip from the chef:

If desired, cheese lovers can add ½ cup of grated Parmesan cheese to the herb mixture.



fillet steak

with butter



Preparation time
30 minutes



Total cooking time
15 minutes



Serves
4

1. Prepare and heat barbecue. Lightly grease barbecue plate. Trim steaks of excess fat and sinew. Using a sharp knife, cut a pocket inside of each steak.
2. To make Garlic Butter: Beat butter in bowl until creamy. Add garlic, chopped spring onions, oregano, chives, and salt and pepper. Beat until smooth.
3. Push 2-3 teaspoons Garlic Butter into the steaks.
4. Cook on hot barbecue grill or flatplate 4-5 minutes each side, turning once. Brush steaks frequently with any remaining flavored butter while cooking.

Ingredients

- 4 fillet steaks (1 lb/500 g)
- 9 oz/250 g butter
- 3 cloves garlic, crushed
- 2 spring onions, finely chopped

Capsicum & Herb Butter:

- 2 teaspoons chopped oregano
- 2 teaspoons chopped chives
- salt and pepper, to taste

Tip from the chef:

Prepare steak 1 day ahead and store in refrigerator. Herbed butter will keep 2 weeks in refrigerator, provided it is well covered.



beef

satay sticks



Preparation time
30 minutes +
3 hours marinating



Total cooking time
10-15 minutes



Serves
4

Ingredients

- 1¾ lb/800 g rump steak
- ⅓ cup soy sauce
- 2 tablespoons oil
- 2 cloves garlic, crushed
- 1 teaspoon grated ginger
- Chopped parsley, for garnish

Peanut Sauce:

- 1 cup pineapple juice
- 1 cup peanut butter
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 2 tablespoons sweet chili sauce
- ¼ cup soy sauce

1. Trim steak of excess fat and sinew. Slice meat across the grain evenly into long, thin strips. Thread meat strips onto skewers, bunching them thickly along three-quarters of the skewer; place satays in a shallow, non-metal dish.
2. Combine soy sauce, oil, garlic and ginger in a small jug; pour over satays. Store in refrigerator, covered with plastic wrap, several hours or overnight, turning occasionally. Prepare and heat barbecue 1 hour before cooking. Place skewers on hot lightly oiled grill or flatplate. Barbecue 8-10 minutes or until tender, turning occasionally. Sprinkle with parsley and serve with Peanut Sauce.
3. To make Peanut Sauce: Combine juice, peanut butter, garlic and onion powders and sauces in a small pan and stir over medium heat 5 minutes or until smooth. Serve warm.

Tip from the chef:

Barbecue satay sticks just before serving. Sauce can be made 1 day in advance. If sauce has thickened, add a little warm water when reheating.

The quantity of chili sauce may be altered to taste, or use chopped fresh chili for extra spice.



lamb

cutlets



Preparation time
15 minutes + 20
minutes marinating



Total cooking time
6-8 minutes



Serves
4

1. Prepare and heat barbecue. Trim cutlets of excess fat and sinew. Place cutlets in shallow, non-metal dish and brush with half of the oil.
2. Scatter half the chopped Rosemary and pepper on meat; set aside for 20 minutes. Turn meat over and brush with remaining oil, scatter over remaining rosemary and pepper. Tie the extra bunch of rosemary to the handle of a wooden spoon.
3. Slice off tops of the heads of garlic. Sprinkle garlic with salt and pepper. Place cut side down on a large piece of aluminum foil, and place on grill.
4. Arrange cutlets on hot lightly greased grill. Cook 2-3 minutes each side. As cutlets cook, bat frequently with the rosemary spoon. This will release flavorsome oils into the cutlets. When cutlets are almost done, remove rosemary from the spoon and drop it on the fire where it will flare up briefly and infuse rosemary smoke into the cutlets. Serve with barbecued lemon slices, if desired.

