



S U C C E S S



barbecue

great tasting recipes for the grill or picnic



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introduction

By Doris Reynolds

There is no pleasure that can match the experience of eating outdoors. On a sun-filled day or a night lit with moonlight and stars, the most mundane food is ambrosial and a delight to the palate and an inspiration to the imagination.

This issue of Chef Success is dedicated to making these experiences even more memorable. The recipes have been planned to make al fresco dining, be it at a picnic or barbecue, a shining moment that remains in one's memory forever.

Picnics have been described as a social entertainment or excursion with food provided by members of the group and eaten in the open air. Throughout the ages picnics have been inspiring occasions for the famous, the romantic and the creative. Ernest Hemingway loved picnics, which he described in a lyrical language as "moveable feasts". Queen Victoria adored entertaining her friends and family at gala picnics with elaborate food and wine. William Inge immortalized a Fourth of July festivity in his classic play and motion picture, "Picnic".

Rubens and Seurat celebrated picnics in unforgettable works of art that hang in the great museums of the world. "Sunday in the Park with George" brought to life Seurat's characters as they gathered together to rejoice in the wonders of nature.

Picnics can be as simple or as elaborate as one desires. They may be served in a park, on the beach, aboard a boat, on a deserted island or in your own backyard. The food may be prepared well ahead of time, keeping in mind that even simple foods are tasty and appetizing. Wine, champagne, fruit drinks and mineral water should be well-chilled and attractive plates, silverware, napkins and even candles along with a radio or portable CD player to add to the atmosphere.

As for barbecuing, this method of cooking has been around for nearly forty thousand years when man first used fire to cook food. However, the origins of the word "barbecue" have long been a subject of debate. "Barbecue" is believed to have originated from the West Indian term "barbacoa", literally frameworks of sticks placed over the coals on which

meats and fish were cooked. Other historians maintain that "barbecue" is believed to have originated from the French term, "barbe a queue," literally "from beard to tail", referring to whole-pig cookery; the suspending of whole animals, such as pigs, above a pit of glowing coals.

Outdoor grilling emerged as a popular cooking method in the American colonies in 17th-century Virginia, when sturgeon and hogs were cooked whole over fiery coals. Later on, in New York, grilling whole turkeys came into vogue while the cowboys out West learned to dig enormous pits in which to cook beef and sometimes game.

Our political leaders have successfully used barbecues to entertain visiting dignitaries from all over the world. President Bush gives world leaders a taste of Americana at his Texas ranch, as did the late Lyndon Johnson. Johnson not only entertained luminaries at his ranch but also insisted on serving barbecued ribs at White House parties and receptions.

Former President Jimmy Carter and wife Rosalyn hosted one of the most celebrated barbecues. They put on a "pig pickin'" for 500 guests. During the festivities 7 barbecued pigs, 8 gallons of sweet pickles, 40 pounds of cole slaw and 600 slabs of cornbread were consumed. And not a single leftover remained!

And who is responsible for all this barbecuing? In American households, 59% are men while 41% of the women take on the task.

cooking time references

- 15 minutes
- 30 minutes
- 45 minutes
- 1 hour

Marinating times not included.



tantalizing tidbits

- *Chicken Caesar Salad*
- *Pita Crisps*
- *Ham and Cheese Skewers*
- *Asparagus in Prosciutto*
- *Chili Honey Drumsticks*
- *Spicy Barbecued Nuts*
- *Gingered Beef Sticks*
- *Rösti with Gravalax*
- *Cucumber and Scallop Kebabs*
- *Bacon and Shrimp Kebabs*
- *Chicken and Mushroom Kebabs*
- *Beef on Béarnaise Bread*
- *Oysters and Mussels in Shells*
- *Chive and Ricotta Spread*
- *Onion and Parmesan Breads*
- *Mini Chicken Roll-ups*

*Little temptations on a plate
Makes you forget that dinner is late.*



chicken caesar salad

2 boneless chicken breast fillets
4 strips bacon
1 head lettuce, leaves separated
8 oz/250 g cherry tomatoes, halved
1 cup Parmesan cheese shavings

croûtons

4 cups bread cubes
2 tablespoons olive oil

creamy mustard dressing

1/2 cup sour cream
1/2 cup mayonnaise
2 tablespoons wholegrain mustard
3 anchovy fillets, chopped
1/4 cup water

1 Preheat barbecue to a medium heat. To make croûtons, place bread cubes in a baking dish, drizzle with oil and toss to coat. Bake at 400°F/200°C/Gas 6 for 15 minutes or until bread is crisp and golden. Cool.

2 Place chicken and bacon on lightly oiled barbecue grill and cook for 2-3 minutes each side or until chicken is tender and bacon is crisp. Cool, then slice chicken and chop bacon. Arrange lettuce leaves, tomatoes, chicken and bacon in a bowl.

3 To make dressing, place sour cream, mayonnaise, mustard, anchovies and water in a food processor or blender and process until smooth. Just prior to serving, drizzle dressing over salad, then scatter with croûtons and Parmesan cheese shavings.

Serves 8



pita crisps

6 pita bread rounds
4 tablespoons oil
1/2 cup grated Parmesan cheese
2 teaspoons paprika
1/2 teaspoon chili powder

1 Split each pita bread horizontally, brush with oil and place on baking trays.

2 Place cheese, paprika and chili powder in a small bowl and mix to combine.

3 Sprinkle pita bread with cheese mixture and bake at 400°F/ 200°C/ Gas 6 for 15 minutes or until crisp. Allow to cool, then break into pieces.

Serves 10

These easy-to-make snacks are great to nibble on while waiting for the barbecue food to cook.

ham and cheese skewers

8 oz/250 g sliced ham, cut into strips
12 oz/375 g mature Cheddar cheese, cubed
1 loaf wholewheat bread, cubed

1 Preheat barbecue to a medium heat.

2 Wrap ham strips around cheese cubes. Thread ham-wrapped cheese and bread cubes, alternately, onto skewers.

3 Cook on lightly oiled barbecue grill, turning frequently, for 4-5 minutes or until bread is toasted and cheese just starts to melt.

Serves 10

Grilled ham and cheese sandwiches on a skewer!

asparagus in prosciutto

8 oz/250 g prosciutto slices
fresh basil leaves
1 lb/500 g fresh asparagus spears
1/3 cup lemon juice
freshly ground black pepper

basil dipping sauce

3/4 cup mayonnaise
2 tablespoons lemon juice
2 tablespoons chopped fresh basil

1 Preheat barbecue to a high heat. Top each prosciutto slice with a basil leaf and an asparagus spear. Wrap prosciutto around asparagus to enclose.

On Page 9: Chicken Caesar Salad.
Left: Pita Crisps, Ham and Cheese Skewers, Chili Honey Drumsticks.
Below: Asparagus in Prosciutto.

2 Brush asparagus parcels with lemon juice and sprinkle with black pepper to taste. Place asparagus parcels on lightly oiled barbecue grill and cook, turning frequently, until prosciutto is crisp and asparagus is tender.

3 To make dipping sauce, place mayonnaise, lemon juice and basil in a bowl and mix to combine. Serve with asparagus parcels.

Serves 12

Ham or bacon can be used in place of the prosciutto for this elegant recipe. If using bacon, trim it of visible fat and if using ham, cut it into thin strips.

chili honey drumsticks

10 chicken drumsticks

chili honey marinade

1/2 cup lemon juice
1/2 cup honey
1 clove garlic, crushed
pinch chili powder

1 To make marinade, place lemon juice, honey, garlic and chili powder in a bowl and mix to combine.

2 Place drumsticks in a shallow glass or ceramic dish, pour marinade over and toss to coat. Cover and marinate in the refrigerator for at least 2 hours, or overnight, turning several times.

3 Preheat barbecue to a medium heat. Drain drumsticks and reserve marinade. Cook drumsticks on lightly oiled barbecue grill, brushing frequently with marinade, for 10-15 minutes or until chicken is tender.

Serves 10





Above: Rösti with Gravalax.
Right: Spicy Barbecued Nuts, Gingered Beef Sticks.

spicy barbecued nuts

- 2 cups honey roasted peanuts
- 1½ cups pecans
- 1 cup macadamias
- 1 cup cashews
- 1 tablespoon sweet paprika
- 1 tablespoon ground cumin
- 2 teaspoons garam masala
- 1 teaspoon ground coriander
- 1 teaspoon ground nutmeg
- ¼ teaspoon cayenne pepper
- 1 tablespoon olive oil

1 Preheat barbecue to a medium heat. Place peanuts, pecans, macadamias and cashews in a bowl and mix to combine. Add paprika, cumin, garam masala, coriander, nutmeg and cayenne pepper and toss to coat.

2 Heat oil on barbecue plate, add nut mixture and cook, turning frequently, for 5 minutes or until nuts are golden. Cool slightly before serving.

Serves 6

Warning! The nuts are very hot when first removed from the barbecue and they retain heat for quite a long time, so caution your guests when you serve these delicious nibbles.

gingered beef sticks

1 lb/500 g rump steak, trimmed of fat and cut into thin strips

ginger marinade

- 2 spring onions, finely chopped
- 2 teaspoons finely grated fresh ginger
- 1 teaspoon cracked black pepper
- ¼ cup Japanese soy sauce
- 2 tablespoons brown sugar
- 2 tablespoons sake or dry sherry (optional)

1 To make marinade, place spring onions, ginger, black pepper, soy sauce, sugar and sake or sherry (if using) in a bowl and mix to combine. Add beef, toss to coat and marinate for 1-2 hours at room temperature or overnight in the refrigerator.

2 Preheat barbecue to a medium heat. Drain beef and thread onto skewers. Cook on lightly oiled barbecue grill for 1-2 minutes each side or until cooked to your liking.

Serves 4-6

rösti with gravalax

- ½ cup sour cream
- 8 oz/250 g salmon gravalax
- lemon wedges

vegetable rösti

- 3 large potatoes, grated
- 2 zucchini, grated
- 2 carrots, grated
- 1 leek, shredded
- ½ cup flour
- 3 tablespoons finely grated Parmesan cheese
- 1 tablespoon chopped fresh mint
- 1 tablespoon mustard
- 4 eggs, lightly beaten
- freshly ground black pepper

1 Preheat barbecue to a medium heat. To make rösti, place potatoes, zucchini, carrots, leek, flour, cheese, mint, mustard, eggs and black pepper to taste in a bowl and mix to combine.

2 Place large spoonfuls of vegetable mixture on lightly oiled barbecue plate, press with a spatula to flatten and cook for 5 minutes each side or until golden and crisp. Remove rösti from barbecue and keep warm. Repeat with remaining mixture.

3 Place one or two rösti on each plate, top with a spoonful of sour cream, some salmon gravalax and black pepper to taste. Serve with lemon wedges.