Ingredients

- 12 lamb cutlets
- 2 tablespoons fresh chopped rosemary
- ¼ cup olive oil
- 1½ teaspoons cracked black pepper
- 1 bunch fresh rosemary, extra
- 2 heads of garlic

Tip from the chef:

This dish is ideal for a barbecue picnic. Marinate and pack in a sealed container with Rosemary spngs. Add sprigs to the fire as described above.



sweet and sour kebabs



Preparation time
30 minutes +
3 hours marinating



Total cooking time
20 minutes



Serves
6

Ingredients

- 2¼ lbs/1 kg fillets pork fillets
- 4 large red bell peppers
- 1 large green capsicum
- 1 cup orange juice
- ¼ cup white vinegar
- 2 tablespoons soft brown sugar
- 2 teaspoons chili garlic sauce
- 2 teaspoons cornflour

1. Trim pork of excess fat and sinew. Cut meat into 1 in/2,5 cm cubes. Cut both bell peppers into ¾ in/2 cm squares. Drain pineapple and reserve juice. Thread meat, alternately with bell peppers, onto skewers. Combine reserved pineapple juice with orange juice, vinegar, sugar and sauce. Place kebabs in a shallow non-metal dish, pour half the juice mixture over. Refrigerate, covered with plastic wrap, several hours or overnight, turning occasionally. Prepare and heat barbecue 1 hour before cooking.
2. To make Sweet and Sour Sauce: Place remaining marinade in small pan. Mix cornflour with a tablespoon of the marinade in small bowl until smooth; add to pan. Stir over medium heat until mixture boils and thickens; transfer to small serving bowl. Cover surface with plastic wrap; leave to cool.
3. Place meat on a hot lightly oiled barbecue grill or flatplate and cook 15 minutes, turning occasionally, until tender. Serve kebabs with Sweet and Sour Sauce.

Tip from the chef:

Kebabs can be marinated up to 1 day in advance. Chili garlic sauce is available from Asian food shops and some supermarkets.



barbecued

spare ribs



Preparation time

15 minutes + 3
hours marinating



Total cooking time

30 minutes



Serves

4-6

1. Trim spare ribs of excess fat and sinew. Cut racks of ribs into pieces, so that each piece has three or four ribs. Combine tomato sauce, sherry, soy sauce, honey, garlic and ginger in a large pan; mix well.
2. Add ribs to mixture. Bring to the boil. Reduce heat and simmer, covered, 15 minutes. Move ribs occasionally to ensure even cooking. Transfer ribs and sauce to shallow non-metal dish; allow to cool. Refrigerate, covered with plastic wrap, several hours or overnight. Prepare and heat barbecue 1 hour before cooking.
3. Place ribs on hot lightly oiled barbecue grill or flatplate. Cook over the hottest part of the fire 15 minutes, turning and brushing with sauce occasionally. Sprinkle ribs with sesame seeds. Serve with barbecued corn on the cob and potato salad, if desired.

Ingredients

- 2¼ lbs/1 kg pork spareribs
- 2 cups tomato sauce
- ½ cup sherry
- 2 tablespoons soy sauce
- 2 tablespoons honey
- 3 cloves garlic, crushed
- 1 tablespoon grated fresh ginger
- sesame seeds, for garnish

Tip from the chef:

They can be eaten easily with the fingers if they are separated into individual ribs. Serve ribs with other pre-dinner finger foods next to a dipping sauce, such as barbecue or tomato, and a generous supply of napkins.



citrus chicken

drumsticks



Preparation time
20 minutes +
3 hours marinating



Total cooking time
20 minutes



Serves
4

Ingredients

- 8 chicken drumsticks
- $\frac{1}{3}$ cup orange juice
- $\frac{1}{3}$ cup lemon juice
- 1 teaspoon grated orange rind
- 1 teaspoon grated lemon rind
- 1 teaspoon sesame oil
- 1 tablespoon olive oil
- 1 spring onion, finely chopped
- fresh parsley, for garnish

1. Wash drumsticks and pat dry with paper towels. Trim any excess fat and score thickest part of chicken with a knife. Place in a shallow non-metal dish.
2. Combine juices, rinds, oils and spring onion in jug, pour over chicken. Store, covered with plastic wrap, in refrigerator several hours or overnight turning occasionally. Drain chicken, reserve marinade. Prepare and heat barbecue 1 hour before cooking.
3. Cook drumsticks on hot lightly oiled barbecue grill or flatplate 15-20 minutes or until tender. Brush occasionally with the reserved marinade. Serve immediately.