Serves 6

You will need about 14 oz/440 g potatoes for the rösti. For a cocktail party make tiny rösti and serve this tempting starter as finger food.





cucumber and scallop kebabs

- 1 clove garlic, crushed
- 1 spring onion, finely chopped
- 1 tablespoon finely chopped fresh basil
- 1 tablespoon olive oil
- 2 tablespoons white wine vinegar
- freshly ground black pepper
- 10 scallops
- 10 thin slices unpeeled cucumber

1 Place garlic, spring onion, basil, oil, vinegar and black pepper to taste in a bowl and whisk to combine. Add scallops and cucumber slices, toss to coat and marinate for 30 minutes.

2 Preheat barbecue to a high heat. Drain scallops and cucumber, reserving marinade. Top each cucumber slice with a scallop and thread onto skewers so that the cucumber folds halfway around the

scallop. Brush with reserved marinade and cook on lightly oiled barbecue grill, turning several times, for 2-3 minutes or until scallops are cooked.

Makes 10

bacon and shrimp kebabs

- 1 tablespoon mustard
- 1 clove garlic, crushed
- 1/4 red pepper, finely chopped
- 1 tablespoon finely chopped fresh dill
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- freshly ground black pepper
- 10 cooked large shrimps, shelled and deveined, tails intact
- 5 strips lean bacon, halved lengthwise

1 Place mustard, garlic, red pepper, dill, oil, lemon juice and black pepper to taste in a bowl and mix to combine. Add shrimps, toss to coat, marinate for 30 minutes.

2 Preheat barbecue to a high heat. Drain shrimps and reserve marinade. Wrap a strip of bacon around each shrimp and thread onto skewers. Brush with reserved marinade and cook on lightly oiled barbecue grill, turning several times, for 2-3 minutes or until bacon is crisp.

Makes 10

chicken and mushroom kebabs

- 1 tablespoon lime or lemon juice
- 1 tablespoon oil

pinch chili powder

1 boneless chicken breast fillet, cut into 10 cubes

5 button mushrooms, halved

1 Place lime or lemon juice, oil and chili powder in a bowl and mix to combine. Add chicken and mushroom and toss to combine. Marinate for 30 minutes.

2 Preheat barbecue to a high heat. Drain chicken and mushrooms, reserving marinade. Thread a chicken cube and a mushroom half onto each skewer. Brush with reserved marinade and cook on lightly oiled barbecue grill, turning several times, for 4-5 minutes or until chicken is cooked.

Makes 10

beef on béarnaise bread

1 1/2 lb/750 g beef fillet, trimmed of fat

1 tablespoon fresh tarragon or 1 teaspoon dried tarragon

2 tablespoons oil

3 tablespoons white wine

1 bread stick, cut into slices

6 tablespoons finely chopped fresh parsley

béarnaise butter

3 tablespoons white wine vinegar

3 tablespoons white wine

3 spring onions, finely chopped

1 tablespoon fresh tarragon or 1 teaspoon dried tarragon

1/2 cup butter, at room temperature, cut into pieces

freshly ground black pepper

1 Tie fillet with string at even intervals so that meat retains its shape, then place in a shallow glass or ceramic dish. Combine tarragon, oil and wine in a small bowl, pour over meat,

cover and marinate in refrigerator overnight, turning occasionally.

2 To make béarnaise butter, place vinegar, wine, spring onions and tarragon in a small saucepan and bring to the boil, then simmer until liquid is reduced to 2 tablespoons. Remove from heat and cool completely. Place butter, cold vinegar mixture and black pepper to taste in a food processor and process until smooth. Spread one side of each bread slice with béarnaise butter, then reassemble loaf and wrap in a double thickness of aluminum foil. Refrigerate until required.

3 Preheat barbecue to a high heat. Drain beef and sear on all sides on lightly oiled barbecue grill. Move fillet to a cooler section of the barbecue and cook, turning frequently, for 15-20 minutes or until cooked to your liking. Place beef on side of barbecue to keep warm. Heat foil-wrapped bread on barbecue for

do ahead

Much of this dish can be prepared ahead of time leaving only the cooking of the beef and the warming of the bread to be done at the time of the barbecue. Place the beef into the marinade the night before you are going to cook it. The bread can be made up and refrigerated or frozen until required. Allow bread to defrost at room temperature for 1-2 hours before heating through.

10 minutes or until warm.

4 Thinly slice beef and place on slices of bread. Arrange on a large platter with a bowl of finely chopped parsley and a pepper grinder. Serve immediately. Each person helps themselves to an open sandwich and adds parsley and black pepper to taste.

Serves 10

Left: Cucumber and Scallop Kebabs, Chicken and Mushroom Kebabs, Bacon and Shrimp Kebabs. Below: Beef on Béarnaise Bread.



oysters and mussels in shells

1 lb/500 g mussels, scrubbed and beards removed

24 oysters in half shells

1/4 cup butter, softened

1 tablespoon chopped fresh parsley

2 tablespoons lemon juice

1 tablespoon orange juice

1 tablespoon white wine

1 Preheat barbecue to a high heat. Place mussels and oysters on barbecue grill and cook for 3-5 minutes or until mussels open and oysters are warm. Discard any mussels that do not open.

2 Place butter, parsley, lemon juice, orange juice and wine in a heavy-based saucepan, place on barbecue and cook, stirring, for 2 minutes or until mixture is bubbling. Place mussels and oysters on a serving platter, drizzle with butter mixture and serve immediately.

Serves 6

For the best flavor, purchase Parmesan cheese in a piece and grate the required amount just prior to using.

Below: Onion and Parmesan Breads.
Right: Oysters and Mussels in Shells.
Far Right: Mini Chicken Roll-ups.

chive and ricotta spread

8 oz/250 g ricotta cheese

2 tablespoons chopped fresh chives

2 teaspoons cracked black pepper

1 Place ricotta cheese in a food processor or blender and process until smooth.

2 Stir in chives and black pepper.

Makes 1 cup

onion and parmesan breads

2 teaspoons active dry yeast

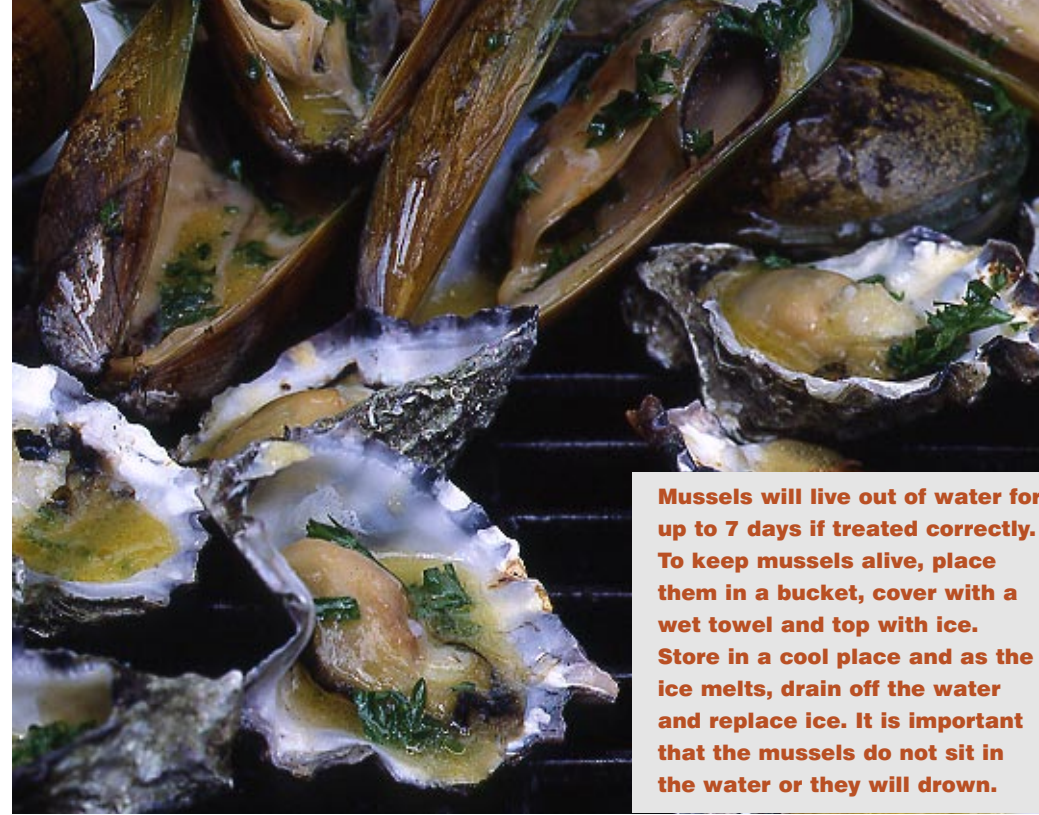
2 1/2 cups warm water

5 1/2 cups all purpose flour

4 spring onions, chopped

4 tablespoons finely grated Parmesan cheese

2 teaspoons sea salt



Mussels will live out of water for up to 7 days if treated correctly. To keep mussels alive, place them in a bucket, cover with a wet towel and top with ice. Store in a cool place and as the ice melts, drain off the water and replace ice. It is important that the mussels do not sit in the water or they will drown.

1 tablespoon poppy seeds

1 Place yeast and water in a bowl and mix to dissolve. Stand in a warm draught-free place for 5 minutes or until foamy.

2 Combine flour, spring onions, cheese and salt in a bowl. Stir in yeast mixture and continue mixing to make a smooth dough. Turn dough onto a lightly floured surface and knead for about 10 minutes or until smooth and elastic.

3 Place dough in a lightly oiled bowl and roll around bowl to coat surface with oil. Cover bowl with plastic food wrap and stand in a warm draught-free place for 2 hours or until doubled in size.

4 Preheat barbecue to a medium heat. Knock dough down and knead lightly. Divide into 8 pieces. Roll out each piece on a lightly floured surface to form a round about 1/4 in/ 5 mm thick. Using a fork, pierce dough rounds all over, then lightly brush with oil and sprinkle with poppy seeds.

5 Place bread on lightly oiled barbecue grill and cook for 3-4 minutes each

side or until golden and crisp. Serve bread warm with **chive and ricotta spread**.

Makes 8

mini chicken roll-ups

2 boneless chicken breast fillets

2 pieces lavash bread or pita bread rounds

4 lettuce leaves, torn into large pieces

1 tomato, chopped

1/2 avocado, stoned, peeled and sliced

1/2 bunch chives

3 tablespoons sweet chili sauce

1 Preheat barbecue to a high heat. Cook chicken on lightly oiled barbecue grill for 2-3 minutes each side or until tender. Remove from heat and cut into thin slices.

2 Split breads and warm on barbecue grill for a few seconds each side. Top each piece of bread with some lettuce, tomato, avocado, chicken, chives and chili sauce, then roll up. Secure with toothpicks.

Serves 4



mighty burgers

- *Italian Hamburgers*
- *Carpetburgers*
with Caper Mayonnaise
- *Best Ever Hamburgers*
- *Chicken Pesto Burgers*
- *Crispy Spiced Potatoes*
- *Fish Burgers with Aioli*
- *Spiced Chicken Burgers*

*Don't cook your burgers in haste
Lest you spoil their scrumptious taste.*





On Page 19: Italian Hamburgers.
Left: Carpetburgers with Caper Mayonnaise.

italian hamburgers

- 2 small eggplant, thinly sliced
- 2 red peppers, quartered
- 2 tablespoons olive oil
- 1/3 cup balsamic vinegar
- 8 mini rosetta rolls, split
- 3 tablespoons ready-made pesto
- 4 oz/125 g rocket leaves

beef patties

- 1 lb/500 g lean ground beef
- 3 tablespoons finely chopped sun-dried tomatoes
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh basil
- 2 cloves garlic, crushed
- 1 tablespoon Worcestershire sauce

1 To make patties, place beef, sun-dried tomatoes, parsley, basil, garlic and Worcestershire sauce in a bowl and mix to combine. Shape mixture into 8 mini patties, place on a plate lined with plastic food wrap and chill until required.

2 Preheat barbecue to a high heat. Brush eggplant slices and pepper quarters with oil and cook on barbecue grill for 2 minutes each side or until tender. Place in a bowl, add vinegar and toss to combine.

3 Reduce barbecue heat to medium, then cook patties for 4 minutes each side or until cooked to your

These mini hamburgers make great finger food. They are a creative alternative for a teenagers' barbecue and will be welcomed by the late stayers at a drinks and nibbles party.

liking. To assemble, spread base of rolls with pesto, then top with some rocket leaves, a patty, some slices of eggplant and a piece of red pepper and cover with top of roll. Serve immediately.

Makes 8

carpetburgers with caper mayonnaise

- 1 lb/500 g lean ground beef
- 8 oz/250 g sausage meat
- 4 spring onions, finely chopped
- 2 cloves garlic, crushed
- 2 teaspoons finely grated lemon rind
- 1 teaspoon finely chopped fresh dill
- 18 bottled oysters
- 3 strips bacon, halved lengthwise and rind removed
- 2 tablespoons red wine
- 2 tablespoons olive oil

caper mayonnaise

- 2 tablespoons mayonnaise
- 1/2 cup heavy cream
- 2 teaspoons chopped capers
- 1 teaspoon finely grated lemon rind
- 1 small gherkin, finely chopped

1 Place beef, sausage meat, spring onions, garlic, lemon rind and dill in a bowl and mix to combine. Shape mixture into 12 patties.

2 Top half the patties with 3 oysters each, then with remaining patties. Press edges of patties together to completely seal the filling. Wrap a strip of bacon around each patty and

jumbo burger

Combine 1 lb/500 g lean ground lamb, 1 crushed garlic clove, 1 chopped onion, 2 tablespoons chopped parsley, 1 chopped chili and 1 beaten egg. Press into a greased pizza tray, cover with foil and cook on a preheated medium barbecue for 10 minutes. Remove foil, drain off juices and cook for 5-10 minutes. Cook 2 thick precooked pizza bases on barbecue for 3-4 minutes each side or until lightly toasted. Turn lamb patty out of tray and place on a pizza base, then spread with 3 tablespoons horseradish cream and sprinkle with 1/2 cup grated mozzarella cheese and 1/2 cup grated mature Cheddar cheese. Top with tomato slices and remaining pizza base... and add fun to your barbecue!

secure with toothpicks.

3 Place wine and oil in a large shallow glass or ceramic dish and mix to combine. Add patties and marinate for 10 minutes.

4 Preheat barbecue to a medium heat. Drain patties and cook on barbecue grill for 5-7 minutes each side or until cooked.

5 To make caper mayonnaise, place mayonnaise, cream, capers, lemon rind and gherkin in a bowl and mix to combine. Serve with patties.

Serves 6

A more economical, but just as tasty variation on that old favorite carpetbag steak. Prunes, dried apricots or sliced cheese can be used in place of the oysters.



If you wish to offer onion hamburgers, allow 1 onion for every 2 people, slice onions and cook at the same time as the burgers with a little oil on barbecue plate or in a frying pan. It is fun and easy to make hamburgers that hold a surprise. Cheese is always a popular hidden ingredient –you might like to try mature Cheddar, mozzarella or blue cheese. Simply cut cheese into cubes and, when shaping the pattie, place cheese in the center of pattie and shape meat around it.

best ever hamburgers

10 wholewheat rolls, split

meat patties

2 lb/1 kg lean ground beef

1 onion, finely chopped

1 carrot, grated

2 cups dried breadcrumbs

1 tablespoon Worcestershire sauce

1 tablespoon tomato sauce

dash chili sauce, according to taste

2 tablespoons finely chopped fresh parsley

freshly ground black pepper

1 Preheat barbecue to a medium heat. To make patties, place beef, onion, carrot, breadcrumbs, Worcestershire sauce, tomato sauce, chili sauce, parsley and black pepper to taste in a bowl and mix to combine. Shape mixture into 10 patties. Place patties on a tray, cover and refrigerate until ready to cook.

2 Cook patties on lightly oiled barbecue plate, or in a lightly oiled frying pan on barbecue grill, for 4-5 minutes each side or until cooked to your liking, pressing down with a spatula during cooking.

3 Toast rolls on barbecue grill. Serve the patties and rolls separately and allow people to make their own hamburger.

Makes 10

chicken pesto burgers

4 rolls, slit and toasted

4 oz/125 g rocket or watercress

1 tomato, sliced

chicken pesto patties

½ bunch fresh basil

2 tablespoons pine nuts

1 tablespoon grated Parmesan cheese

1 clove garlic, crushed

2 tablespoons olive oil

1 lb/500 g ground chicken

1 cup dried breadcrumbs

1 red pepper, roasted and diced

1 onion, diced

1 egg white

freshly ground black pepper

Left: Best Ever Hamburgers.

Below: Chicken Pesto Burgers.



1 Preheat barbecue to a medium heat. To make patties, place basil leaves, pine nuts, cheese, garlic and oil in a food processor or blender and process until smooth. Transfer mixture to a bowl, add chicken, breadcrumbs, red pepper, onion, egg white and black pepper to taste and mix well to combine. Shape mixture into 4 patties.

2 Place patties on lightly oiled barbecue plate and cook for

3 minutes each side or until cooked.

3 Top bottom half of each roll with rocket or watercress, then with a pattie, tomato slices and top half of roll. Serve immediately.

Serves 4

Peppers are easy to roast on the barbecue. Just remove seeds, cut peppers into quarters and place, skin side down, on a preheated hot barbecue. Cook until skins are charred and blistered, then place in a paper or plastic food bag, seal and set aside until cool enough to handle. Remove from bag, peel away skin and use as desired.

crispy spiced potatoes

3 lb/1.5 kg potatoes
1 tablespoon sweet paprika
1 tablespoon ground cumin
3 teaspoons cracked black pepper
2 tablespoons oil
sea salt

- 1 Preheat barbecue to a high heat. Cook potatoes in boiling water in a saucepan until tender, drain and cut into wedges.
- 2 Place paprika, cumin, black pepper and oil in a bowl and mix to combine, pour over potatoes and toss gently to coat.
- 3 Cook potatoes on lightly oiled barbecue grill for 3 minutes or until crisp. Sprinkle with salt to taste and serve immediately.

Serves 8

fish burgers with aioli

4 cod or other firm white fish fillets
4 wholewheat rolls, split
4 oz/125 g assorted lettuce leaves

pepper and herb marinade

2 tablespoons chopped fresh chervil or parsley
2 tablespoons lime juice
1 tablespoon olive oil
cracked black pepper

aioli

2 cloves garlic, crushed
2 teaspoons mustard
3 egg yolks
1 tablespoon white vinegar
1 cup olive oil

- 1 Preheat barbecue to a medium heat. To make aioli, place garlic, mustard, egg yolks and vinegar in a

food processor or blender and process to combine. With machine running, slowly add oil in a thin stream and continue processing until mixture is thick and creamy. If mixture is too thick, add a little warm water to thin it.

- 2 To make marinade, place chervil or parsley, lime juice, oil and black pepper to taste in a shallow dish and mix to combine. Add fish, turn to coat and marinate for 5 minutes. Drain fish and cook on lightly oiled barbecue grill for 1-2 minutes each side or until flesh flakes when tested with a fork.
- 3 To assemble, toast rolls on barbecue grill until golden. Top base of each roll with some lettuce leaves, a fish fillet and a spoonful of aioli, then cover with top of roll.

Makes 4

These barbecued potato wedges are a healthy and delicious alternative to deep-fried ones.

spiced chicken burgers

4 boneless chicken breast fillets
4 pieces Turkish bread (pide), halved
4 tomatoes, sliced

spiced yogurt marinade

1/2 cup plain yogurt
4 tablespoons chopped fresh coriander
2 tablespoons mild red curry paste
2 tablespoons mango chutney
2 tablespoons lemon juice

cucumber raita

1 cucumber, halved lengthwise and seeded
1 cup plain yogurt
1 clove garlic, crushed
1 tablespoon lemon juice



Spiced Chicken Burgers, Crispy Spiced Potatoes, Fish Burgers with Aioli.

- 1 Preheat barbecue to a medium heat. To make marinade, place yogurt, coriander, curry paste, chutney and lemon juice in a shallow dish and mix to combine. Add chicken, turn to coat and marinate for 20 minutes.

- 2 To make raita, cut cucumber into fine slices and place in a bowl. Add yogurt, garlic and lemon juice and mix to combine. Cover and chill until ready to serve.

- 3 Drain chicken and cook on lightly oiled barbecue grill for 4 minutes

each side or until tender.

- 4 Place chicken fillets on 4 pieces of bread, then top with tomatoes and raita and remaining pieces of bread.

Makes 4

Turkish bread (pide) is a flat white leavened bread similar to Italian flat bread. It is usually baked in ovals measuring 12-16 in/30-40 cm. If Turkish bread is unavailable, country-style Italian bread, rye bread, sour dough, ciabatta or focaccia are all good alternatives for this recipe.

the thrill of the grill

- *Veal Brochettes with Spicy Yogurt Marinade*
- *Lamb Kebabs with Peanut Sauce*
- *Salmon Skewers*
- *Mixed Satays*
- *Cranberry Chicken Skewers*
- *Oriental Chicken Livers*
- *Mushroom and Vegetable Skewers*
- *Skewered Beef Strips*
- *Avocado and Shrimp Skewers*
- *Pork Skewers with Artichoke Salsa*
- *Garlic Potatoes*
- *Curried Chicken Kebabs*
- *Seafood Kebabs*

*It's fun to cook on a grill
The succulent dishes are sure to thrill.*





On Page 27: Veal Brochettes with Spicy Yogurt Marinade, Lamb Kebabs with Peanut Sauce. Left: Salmon Skewers.

veal brochettes with spicy yogurt marinade

12 oz/375 g veal topside or boned loin, trimmed of fat and cubed

1/2 cup dried apricots

spicy yogurt marinade

1 1/2 cups plain yogurt

1 onion, grated

2 cloves garlic, crushed

2 teaspoons sambal oelek (chili paste)

1 tablespoon lime juice

1 teaspoon ground cumin

1 tablespoon chopped fresh coriander

1 To make marinade, place yogurt, onion, garlic, sambal oelek, lime juice, cumin and coriander in a food processor or blender and process to combine. Transfer to a bowl, add veal and apricots and toss to coat. Cover and marinate at room temperature for 2-3 hours or overnight in the refrigerator.