Tip from the chef:

This dish is best cooked just before serving.



buffalo

chicken wings



Preparation time

25 minutes + 3
hours marinating



Total cooking time

10 minutes



Serves

4

1. Wash wings thoroughly and pat dry with paper towels. Cut tips off each wing; discard. Bend each wing back to snap joint and cut through to create two pieces. Combine pepper, garlic salt and onion powder. Using fingers, rub mixture into each piece.
2. Heat oil to moderately hot in deep heavy-based pan. Cook chicken pieces in batches 2 minutes; remove with tongs or slotted spoon and drain on paper towels.
3. Transfer chicken to non-metal bowl or shallow dish. Combine sauces, butter, sugar and tabasco and pour over chicken; stir to coat. Refrigerate, covered, several hours or overnight. Prepare and heat barbecue 1 hour before cooking.
4. Place chicken on hot lightly oiled barbecue grill or flatplate. Cook 5 minutes, turning and brushing with marinade. Garnish with parsley. Serve with Ranch Dressing. To make Ranch Dressing: Combine mayonnaise, cream, juice, chives, salt and pepper in bowl, mix well.

Ingredients

- 8 large chicken wings (2 lbs/900 g)
- 2 teaspoons black pepper
- 2 teaspoons garlic salt
- 2 teaspoons onion powder
- olive oil, for deep frying
- ½ cup tomato sauce
- 2 tablespoons Worcestershire sauce
- ¾ oz g butter, melted
- 2 teaspoons sugar
- tabasco sauce, to taste

Ranch Dressing:

- Chopped parsley, for garnish
- ½ cup whole egg mayonnaise
- ½ cup sour cream
- 2 tablespoons lemon juice
- 2 tablespoons chopped chives
- salt and white pepper, to taste



Tip from the chef:

Wings can be prepared up to 2 days in advance.

chicken

sandwich



Preparation time
25 minutes



Total cooking time
20 minutes



Serves
6

Ingredients

- 2¼ lbs/1 kg boneless chicken breasts
- 6 burger buns
- salt and pepper, to taste
- 1 cup arugula leaves

Tarragon Mayonnaise:

- 1 egg yolk
- 1 tablespoon tarragon vinegar
- ½ teaspoon French mustard
- 1 cup olive oil
- salt and white pepper, to taste

1. Prepare and heat barbecue. Season chicken with salt and pepper.
2. Place breasts on hot lightly oiled barbecue grill or flatplate. Cook 7 minutes each side, turning once. Cut thighs into slices. Serve on a bun with arugula and Tarragon Mayonnaise.
3. To make Tarragon Mayonnaise: Place yolk, half the vinegar and the mustard in a small mixing bowl. Whisk together 1 minute until light and creamy. Add oil about 1 teaspoon at a time, whisking constantly until mixture thickens. Increase flow of oil to a thin stream; continue whisking until all the oil has been incorporated. Stir in remaining vinegar and salt and white pepper.

Tip from the chef:

Mayonnaise can also be made in the food processor. Add the oil in a thin stream, with motor constantly running, until the mixture thickens and turns creamy. Do not use black pepper in mayonnaise as it will discolor the mixture.



tandoori skewers



Preparation time

20 minutes + 3
hours marinating



Total cooking time

10 minutes



Serves

4-6

1. Trim chicken of excess fat and sinew. Cut each thigh fillet into thin strips; weave onto small skewers, bunching the chicken along about three-quarters of the length.
2. Combine yogurt, spices, ginger and garlic; mix well. Place skewers in shallow non-metal dish, cover with yogurt mixture and refrigerate, covered with plastic wrap, several hours or overnight, turning occasionally. Prepare and heat barbecue 1 hour before cooking.
3. Place chicken on hot lightly oiled barbecue grill or flatplate. Cook 8-10 minutes or until tender.

Ingredients

- 2¼ lbs/1 kg chicken thigh fillets
- 1 cup plain yogurt
- 1 teaspoon chili powder
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon grated ginger
- 1 clove garlic, crushed

Tip from the chef:

Thighs are dark meat and will remain slightly pink even when cooked. To ensure that the chicken cooks evenly, do not bunch the meat too tightly on the skewer. Test chicken for doneness by removing from flame and piercing to the middle with a skewer. Chicken is done when juices run clear.