2 Preheat barbecue to a medium heat. Drain veal and apricots and reserve marinade. Thread veal and apricots, alternately, onto skewers. Cook on lightly oiled barbecue grill, turning occasionally and basting with reserved marinade, for 15 minutes or until cooked.

Serves 4

lamb kebabs with peanut sauce

1 1/2 lb/750 g lean ground lamb

3 tablespoons chopped fresh parsley

1 teaspoon dried oregano

2 teaspoons ground cumin

2 tablespoons tomato paste (purée)

2 onions, grated

3/4 cup dried breadcrumbs

2 egg whites

peanut sauce

1 tablespoon peanut oil

2 cloves garlic, crushed

1 onion, finely chopped

4 tablespoons crunchy peanut butter

1 teaspoon tomato paste (purée)

2 tablespoons fruit chutney

2 tablespoons sweet sherry

1 tablespoon lemon juice

1/3 cup coconut milk

2 teaspoons ground coriander

1 teaspoon sambal oelek (chili paste)

1 Preheat barbecue to a medium heat. Place lamb, parsley, oregano, cumin, tomato paste (purée), onions, breadcrumbs and egg whites in a bowl and mix well to combine. Shape mixture into 8 sausages and thread onto skewers. Cook on lightly oiled barbecue grill, turning several times, for 10-15 minutes or until cooked through.

2 To make sauce, heat oil in a saucepan over medium heat, add garlic and onion and cook, stirring, for 1 minute. Stir in peanut butter, tomato paste (purée), chutney, sherry, lemon juice, coconut milk, coriander and sambal oelek and cook over low heat, stirring constantly, for 10 minutes or until sauce thickens slightly. Serve with kebabs.

Makes 8

salmon skewers

1 lb/500 g salmon fillet, cut into squares

8 oz/250 g snow peas, trimmed

mustard glaze

1 tablespoon wholegrain mustard

2 teaspoons chopped fresh lemon

thyme or thyme

1/2 teaspoon ground cumin

2 tablespoons lemon juice

2 teaspoons honey

1 Preheat barbecue to a medium heat. Thread salmon and snow peas, alternately, onto skewers.

2 To make glaze, place mustard, thyme, cumin, lemon juice and honey in a bowl and mix to combine. Brush over salmon.

3 Cook skewers on lightly oiled barbecue grill for 2-3 minutes each side or until salmon is just cooked.

Serves

When buying fish fillets look for those that are shiny and firm with a pleasant sea smell. Avoid those that are dull, soft, discolored or oozing water when touched.

perfect skewers

Remember to soak bamboo or wooden skewers in water for at least 30 minutes before using –this prevents them from burning during cooking. Before threading food onto skewers, lightly oil them so that the cooked food is easy to remove.

mixed satays

8 oz/250 g boneless chicken breast fillets, sliced lengthwise into thin strips

8 oz/250 g beef fillet, sliced lengthwise into thin strips

8 oz/250 g pork fillet, sliced lengthwise into thin strips

chili marinade

1/4 cup soy sauce

2 tablespoons lime or lemon juice

2 cloves garlic, crushed

2 teaspoons finely grated fresh ginger

1 fresh red chili, finely chopped

1 tablespoon finely chopped fresh coriander

peanut sauce

1/2 cup crunchy peanut butter

1 onion, finely chopped

2 tablespoons hoisin sauce

2 cloves garlic, crushed

1/2 cup coconut milk

2 tablespoons finely chopped fresh coriander

1 Weave chicken, beef and pork strips onto skewers and place in a shallow glass or ceramic dish.

2 To make marinade, place soy sauce, lime or lemon juice, garlic, ginger, chili and coriander in a small bowl and mix to combine. Pour over skewers in dish, cover and marinate for at least 1 hour.

3 Preheat barbecue to a medium heat. Cook kebabs on lightly oiled barbecue grill, turning frequently, for 5-6 minutes or until cooked.

4 To make sauce, place peanut butter, onion, hoisin sauce, garlic and coconut milk in a food processor or blender and process until smooth. Stir in coriander. Serve with skewers for dipping.

Serves 4

cranberry chicken skewers

1 1/2 lb/750 g ground chicken

1/2 cup dried breadcrumbs

1 onion, diced

2 cloves garlic, crushed

2 tablespoons chopped fresh sage or 1 teaspoon dried sage

1 teaspoon ground mixed spice

1 egg, lightly beaten

1/4 teaspoon Tabasco sauce

1/2 cup cranberry sauce, warmed

1 Place chicken, breadcrumbs, onion, garlic, sage, mixed spice, egg and Tabasco sauce in a bowl and mix to combine.

2 Shape chicken mixture around skewers to form sausage shapes. Place skewers on a plate, cover and refrigerate for 2 hours.

3 Preheat barbecue to a medium heat. Place skewers on lightly oiled barbecue grill and cook, turning several times, for 5-10 minutes or until cooked. Drizzle with cranberry sauce and serve immediately.

Serves 6

oriental chicken livers

4 oz/125 g chicken livers, trimmed and cut into 16 pieces

8 water chestnuts, halved

8 strips bacon, halved and rind removed

oriental marinade

1 teaspoon brown sugar

1 tablespoon hot water

2 tablespoons soy sauce

1 tablespoon oyster sauce

1/2 teaspoon five spice powder

2 cloves garlic, crushed

1 To make marinade, place sugar and water in a bowl and mix to dissolve sugar. Add soy sauce, oyster sauce, five spice powder and garlic and mix to combine. Add chicken livers, cover and marinate in the refrigerator for 3 hours.

2 Preheat barbecue to a high heat. Drain livers well. Place a piece of liver and a water chestnut half on each piece of bacon, wrap to enclose and secure with toothpicks. Place on lightly oiled barbecue grill and cook, turning several times, for 6-8 minutes or until bacon is crisp and livers are just cooked.

Serves 4

Five spice powder is a pungent, fragrant, spicy and slightly sweet powder which is a mixture of star anise, fennel, Szechwan peppercorns, cloves and cinnamon. It adds a delicate anise flavor to foods. Sambal oelek is a paste that can be used as an ingredient or condiment. It is made of chilies and salt, with no other additives such as garlic or spices for a more simpler taste.



Below: Mixed Satays.
Right: Cranberry Chicken Skewers, Oriental Chicken Livers.



mushroom and vegetable skewers

- 4 small red onions, halved
- 1 fennel bulb, quartered
- 1 green pepper, quartered
- 1 red pepper, quartered
- 16 button mushrooms

lemon marinade

- 2 tablespoons oil
- 2 tablespoons lemon juice
- 2 tablespoons finely chopped fresh parsley

1 Bring a large saucepan of water to the boil and blanch onions, fennel and peppers, separately, for 2-3 minutes

each. Drain vegetables and refresh under cold running water.

2 Cut each fennel quarter into 4 pieces and cut peppers into cubes. Thread onions, fennel, peppers and mushrooms onto skewers. Place kebabs in a shallow glass or ceramic dish.

3 To make marinade, place oil, lemon juice and parsley in a small bowl and mix to combine. Pour over kebabs in dish, cover and marinate for 1 hour.

4 Preheat barbecue to a high heat. Drain kebabs and cook on lightly oiled barbecue grill, brushing with marinade and turning frequently, for 3-4 minutes or until heated through.

Makes 8

Below: Mushroom and Vegetable Skewers, Skewered Beef Strips, Avocado and Shrimp Skewers. Right: Pork Skewers with Artichoke Salsa.

skewered beef strips

1½ lb/750 g thick beef steaks, sliced diagonally into thin strips

red wine marinade

- 1 cup red wine
- ⅓ cup oil
- 2 bay leaves, crushed
- 2 teaspoons hot mustard
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- freshly ground black pepper

1 To make marinade, place wine, oil, bay leaves, mustard, thyme, oregano and black pepper to taste in a bowl and mix to combine. Add beef strips and toss to coat. Cover and marinate in the refrigerator overnight.

2 Preheat barbecue to a high heat. Drain beef and reserve marinade.

Weave beef strips onto skewers and cook on lightly oiled barbecue grill, brushing with marinade and turning frequently, for 3-4 minutes or until cooked.

Makes 10



avocado and shrimp skewers

- 2 avocados, stoned, peeled and cubed
- 3 tablespoons lemon juice
- 20 cooked large shrimps, shelled and deveined
- 10 cherry tomatoes, halved

tomato dipping sauce

- ½ cup sour cream
- ½ cup mayonnaise
- 2 tablespoons tomato sauce
- 2 teaspoons Worcestershire sauce

1 Place avocados in a bowl, pour lemon juice over and toss to coat. Thread shrimps, avocados and tomatoes, alternately, onto skewers.

2 To make sauce, place sour cream, mayonnaise, tomato sauce and Worcestershire sauce in a bowl and mix to combine. Serve with skewers for dipping.

Makes 10

pork skewers with artichoke salsa

- 1 lb/500 g lean ground pork
- 1 cup dried breadcrumbs
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 tablespoon chopped fresh oregano
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- 1 egg, lightly beaten

artichoke salsa

- 1 tablespoon olive oil
- 1 onion, chopped
- 6 oz/185 g marinated artichoke hearts, chopped
- 4 tomatoes, seeded and chopped
- 2 tablespoons tomato paste (purée)
- 1 tablespoon chopped fresh oregano

1 Place pork, breadcrumbs, onion, garlic, oregano, cumin, chili powder and egg in a bowl and mix to combine.

2 Shape tablespoons of pork mixture into balls, place on a plate lined with plastic food wrap, cover and refrigerate for 30 minutes.

3 Preheat barbecue to a medium heat. Thread 4 pork balls onto each skewer. Place skewers on lightly oiled barbecue grill and cook, turning frequently, for 8 minutes or until cooked through.

4 To make salsa, heat oil in a frying pan over medium heat, add onion and cook, stirring, for 3 minutes or until golden. Add artichokes, tomatoes, tomato paste (purée) and oregano and cook, stirring, for 3-4 minutes longer or until heated through. Serve with skewers.

Serves 4

These skewers can also be made using a combination of ground pork and veal.



garlic potatoes

6 large potatoes, scrubbed

3 teaspoons olive oil

1 tablespoon finely chopped fresh rosemary

freshly ground black pepper

6 cloves garlic, halved

1 Preheat barbecue to a medium heat. Using an apple corer, carefully remove a plug from each potato, making sure not to go right through the potato. Reserve plugs.