teriyaki

chicken wings



Preparation time
15 minutes + 3
hours marinating



Total cooking time
13 minutes



Serves
4

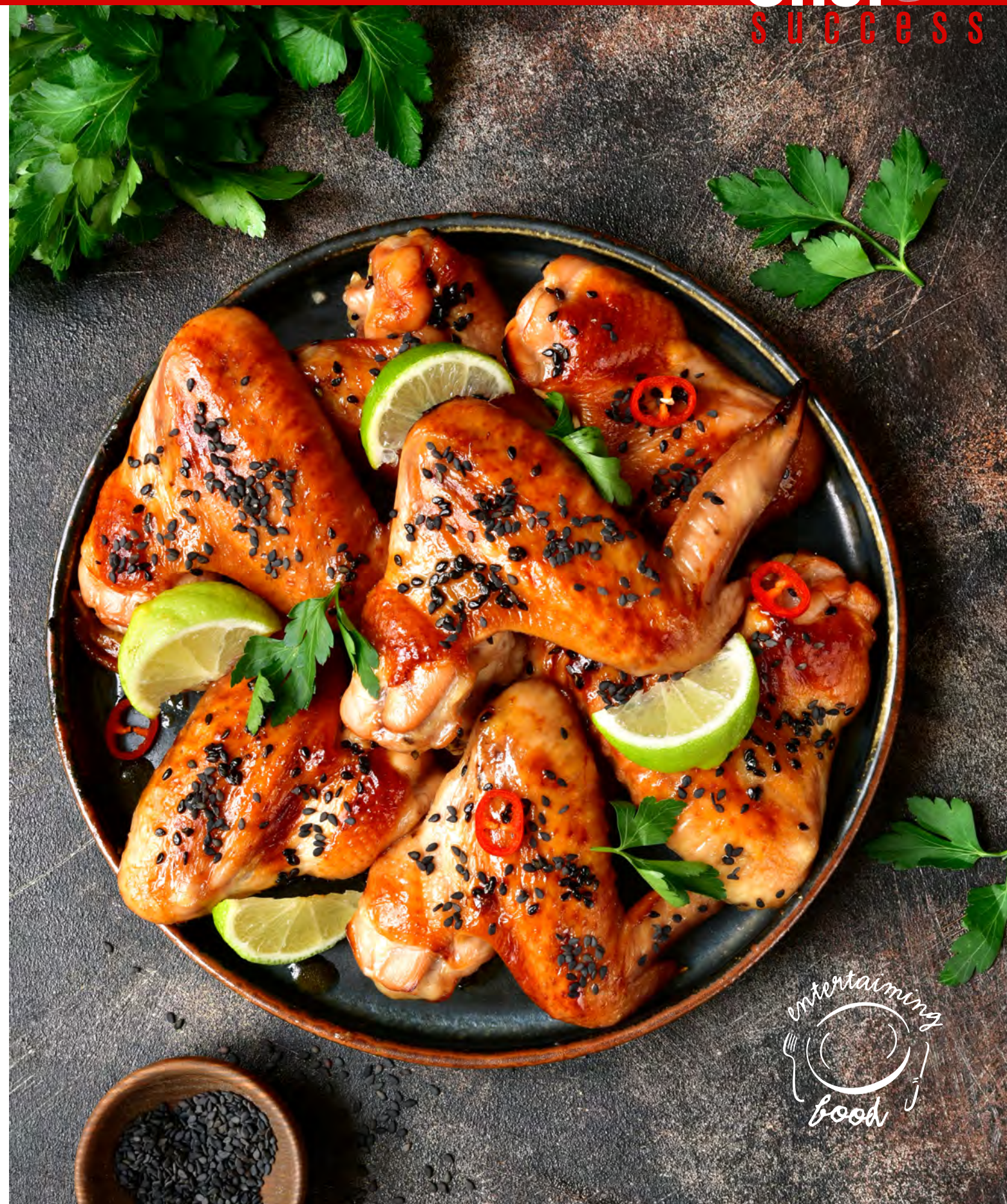
Ingredients

- 8 chicken wings
- ¼ cup soy sauce
- 2 tablespoons sherry
- 2 teaspoons grated ginger
- 1 clove garlic, crushed
- 1 tablespoon honey
- black sesame seeds, for garnish
- fresh parsley, for garnish
- chili slices, for garnish

1. Wash chicken wings and pat dry with paper towel. Trim any excess fat from wings, and tuck tips under to form a triangle.
2. Place wings in shallow non-metal dish. Combine soy sauce, sherry, ginger, garlic and honey in a jug; mix well. Pour over chicken. Store, covered with plastic wrap, in refrigerator several hours or overnight. Prepare and light barbecue 1 hour before cooking. Lightly brush two sheets of aluminium foil with oil. Place 4 wings in a single layer on each piece of foil; wrap completely.
3. Place parcels on hot barbecue grill or flatplate 10 minutes. Remove parcels from heat; unwrap. Place wings directly on lightly greased grill 3 minutes or until brown. Turn wings frequently and brush with any remaining marinade. Garnish with sesame, chili and parsley. Serve with lemon wedges, if desired.