2 Combine oil, rosemary and black pepper to taste. Fill hole in each

potato with 2 garlic halves and a little oil mixture. Cut off two-thirds of each plug and discard. Replace remaining plug in potato and wrap potatoes in aluminum foil. Cook potatoes on barbecue grill for 1 hour or until tender.

Serves 6

Garlic Potatoes, Seafood Kebabs, Curried Chicken Kebabs.

curried chicken kebabs

1½ lb/750 g boneless chicken breast fillets, cubed

lime curry glaze

1 cup lime marmalade

2 tablespoons mustard

2 teaspoons curry powder

1 tablespoon lime juice

1 To make glaze, place marmalade, mustard, curry powder and lime juice in a small saucepan over medium heat and cook, stirring, for 3 minutes or until ingredients are combined. Remove from heat and set aside to cool.

2 Thread chicken cubes onto skewers. Place skewers in a shallow glass or ceramic dish, spoon glaze over, cover and marinate for 1 hour.

3 Preheat barbecue to a medium heat. Drain chicken and reserve any remaining glaze. Cook kebabs on lightly oiled barbecue grill, brushing with reserved glaze and turning frequently, for 8-10 minutes or until cooked.

Makes 12

seafood kebabs

8 mussels, removed from shells

1 large white fish fillet, cut into 8 cubes

8 uncooked large shrimps, shelled and deveined, tails intact

8 scallops

1 salmon fillet, cut into 8 cubes

chili lime glaze

¼ cup olive oil

2 fresh red chilies, seeds removed and finely chopped

1 clove garlic, crushed

¼ cup lime juice

1 Preheat barbecue to a medium heat. Alternately thread mussels, white fish cubes, shrimps, scallops and salmon cubes onto skewers.

2 To make glaze, place oil, chilies, garlic and lime juice in a small bowl and mix to combine.

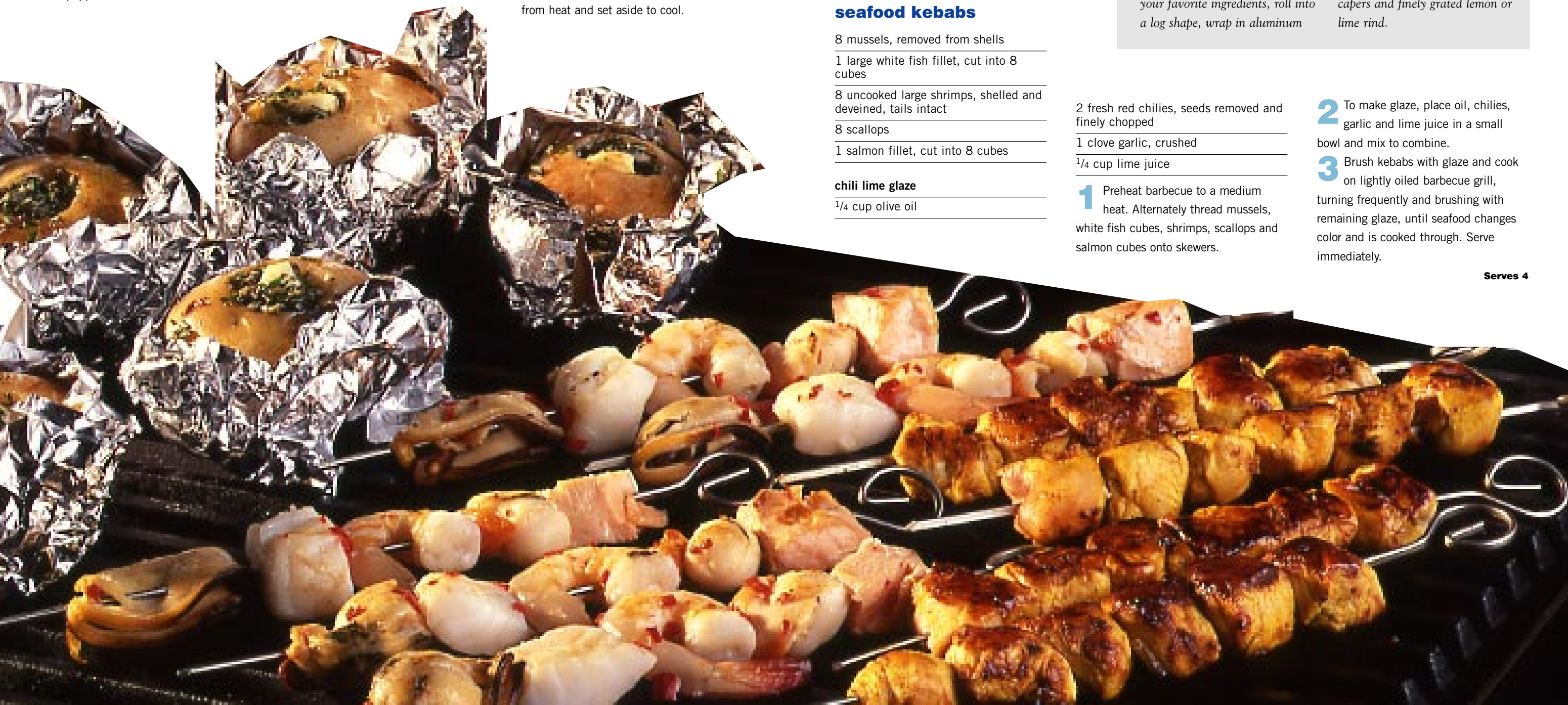
3 Brush kebabs with glaze and cook on lightly oiled barbecue grill, turning frequently and brushing with remaining glaze, until seafood changes color and is cooked through. Serve immediately.

Serves 4

potatoes & savory butters

Delicately flavored garlic potatoes are the perfect accompaniment to any barbecue, and savory butters are a great way to add taste after cooking –just place a piece on each potato to make it even more attractive to the palate. Choose from honey butter (page 42) and blue butter (page 41), or make your own tasty butter. Simply mix softened butter with your favorite ingredients, roll into a log shape, wrap in aluminum

foil or plastic food wrap and chill until firm, then slice. Any fresh herbs can be used –you might like to try not only parsley and mint as in those recipes but also chives, thyme or basil. Combining different herbs can create an interesting flavor. Other delicious options are horseradish, anchovy fillets, roasted red or green peppers, curry powder, mustard, spring onions, capers and finely grated lemon or lime rind.



classics with a twist

- Oriental Chicken Kebabs
- Herb-infused Fish
- Char-grilled Vegetables
- Barbecued Garlic Flat Bread
- Undercover Chicken
- Slow-roasted Leg of Lamb
- Barbecued Vegetables
- Steaks with Blue Butter
- Pork Steaks with Apple Stuffing
- Lamb Cutlets with Honey Butter
- Grilled Corn Bread
- Paupiettes
- Lime Béarnaise
- Smoked Salmon Fillet
- Port-glazed Lamb
- Italian Salad with Pesto
- Sweet Rosemary Cutlets
- Fruity Lamb with Garlic
- Rosemary and Thyme Chops
- Chicken with Creamy Pesto Stuffing
- Grilled Cod and Potatoes
- Herbed and Spiced Pork Loin
- Californian Pork Kebabs
- Kettle-roasted Honey Beef
- Sweet Potato Chip Salad
- Marinated Eggplant Salad
- Grilled Trout with Apple Stuffing
- Home-smoked Trout
- Bruschetta with Tomato and Olives
- Seafood Paella
- Mixed Sausage and Onion Grill

*All the dishes we love so well
Fixed differently they turned out swell.*



oriental chicken kebabs

3 boneless chicken breast fillets, sliced
12 shiitake mushrooms

chili and lime marinade

1 tablespoon brown sugar
3 kaffir lime leaves, shredded (optional)
1 fresh red chili, chopped
2 tablespoons soy sauce
1 tablespoon lime juice

sprout salad

6 oz/185 g snow pea sprouts or watercress
2 carrots, shredded
4 spring onions, chopped
2 teaspoons sugar
2 tablespoons lime juice

1 Preheat barbecue to a high heat. To make marinade, place sugar, lime leaves (if using), chili, soy sauce and lime juice in a bowl and mix to combine. Add chicken, toss to coat and marinate for 20 minutes.

2 Drain chicken and reserve marinade. Thread chicken and mushrooms onto skewers and cook on lightly oiled barbecue grill, turning and basting with reserved marinade, for 5 minutes or until chicken is tender and cooked.

3 To make salad, place snow pea sprouts or watercress, carrots and spring onions in a bowl. Combine sugar and lime juice, pour over salad and toss. Pile salad onto serving plates, then top with kebabs.

Serves 6

Alternatively, pile the salad onto a large serving platter, then top with all the kebabs and allow people to help themselves. Kaffir lime leaves are the highly aromatic leaves from a citrus tree native of South-Asia. They are available from Oriental food shops and some greengrocers and supermarkets.

herb-infused fish

2 bunches fresh lemon thyme sprigs
1 bunch fresh rosemary sprigs
2 lemons, sliced
3 cloves garlic
6 black peppercorns
3 lb/1.5 kg whole fish such as bream or snapper, cleaned
2 tablespoons olive oil

1 Preheat barbecue to a high heat. Line one side of a large hinged fish rack with some thyme, rosemary and half the lemon slices. Place garlic and peppercorns in cavity of fish. Brush fish generously with oil and place on herbs in rack. Top with remaining lemon slices and some more rosemary and thyme. Close rack.

2 Place fish on barbecue grill and cook for 8-10 minutes each side or until flesh flakes when tested with a fork.

Serves 6

It may be necessary to cook the fish in batches for this recipe. Shelled and deveined uncooked shrimps are also delicious prepared in this way.

char-grilled vegetables

2 sweet corn cobs with husks
1-2 tablespoons chili or herb oil
6 oz/185 g asparagus spears
2 zucchini, halved lengthwise
4 baby leeks
4 Italian tomatoes, halved
freshly ground black pepper
lemon wedges

1 Preheat barbecue to a high heat. Carefully pull back husks from corn cobs, keeping them attached, and remove silk. Tie husks with string to form a handle. Cook cobs in boiling

hinged wire racks

These are a useful accessory for the barbecue cook and are available in many sizes and shapes. The one used in this recipe is designed for cooking whole fish, other shapes include square or rectangular ones which are suitable for cooking burgers and fish fillets or steaks, or any delicate food which threatens to fall apart when you try to turn it over. To prevent sticking, always oil the rack well before placing the food on it.

water in a saucepan for 2-3 minutes or until kernels soften slightly. Drain.

2 Brush corn cobs with oil. Place asparagus, zucchini, leeks, tomatoes and black pepper to taste in a bowl. Drizzle with oil and toss to coat.

3 Place all the vegetables on barbecue grill and cook, turning several times, until well browned and tender. Serve with lemon wedges.