Tip from the chef:

Chicken can be marinated up to 2 days in advance. Cook just before serving. Marinade can also be used on beef or pork.



garlic king prawns



Preparation time
10 minutes + 3
hours marinating



Total cooking time
5 minutes



Serves
4

1. Remove heads from prawns. Peel and devein prawns, leaving tails intact (reserve the heads and shell for fish stock, if you like). Make a cut in the prawn body, slicing threequarters of the way through the flesh from head to tail. To make Marinade: Combine juice, oil, garlic, ginger, thyme and rosemary in jug; in jug; mix well.
2. Place prawns in bowl; pour on marinade and mix well. Cover and refrigerate several hours or overnight. Prepare and light barbecue 1 hour before cooking.
3. Cook prawns on hot, lightly greased flatplate 3-5 minutes or until pink in color and cooked through. Brush frequently with marinade while cooking. Serve immediately.

Ingredients

- 1 lb/500 g king prawns

Marinade:

- 2 tablespoons lemon juice
- 2 tablespoons sesame oil
- 2 cloves garlic, crushed
- 2 teaspoons grated fresh ginger
- 5 sprigs thyme
- 5 sprigs rosemary

Tip from the chef:

These shrimp are delicious by themselves or as an addition to any recipe that calls for shrimp, like pasta, bruschetta or wraps.



fish patties



Preparation time
25 minutes



Total cooking time
10 minutes



Serves
8-10 patties

1. Prepare and heat barbecue. Place fish in food processor bowl. Process 20-30 seconds until smooth. Place minced fish in large bowl. Add breadcrumbs, spring onions, juice, pepper, herbs, cheese and egg. Mix well. Divide into 8-10 portions. Shape into round patties. Place on tray and refrigerate 15 minutes or until firm.
2. Toss patties in flour, shake off excess. Cook patties on hot lightly greased barbecue flatplate 2-3 minutes each side until browned and cooked through. Serve with Herbed Mayonnaise and a green salad, if desired.
3. To make Garlic Mayonnaise: Combine mayonnaise, garlic and lemon in a small bowl; mix well.

Ingredients

- 1 ¾ lb/750 g white fish fillets, cut into cubes
- 1 cup stale white breadcrumbs
- 3 spring onions, chopped
- ¼ cup lemon juice
- 2 teaspoons seasoned pepper
- 1 tablespoon chopped fresh dill
- 2 tablespoons chopped fresh parsley
- ¾ cup grated cheddar cheese
- 1 egg
- ½ cup plain flour, for dusting

Garlic Mayonnaise:

- 1 cup mayonnaise
- 3 cloves garlic, minced
- 2 teaspoons lemon juice

Tip from the chef:

This recipe is best made just before cooking. Patties should not be prepared more than a few hours in advance. After 2-3 hours the raw fish will begin to seep liquid which will cause the patties to fall apart during cooking.



fish kebabs

**Preparation time**

20 minutes + 3
hours marinating

**Total cooking time**

10 minutes

**Serves**

12 skewers

Ingredients

- 1 ¾ lb/750 g salmon fillets
- 8 oz/225 g cherry tomatoes
- ½ large bell pepper
- ½ large yellow bell pepper
- 2 tablespoons pineapple juice
- 3 teaspoons soy sauce
- 6 teaspoons soft brown sugar
- 2 tablespoons white vinegar
- 2 tablespoons orange juice
- salt, to taste

1. Soak wooden skewers in water for several hours. Cut fish into 1 in cubes. Cut bell peppers into 1 in/2,5 cm pieces. Thread bell peppers, fish and cherry tomatoes alternately onto skewers.
2. Place kebabs in shallow non-metal dish. Combine soy sauce, reserved pineapple juice, sugar, vinegar, orange juice and salt in small bowl; mix well. Pour marinade over kebabs. Cover; refrigerate several hours. Prepare and heat barbecue 1 hour before cooking.
3. Barbecue kebabs on hot lightly greased flatplate, brushing frequently with marinade, 2-3 minutes each side or until just cooked through. Serve immediately with cooked noodles and a dressed green salad, if desired.

Tip from the chef:

Kebabs are best cooked just before serving. Do not marinate longer than 3 hours. Any vegetable can be substituted for bell peppers; try zucchini, eggplant, mushrooms or onion.





potato and tomato gratin



Preparation time
15 minutes



Total cooking time
1 hour 15 minutes



Serves
8

1. Preheat oven to moderate 350°F/180°C. Peel and thinly slice the potatoes. Brush the inside of a shallow baking or pie dish with butter, and arrange the potatoes in a circle so that they overlap.
2. Scatter on the herbs, pepper and salt and pour the cream into the centre of the dish. Cover with foil, bake 1 hour (at this point the dish can be removed from the oven, allowed to cool, then refrigerated for later). Increase oven to moderately hot 400°F/210°C and remove from oven.
3. Thinly slice tomatoes. Remove foil and arrange tomatoes over potato. Scatter evenly with combined crumbs and cheese and return to the oven. Bake, uncovered, 15 minutes until top turns golden. Serve immediately.

Ingredients

- 8 medium potatoes (3 ¼ lbs/1,5 kg)
- 45 g/1½ oz butter, melted
- ½ tablespoon chopped fresh herbs (such as thyme, marjoram, parsley, rosemary and oregano)
- ½ teaspoon cracked black pepper
- ½ teaspoon salt
- 1 ¼ cups cream
- 2 medium ripe tomatoes
- ½ tablespoon fresh breadcrumbs
- 1 cup grated cheddar cheese

Tip from the chef:

Potatoes with cream can be cooked ahead then reheated in a microwave or in a low oven. Add tomatoes and topping and bake just before serving. Thinly slice a medium onion. Layer alternately with potato.



barbecued

corn on the cob



Preparation time
15 minutes



Total cooking time
1 hour



Serves
Serves 6

Ingredients

- 1¾ lb/750 g can peeled tomatoes
- 3 tablespoons mayonnaise
- 2 tablespoons fresh lime juice
- ¼ teaspoon chili powder
- ¼ teaspoon cumin
- ½ teaspoon salt
- ½ teaspoon cracked black pepper
- 6 large cobs fresh corn
- 1-2 tablespoons olive or vegetable oil
- 2 oz/60 g butter
- salt to taste
- chopped cilantro, for garnish

1. Prepare and heat barbecue. In a small bowl, stir together the mayonnaise, lime juice, chili powder and cumin. Season with salt and pepper.
2. Brush the com with oil and cook on the hot lightly greased barbecue grill 5 minutes, each side, until com is soft and cobs are flecked with brown in places. Using tongs, lift the com onto the flatplate and moisten each with a square of butter. Sprinkle with salt. Serve at once with mayonnaise mixture, garnished with cilantro.

Tip from the chef:

Serve chili mayo as a savory accompaniment to cornbread and cheese, or with barbecued sausages.



barbecued mushrooms



Preparation time
10 minutes



Total cooking time
5 minutes



Serves
6

1. Prepare and heat barbecue. Carefully peel skin from mushroom caps. Remove stalks. Combine butter and garlic in a small bowl.
2. Brush tops of mushrooms with garlic butter, place top-side down on hot barbecue flatplate and cook over the hottest part of the fire 2 minutes or until tops have browned. Turn mushrooms over. Brush upturned bases with garlic butter; cook 2 minutes.
3. Sprinkle bases with combined chives and thyme, then cheese, and cook a further 3 minutes, until cheese begins to melt. Serve immediately, garnished with fresh oregano.

Ingredients

- 6 large mushrooms
- 2 oz/60 g butter, melted
- 2 cloves garlic, crushed
- ½ tablespoon finely chopped fresh chives
- 1 tablespoon fresh thyme leaves
- ¾ cup shredded Parmesan cheese
- chopped oregano, for garnish

Tip from the chef:

Mushrooms can also be cooked in a heavy-based frying pan. Lightly grease the pan with butter and cook 2-3 minutes either side. Add fresh herbs and cheese, then place pan under hot preheated grill until cheese has melted. Any type of mushroom can be used in this recipe. Larger types mushrooms will take longer to cook. Mushrooms should remain firm and chewy after cooking.