Serves 6

barbecued garlic flat bread

1 tablespoon olive oil
2 cloves garlic, crushed
3 pieces lavash bread or pita bread rounds

1 Preheat barbecue to a high heat. Combine oil and garlic and lightly brush both sides of bread.

2 Cook bread on barbecue grill for 1-2 minutes each side or until golden. Break into pieces to serve.

Serves 6

undercover chicken

3 lb/1.5 kg whole chicken
1/2 cup butter, softened
1 clove garlic, crushed
2 tablespoons snipped fresh chives
2 tablespoons chopped fresh parsley
1 tablespoon olive oil
8 slices prosciutto or lean ham
1 cup white wine

1 Preheat covered barbecue to a medium heat. Wash chicken inside and out and pat dry with paper towels.

2 Place butter, garlic, chives and parsley in a bowl and mix to combine. Using your fingers, loosen skin on breast of chicken. Push butter mixture under skin and smooth out evenly. Place chicken on a wire rack set in a baking dish and brush with oil. Place prosciutto or ham over chicken

breast in a criss-cross pattern and secure in place with toothpicks. Pour wine over chicken.

3 Place baking dish on barbecue grill, cover barbecue with lid and cook for 1 1/2 hours or until chicken is tender. Cover and stand for 10 minutes before carving.

Serves 6

On Page 37: Oriental Chicken Kebabs, Herb-infused Fish, Char-grilled Vegetables, Barbecued Garlic Flat Bread. Below: Undercover Chicken.





For a special family celebration slow-roasted leg of lamb, barbecued vegetables and your favorite salad make a meal that is sure to be remembered long after the event. For dessert grilled nectarines (page 90) are perfect to end the meal.

slow-roasted leg of lamb

3 lb/1.5 kg leg of lamb
3 cloves garlic, thinly sliced

mint marinade

6 tablespoons chopped fresh mint
1/2 cup white wine vinegar
1/4 cup olive oil
freshly ground black pepper

- 1 To make marinade, place mint, vinegar, oil and black pepper to taste in a bowl and mix to combine.
- 2 Cut several deep slits in the surface of the lamb. Fill each slit with a slice of garlic. Place lamb in a glass or ceramic dish, pour over marinade, turn to coat, cover and marinate in the refrigerator for 4 hours.
- 3 Preheat covered barbecue to a medium heat. Place lamb on a wire rack set in a baking dish and pour over

marinade. Place baking dish on barbecue grill, cover barbecue with lid and cook, basting occasionally, for 1 1/2-2 hours or until lamb is tender. Cover and stand for 15 minutes before carving.

Serves 4

Disposable aluminum foil dishes sold in supermarkets as turkey roasting dishes are ideal for cooking larger pieces of meat in the covered barbecue. They save on clean-up and your good baking dish is preserved.

barbecued vegetables

10 oz/315 g sweet potatoes, cut into thick slices
10 oz/315 g pumpkin, peeled and cut

into wedges
6 medium potatoes, halved
12 baby onions
6 carrots
6 parsnips
6 baby beets
1/4 cup olive oil
4 sprigs fresh lemon thyme or thyme
4 sprigs fresh rosemary

- 1 Preheat covered barbecue to a medium heat. Bring a saucepan of water to the boil, add sweet potatoes, pumpkin and potatoes and cook for 10 minutes, drain well.
- 2 Place sweet potatoes, pumpkin, potatoes, onions, carrots, parsnips and beets on a lightly oiled baking tray. Brush vegetables lightly with oil and scatter with sprigs of thyme and rosemary.

- 3 Place baking tray on barbecue grill, cover barbecue with lid and cook for 40 minutes or until vegetables are tender.

Serves 6

steaks with blue butter

1 tablespoon freshly ground black pepper
2 tablespoons olive oil
6 fillet steaks, trimmed of fat

blue butter

1/2 cup butter, softened
2 oz/60 g blue cheese
1 tablespoon chopped fresh parsley
1 teaspoon paprika

- 1 To make blue butter, place butter, cheese, parsley and paprika in a bowl and beat to combine. Place butter on a piece of plastic food wrap and roll into a log shape. Refrigerate for 1 hour or until firm.
- 2 Preheat barbecue to a high heat. Place black pepper and oil in a bowl and mix to combine. Brush steaks lightly with oil mixture. Place steaks on lightly oiled barbecue grill and cook for 3-5 minutes each side or until cooked to your liking.
- 3 Cut butter log into thick slices and top each steak with one or two slices. Serve immediately.

Serves 6



pork steaks with apple stuffing

6 pork butterfly steaks, pounded

apple stuffing

1 tablespoon butter
1 onion, finely chopped
2 strips bacon, finely chopped
1 apple, cored and finely chopped
1 1/2 cups dried breadcrumbs

1 egg, lightly beaten
5 oz/155 g mozzarella cheese, diced
2 tablespoons chopped fresh parsley
freshly ground black pepper

- 1 To make stuffing, melt butter in a frying pan and cook onion and bacon for 4-5 minutes or until bacon is crisp. Add apple and cook until soft. Place mixture in a bowl, add breadcrumbs, egg, mozzarella cheese and parsley and mix to combine. Season to taste with black pepper.
- 2 Preheat barbecue to a medium heat. Place spoonfuls of stuffing on one side of each pork steak, then fold over and secure with toothpicks. Cook on lightly oiled barbecue grill for 5-6 minutes each side or until cooked.

Serves 6



Left: Slow-roasted Leg of Lamb, Barbecued Vegetables. Above: Pork Steaks with Apple Stuffing. Below: Steaks with Blue Butter.



lamb cutlets with honey butter

- 1 tablespoon oil
- 1 clove garlic, crushed
- 8 lamb cutlets

honey butter

- 1/3 cup butter, softened
- 2 tablespoons chopped fresh mint
- 1 tablespoon honey
- freshly ground black pepper

1 To make honey butter, place butter, mint, honey and black pepper to taste in a small bowl and mix to combine. Place mixture on plastic food wrap and roll into a log shape. Refrigerate until firm.

2 Preheat barbecue to a medium heat. Place oil and garlic in a small bowl and mix to combine. Wrap ends of cutlet bones in aluminum foil to prevent burning during cooking. Brush cutlets with oil mixture and cook on barbecue plate for 3 minutes each side or until tender.

3 Cut butter log into small rounds and serve with cutlets.

Serves 4

grilled corn bread

- 1 cup polenta
- 3/4 cup self-raising flour, sifted
- 1/2 teaspoon sugar
- 1 tablespoon butter, melted
- 1 cup milk
- 1 egg
- olive oil

coriander pesto

- 3 large bunches fresh coriander
- 2 cloves garlic, crushed
- 1/2 cup pine nuts
- 1/2 cup olive oil
- 1/2 cup grated Parmesan cheese

1 Place polenta, flour and sugar in a bowl. Whisk together butter, milk and egg in a separate bowl, add to dry ingredients and mix to combine.

2 Spoon batter into a greased 8 in/ 20 cm round cake pan and bake at 350°F/180°C/Gas 4 for 15-20 minutes or until bread is cooked when tested with a skewer. Stand in pan for 5 minutes before turning onto a wire rack to cool.

3 To make pesto, place coriander leaves, garlic and pine nuts in a

Left: Paupiettes. Right: Lamb Cutlets with Honey Butter, Grilled Corn Bread.

food processor or blender and process to finely chop. With machine running, slowly pour in oil and process until smooth. Add cheese and process to combine.

4 Preheat barbecue to a medium heat. Cut bread into wedges, brush lightly with oil and cook on barbecue grill for 2-3 minutes each side or until warm and golden. Top each wedge of bread with a spoonful of pesto and serve immediately.

Serves 6

Grilled corn bread complements any barbecued meat, or can be served as part of a vegetarian meal.

paupiettes

- 6 oz/185 g feta cheese
- 3/4 cup grated Parmesan cheese
- 3 cloves garlic, crushed
- 2 tablespoons chopped fresh parsley
- 6 spring onions, chopped
- 3 oz/90 g prosciutto, chopped
- 8 veal schnitzels

1 Preheat barbecue to a medium heat.

2 Place feta cheese, Parmesan cheese, garlic, parsley, spring onions and prosciutto in a food processor and process to finely chop. Divide cheese mixture between schnitzels. Roll up and secure with wooden toothpicks.

3 Cook veal rolls on lightly oiled barbecue plate for 10-15 minutes or until cooked.

Serves 4



Interesting butter shapes can be made by using small biscuit cutter shapes.

lime béarnaise

- 1 tablespoon fresh tarragon leaves
- 2 spring onions, chopped
- 1/4 cup lime juice
- 2 tablespoons white wine vinegar
- 3/4 cup butter
- 3 egg yolks

1 Place tarragon leaves, spring onions, lime juice and vinegar in a small saucepan, bring to simmering and simmer until mixture is reduced to 2 tablespoons. Melt butter in a separate small saucepan and keep hot.

2 Place egg yolks in a blender and process for 10 seconds. With machine running, slowly pour in hot lime mixture, then add hot melted butter in a thin stream. Continue processing until mixture is smooth and thick. Pour into a bowl, cover and keep at room temperature until ready to serve.

Makes 1 1/4 cups

As the béarnaise cools it becomes very thick. Reheating the sauce can cause it to separate. It is recommended that it be made no more than 2 hours prior to serving and kept at room temperature.

smoked salmon fillet

- 4 oz/125 g hickory smoking chips
- 1 1/2 cups dry white wine
- 2 lb/1 kg salmon fillet, cut into 8 pieces
- 1 tablespoon oil
- 2 limes, each cut into 8 thin slices
- 16 fresh dill sprigs
- cracked black pepper
- toasted bagel to serve
- 1 quantity lime béarnaise (this page)

1 Preheat covered barbecue to a medium-low heat. Place smoking chips and wine in a non-reactive metal dish and soak for 20 minutes. Place dish containing smoking chips in barbecue over hot coals, cover barbecue with lid and heat for 5 minutes or until liquid is hot.

2 Brush salmon with oil. Place 2 lime slices and 2 dill sprigs on each piece of salmon, then sprinkle with black pepper to taste.

3 Place salmon on lightly oiled barbecue grill, cover barbecue with lid and smoke for 5 minutes. You may wish to intensify the smoke flavor by extending the cooking time

according to your taste. Serve on slices of toasted bagel, with lime béarnaise.

Serves 8

port-glazed lamb

- 5 lb/2.5 kg leg of lamb
- 1 cup port wine
- 1 1/2 cups water

port glaze

- 4 tablespoons mustard
- 2 teaspoons finely grated orange rind
- 1/2 teaspoon grated nutmeg
- 1 1/2 cups port wine
- 1/2 cup honey
- 2 tablespoons balsamic vinegar

1 Preheat covered barbecue to a medium heat. To make glaze, place mustard, orange rind, nutmeg, port, honey and vinegar in a saucepan, bring to simmering and simmer until mixture thickens and reduces slightly.