baby barbecued potatoes



Preparation time
20 minutes + 1 hour
standing



Total cooking time
20 minutes



Serves
Serves 6

Ingredients

- 1¾ lb/750 g baby potatoes
- 2 tablespoons olive oil
- 4 rosemary sprigs, chopped
- 2 teaspoons crushed sea salt

1. Wash potatoes thoroughly under cold water. Cut potatoes in half so that all potatoes are a uniform size for even cooking.
2. Boil, steam or microwave potatoes until just tender (potatoes should remain intact). Drain and lightly dry with paper towels.
3. Place potatoes in large mixing bowl; add oil and rosemary. Toss gently to coat potatoes, stand 1 hour. Prepare and heat barbecue.
4. Place potatoes on hot, lightly greased barbecue flatplate. Cook 15 minutes, turning frequently and brushing with remaining oil and thyme mixture, until golden brown. Place in serving bowl and sprinkle with salt. Garnish with extra rosemary sprigs, if desired.

Tip from the chef:

Potatoes can be cooked and marinated 2 hours in advance. Barbecue just before serving.



barbecued

lamb shanks



Preparation time

5 minutes + overnight marinating



Total cooking time

45 minutes



Serves

6

1. Combine garlic and oil in small bowl, cover and marinate at room temperature, overnight.
2. Prepare weber (kettle) barbecue for indirect cooking at moderate heat (normal fire). Place drip tray under top grill. Trim shanks of excess fat and sinew.
3. Brush the garlic oil generously over the shanks and sprinkle with salt and pepper.
4. Place lamb shanks on the top grill of the barbecue, cover with lid and roast 35-45 minutes or until the meat is tender when pierced with a fork. Garnish with parsley. Serve with barbecued vegetables, such as bell peppers, and thick slices of chargrilled potato, scattered with herbs, if desired.

Ingredients

- 2 cloves garlic, halved
- 1/3 cup olive oil
- 6 lamb shanks
- salt and pepper, to taste
- chopped parsley, for garnish

Tip from the chef:

For a more intense flavor, double the quantity of garlic in the oil and brush over lamb several hours before cooking. Pour remaining garlic oil over shanks before serving.



smoked

chicken fillets



Preparation time
5 minutes



Total cooking time
25 minutes



Serves
Serves 4

Ingredients

- 2¼ lbs/1 kg 4 chicken breast fillets
- 1 tablespoon olive oil
- seasoned pepper, to taste
- 2 teaspoons curry powder
- 2 teaspoons smoked paprika
- hickory or mesquite chips, for smoking
- rosemary sprigs, for garnish

1. Prepare weber (kettle) barbecue for indirect cooking at moderate heat (normal fire). Trim chicken of excess fat and sinew.
2. Brush chicken with oil and sprinkle over the seasoned pepper, curry and paprika.
3. Spoon a pile of smoking chips (about 25) over the coals in each charcoal rail.
4. Cover barbecue and cook chicken 15 minutes. Test with a sharp knife. If juices do not run clear cook another 5-10 minutes until cooked as desired. Garnish with rosemary. Serve with chili noodles, if liked.

Tip from the chef:

Chicken is best smoked just before serving.



fillet of beef

with mustard



Preparation time

1 hour 5 minutes
+ 15 minutes
standing



Total cooking time

40 minutes



Serves

6-8

1. Prepare weber (kettle) barbecue for indirect cooking at moderate heat (normal fire). Trim meat of excess fat and sinew.

2. Tie meat securely with string at regular intervals to retain its shape. Brush beef all over with the brandy; stand 1 hour.

3. To make Mustard Coating: Combine mustard, garlic and pepper in small bowl. Spread evenly over top and sides of fillet. Place meat on large greased sheet of foil. Grasp corners of foil and pinch securely to form a tray (this will hold in the juices). Place lid on barbecue and cook 30-40 minutes for medium rare meat. Stand 10-15 minutes before carving into thick slices. Serve warm with barbecued or grilled vegetables

Ingredients

- 4½ lbs/2 kg rib eye steak
- ¼ cup brandy

Mustard Coating:

- ½ cup wholegrain mustard
- 3 cloves garlic, minced
- ¾ teaspoon black pepper, coarsely ground

Tip from the chef:

Beef can be marinated in brandy up to 1 day in advance. Store, covered, in refrigerator. Reserve cooking juices left in foil to make a gravy; stir in a tablespoon of prepared mustard.



entertaining
food