2 Place lamb on a wire rack set in a baking dish and brush with glaze. Pour port and water into baking dish,



Check the quantity of liquid in the baking dish regularly during cooking and add more water if required.

place dish on barbecue grill, cover barbecue with lid and cook, brushing with glaze at 15-minute intervals, for 2 hours or until cooked to your liking.

Serves 8

italian salad with pesto

- 4 Italian tomatoes, halved
- 2 zucchini, halved lengthwise
- 2 tablespoons olive oil
- 6 oz/185 g baby spinach leaves or assorted lettuce leaves
- 3 bocconcini mozzarella cheese, sliced
- 4 tablespoons olives
- 3 tablespoons pine nuts

pesto dressing

- 1/3 cup ready-made pesto
- 2 tablespoons cider vinegar

1 Preheat barbecue to a high heat. Brush tomatoes and zucchini with a little olive oil, place on barbecue grill, flesh side down, and cook for 3 minutes each side or until tender.

Far Left: Lime Béarnaise, Smoked Salmon Fillet. Left: Port-glazed Lamb. Below: Italian Salad with Pesto, Sweet Rosemary Cutlets.

sweet rosemary cutlets

- 12 small double lamb cutlets
- 24 small sprigs rosemary

honey and wine marinade

- 1 cup red wine
- 1/3 cup honey
- 2 tablespoons wholegrain mustard
- cracked black pepper

1 Make two slits in the thin outer fat covering of each cutlet and insert a rosemary sprig into each one. Place cutlets in a shallow dish.

2 To make marinade, place wine, honey, mustard and black pepper to taste in a bowl and mix to combine. Pour over cutlets, turn to coat and marinate for 40 minutes.

3 Preheat barbecue to a high heat. Drain cutlets, place on lightly oiled barbecue grill and cook for 4-5 minutes each side or until cooked to your liking.

Serves 6



Use fresh young garlic for this recipe, its flavor is milder than more mature garlic and when cooked develops a delicious nutty taste. Lamb chops are also delicious cooked in this way, however no precooking is required and the cooking time on the barbecue will only be 3-5 minutes each side.



fruity lamb with garlic

4 lamb shanks
4 bulbs young garlic, halved horizontally

chutney marinade

2 tablespoons mango chutney
2 cloves garlic, crushed
1 tablespoon finely grated fresh ginger
1/4 cup apple juice
1/4 cup white wine
2 tablespoons olive oil

- 1 Score the thickest part of each lamb shank to allow for even cooking.
- 2 To make marinade, place chutney, garlic, ginger, apple juice, wine and oil in a shallow ovenproof glass, ceramic or enamel dish and mix to combine. Add lamb, turn to coat, cover and marinate in the refrigerator for 2 hours, then bake at 350°F/180°C/Gas 4 for 1 hour.
- 3 Preheat barbecue to a medium heat. Remove lamb from baking dish and place on lightly oiled barbecue grill, add garlic bulbs and cook, turning occasionally, for 30 minutes or until lamb and garlic are tender.

Serves 4

Left: Fruity Lamb with Garlic, Rosemary and Thyme Chops.

Below: Chicken with Creamy Pesto Stuffing.

rosemary and thyme chops

12 lamb chops, trimmed of fat

rosemary and thyme marinade

2 tablespoons chopped fresh rosemary
2 tablespoons chopped fresh thyme
2 cloves garlic, crushed
1/4 cup olive oil
1/4 cup balsamic or red wine vinegar
2 tablespoons lime juice

- 1 To make marinade, place rosemary, thyme, garlic, oil, vinegar and lime juice in a shallow glass or ceramic dish and mix to combine. Add lamb, turn to coat, cover and marinate for 1 hour.
- 2 Preheat barbecue to a high heat. Drain lamb, place on lightly oiled barbecue grill and cook for 3-5 minutes each side or until cooked to your liking.

Serves 6

chicken with creamy pesto stuffing

3 chickens, 3 lb/1.5 kg each

creamy pesto stuffing

3 oz/90 g basil leaves
1/2 cup pine nuts
1/2 cup finely grated Parmesan cheese
8 oz/250 g cream cheese, softened

- 1 To make stuffing, place basil, pine nuts and Parmesan cheese in a food processor and process to finely chop. Stir mixture into cream cheese.
- 2 Cut through backbone of each chicken. Remove both halves of backbone, then turn chicken over and press to flatten.
- 3 Using your fingers, loosen skin over breasts, thighs and legs of chickens. Push stuffing under skin, then thread skewers through wings and legs of chickens.
- 4 Preheat barbecue to a medium heat. Cook chickens on lightly oiled barbecue grill for 15-20 minutes each side or until cooked through.

Serves 10



grilled cod and potatoes

3 tablespoons olive oil
2 tablespoons lime juice
1 teaspoon cracked black pepper
4 cod steaks
6 potatoes, very thinly sliced
sea salt

1 Preheat barbecue to a medium heat. Place 1 tablespoon oil, lime

juice and black pepper in a bowl and mix to combine. Brush oil mixture over fish and marinate for 10 minutes.

2 Brush potatoes with oil and sprinkle with salt. Place potatoes on lightly oiled barbecue grill and cook for 5 minutes each side or until tender and golden. Move potatoes to side of barbecue to keep warm.

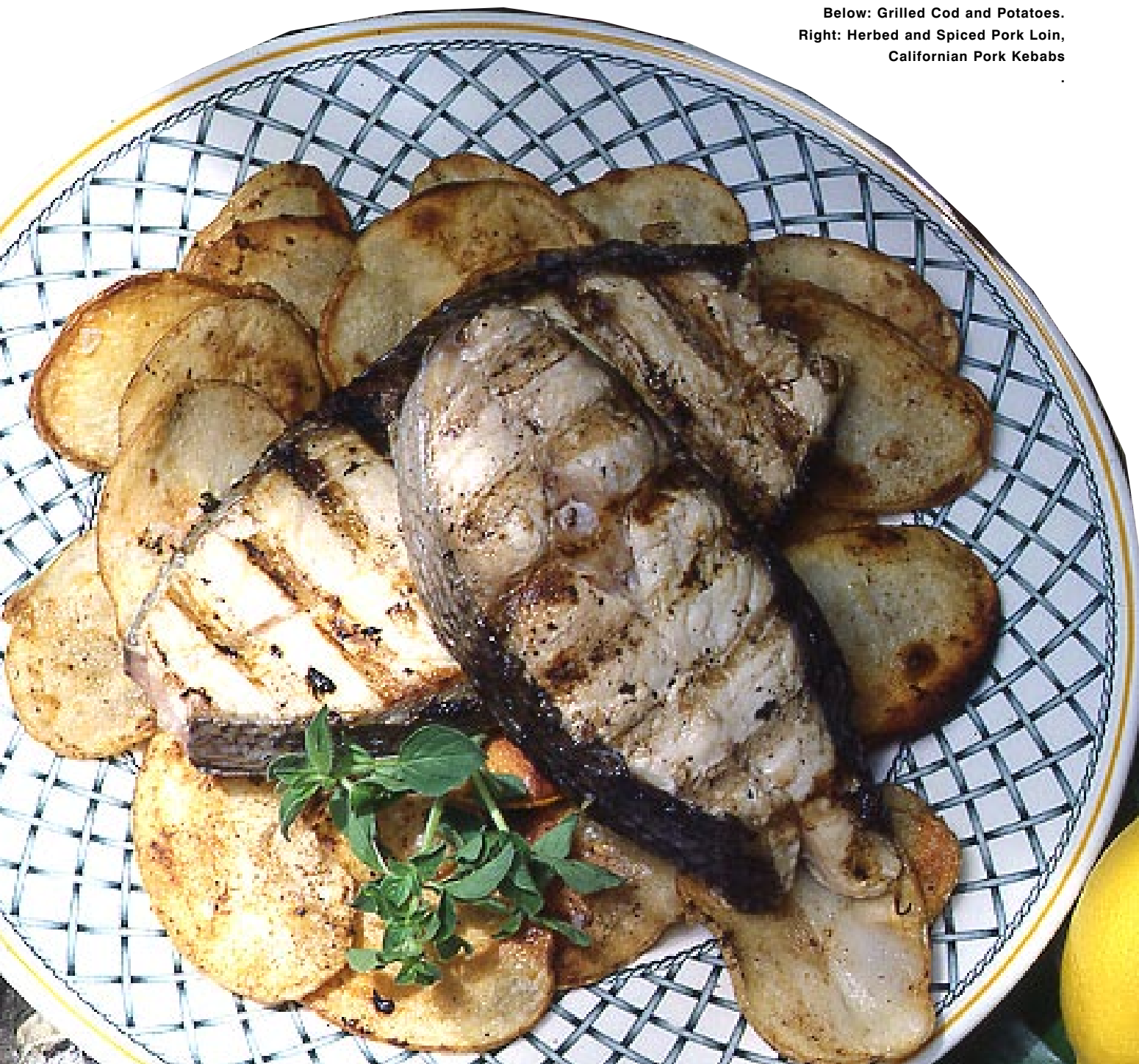
3 Place fish on lightly oiled barbecue grill and cook for 3-5 minutes each side or until flesh flakes when tested with a fork.

4 Arrange potatoes attractively on serving plates and top with fish.

Serves 4

This tasty dish is delicious served with spicy tomato salsa or lime-flavored mayonnaise. To make lime-flavored mayonnaise, place 1/4 cup mayonnaise, 1/4 cup plain yogurt, 1 tablespoon fresh lime juice and 1 teaspoon grated lime rind in a bowl and mix to combine.

Below: Grilled Cod and Potatoes.
Right: Herbed and Spiced Pork Loin,
Californian Pork Kebabs



herbed and spiced pork loin

4 lb/2 kg boneless pork loin, rolled and rind scored

herb and spice marinade

1 onion, chopped
2 tablespoons cracked pink pepper
2 tablespoons cracked green pepper
2 tablespoons ground coriander
1 tablespoon freshly ground black pepper
1 tablespoon ground cumin
1 teaspoon garam masala
1 teaspoon ground mixed spice
1 teaspoon turmeric
1 teaspoon paprika
1 teaspoon sea salt
2 tablespoons peanut oil
2 tablespoons sesame oil
1 tablespoon white vinegar

1 To make marinade, place onion, pink pepper, green pepper, coriander, black pepper, cumin, garam masala, mixed spice, turmeric, paprika, salt, peanut oil, sesame oil and vinegar in a food processor or blender and process to make a paste.

2 Rub marinade over pork, place in a glass or ceramic dish, cover and marinate in the refrigerator overnight.

3 Place pork on a wire rack set in a baking dish and bake at 375°F/190°C/Gas 5 for 1 hour. Preheat barbecue to a medium heat. Transfer pork to lightly oiled barbecue grill and cook, turning frequently, for 1½ hours or until tender and cooked through. Stand for 10 minutes before carving.

Serves 8

californian pork kebabs

1 lb/500 g pork fillets, cubed
1 small pineapple, cubed



This recipe can be cooked in a covered barbecue, in which case it is not necessary to precook the pork in the oven. If cooking in a covered barbecue preheat the barbecue to a medium heat and cook for 2-2½ hours. When scoring the rind take care not to cut through into the flesh.

pineapple marinade

1 onion, chopped
3 cloves garlic, chopped
2 dried red chilies
2 tablespoons chopped fresh thyme
2 tablespoons chopped fresh oregano
2 teaspoons ground cumin
2 teaspoons freshly ground black pepper
1/3 cup lemon juice
1/3 cup pineapple juice
2 tablespoons olive oil

1 To make marinade, place onion, garlic, chilies, thyme, oregano, cumin, black pepper, lemon juice, pineapple juice and oil in a food processor or blender and process until smooth.

2 Place pork in a glass or ceramic bowl, pour over marinade and toss to combine. Cover and marinate at room temperature for 2 hours or in the refrigerator overnight.

3 Preheat barbecue to a medium heat. Drain pork well. Thread pork and pineapple, alternately, onto skewers. Place skewers on lightly oiled barbecue grill and cook, turning several times, for 5-8 minutes or until pork is tender and cooked through.

Serves 6

kettle-roasted honey beef

3 lb/1.5 kg sirloin, trimmed of fat
6-8 branches bay tree

mustard wine marinade

4 tablespoons mustard seeds
1½ cups red wine
1 tablespoon cracked black pepper
1 tablespoon fresh tarragon leaves
1 tablespoon fresh sage leaves
2 tablespoons honey

1 To make marinade, place mustard seeds and wine in a bowl and soak for 30 minutes. Add black pepper, tarragon, sage and honey and mix to combine. Place beef in a shallow dish and pour over marinade. Cover and marinate, turning occasionally, for at least 1 hour.

2 Preheat covered barbecue to a high heat. Drain beef and reserve marinade. Place beef on barbecue grill and cook, turning frequently, until brown on all sides. Remove beef from barbecue and reduce heat to medium. Line a wire rack with bay branches and place beef on top. Strain reserved marinade, spread mustard seeds and herbs over beef and pour liquid into a baking dish. Place rack in baking dish, place dish on barbecue grill, cover barbecue with lid and cook, turning occasionally, for 35-55 minutes or until beef is cooked to your liking.

Serves 8

sweet potato chip salad

2 lb/1 kg sweet potatoes, thinly sliced
3-4 tablespoons olive oil
6 oz/185 g baby spinach leaves
6 oz/185 g rocket leaves
3 tomatoes, chopped
2 red onions, sliced

meat thermometer

Kettle-roasting method can be used for barbecuing any large piece of meat.

To ensure that the meat is cooked to your liking, it is worthwhile investing in an instant read meat thermometer; these are relatively inexpensive and can be purchased from specialty barbecue and cookware stores. To use, insert the thermometer into the thickest part of the meat when you think it is almost cooked to your liking. For rare meat, the reading should be 140°F/60°C, for medium cooked meat 160°F/70°C and for well-done meat 170°F/75°C. Remember, larger pieces of meat will benefit from resting for 20-30 minutes before carving and cooking will continue in this time. You can expect the internal temperature of the meat to rise by about 10°F/5°C during the resting time.

4 tablespoons pitted black olives
½ cup Parmesan cheese shavings

sweet oregano dressing

2 tablespoons fresh oregano leaves
1½ tablespoons brown sugar
⅓ cup balsamic vinegar
freshly ground black pepper

1 Preheat barbecue to a high heat. Brush sweet potato slices with oil and cook, in batches, on barbecue plate for 4 minutes each side or until golden and crisp. Drain on paper towels.

2 Place spinach and rocket leaves, tomatoes, onions, olives and Parmesan cheese shavings in a bowl and toss to combine. Cover and chill until required.

3 To make dressing, place oregano, sugar, vinegar and black pepper to



Kettle-roasted Honey Beef, Sweet Potato Chip Salad, Marinated Eggplant Salad.

taste in a screwtop jar and shake to combine.

4 Just before serving, add sweet potato chips to salad, drizzle with dressing and toss to combine.

Serves 8

This salad can be assembled and the dressing made in advance. However, do not dress until just prior to serving –this ensures that the sweet potato crisps do not go soggy.

marinated eggplant salad

3 large eggplant, sliced
sea salt
2-3 tablespoons olive oil

herb and balsamic dressing

1 red onion, sliced
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh basil
1 fresh green chili, seeded and finely chopped
⅔ cup balsamic vinegar
freshly ground black pepper

1 Place eggplant in a colander, sprinkle with salt and drain for 20 minutes. Rinse under cold water and pat dry with paper towels.

2 Preheat barbecue to a high heat. Brush eggplant slices with oil, place on barbecue grill and cook for 2 minutes each side or until tender and golden. Place in a shallow dish.

3 To make dressing, place onion, parsley, basil, chili, vinegar and black pepper to taste in a screwtop jar and shake to combine. Pour over

eggplant and toss. Cover and marinate in the refrigerator for at least 1 hour before serving.

Serves 8

This salad can be marinated for up to 24 hours. Salting eggplant degorges it of any bitter juices. For this recipe, it also ensures that you do not end up with excess juices coming out during the marinating of the salad.



grilled trout with apple stuffing

4 small trout, cleaned, head and tail intact
olive oil for brushing

apple stuffing

1 tablespoon butter
1 small onion, finely chopped
1 apple, cored and finely chopped
1/2 cup dried breadcrumbs
1 teaspoon lemon juice
1 tablespoon finely chopped fresh mint
2 teaspoons finely chopped parsley
freshly ground black pepper

1 Preheat barbecue to a medium heat. To make stuffing, melt butter in a frying pan and cook onion for 5 minutes or until transparent. Place apple and breadcrumbs in a bowl, add onion mixture, lemon juice, mint, parsley and black pepper to taste and mix to combine.

2 Fill the cavity of each trout with stuffing. Secure opening with toothpicks and lightly brush outside of each trout with oil. Cook on lightly oiled barbecue grill for 5-8 minutes each side or until flesh flakes when tested with a fork.

Serves 4



home-smoked trout

1 cup smoking chips
1/2 cup white wine
4 small rainbow trout, cleaned, head and tail intact
1 tablespoon oil
3 red onions, thinly sliced
1 lemon, thinly sliced
8 sprigs dill

1 Place smoking chips and wine in a non-reactive metal dish and stand for 1 hour.

Left: Grilled Trout with Apple Stuffing, Bruschetta with Tomato and Olives.

Below: Home-smoked Trout.

2 Preheat covered barbecue to a low heat. Place dish containing smoking chips in barbecue over hot coals, cover barbecue with lid and heat for 5-10 minutes or until liquid is hot.

3 Place trout on a wire rack set in a baking dish. Brush trout lightly with oil, then top with onions, lemon and dill. Place dish containing trout on barbecue grill, cover barbecue with lid and smoke for 15-20 minutes or until flesh flakes when tested with a fork.

Serves 4

bruschetta with tomato and olives

1/4 cup olive oil
2 cloves garlic, crushed
8 thick slices crusty bread

tomato olive topping

3 large ripe tomatoes, peeled and diced
2 tablespoons finely chopped red pepper

6 black olives, finely chopped
1/2 red onion, finely chopped
2 tablespoons finely chopped fresh basil
1 tablespoon olive oil
1 tablespoon balsamic or red wine vinegar
freshly ground black pepper

1 To make topping, place tomatoes, red pepper, olives, onion, basil, oil and vinegar in a bowl, season to taste with black pepper and toss to combine.

2 Preheat barbecue to a medium heat. Combine oil and garlic and brush both sides of each bread slice. Cook bread on lightly oiled barbecue grill for 2-3 minutes each side or until toasted. Serve immediately, with topping.

Serves 4

Bruschetta is the toast of Italy. Delicious cooked on the barbecue, it can be eaten plain or topped to your liking.



seafood paella

- 1 tablespoon olive oil
- 2 onions, chopped
- 2 cloves garlic, crushed
- 1 tablespoon fresh thyme leaves
- 2 teaspoons finely grated lemon rind
- 4 ripe tomatoes, chopped
- 2½ cups short grain white rice
- pinch saffron threads soaked in 2 cups water
- 5 cups chicken or fish stock
- 10 oz/315 g fresh or frozen peas
- 2 red peppers, chopped
- 2 lb/1 kg mussels, scrubbed and beards removed
- 1 lb/500 g firm white fish fillets, cubed
- 10 oz/315 g uncooked shrimps, shelled and deveined
- 7 oz/220 g scallops
- 3 calamari tubes, sliced
- 1 tablespoon chopped fresh parsley

1 Preheat barbecue to a medium heat. Place a large paella or frying pan on barbecue, add oil and heat. Add onions, garlic, thyme leaves and lemon rind and cook for 3 minutes or until onion is soft.

2 Add tomatoes and cook, stirring, for 4 minutes. Add rice and cook, stirring, for 4 minutes longer or until rice is translucent. Stir in saffron mixture and stock and bring to simmering. Simmer, stirring occasionally, for 30 minutes or until rice has absorbed almost all of the liquid. Stir in peas, red peppers and mussels and cook for 2 minutes. Add fish, shrimps and scallops and cook, stirring, for 2-3 minutes. Stir in calamari and parsley and cook, stirring, for 1-2 minutes longer or until seafood is cooked.

Serves 8



This Spanish favorite is ideal to cook on the barbecue and a great way to feed a crowd. The barbecue can easily accommodate the paella pan and the paella develops a wonderful flavor. The size of the pan influences the quantity of liquid that is required for this recipe. Here a large paella pan was used, so the rate of evaporation was greater than if using a smaller pan. If using a smaller pan, reduce the amount of liquid by 2 cups and add more liquid during cooking if necessary.

Below: Seafood Paella.
Right: Mixed Sausage and Onion Grill.

mixed sausage and onion grill

- 12 sausages of different varieties
- 12 new potatoes, scrubbed
- 3 red onions, cut into quarters
- olive oil for brushing

1 Parboil sausages (see Barbecue a Sausage), drain and set aside to cool, then refrigerate. Boil, steam or microwave potatoes until just tender.

2 Preheat barbecue to a medium heat. Thread 2 onion quarters onto 6 skewers. Thread 2 potatoes onto another 6 skewers. Brush skewers with oil and cook on barbecue grill, turning halfway through cooking, for 15-20 minutes or until onions and potatoes are golden and tender.

3 At the same time, cook sausages on lightly oiled barbecue grill for 10-15 minutes or until golden and crisp on the outside and heated through. Serve with skewers.

Serves 6



barbecue a sausage

Children and adults alike love sausages cooked on the barbecue. With the huge variety now available from butchers, specialty shops and delicatessens, you have no fear of sausages ever being dull. To cook the perfect barbecued sausage it should be parboiled first. This ensures that the sausage will be cooked on the inside and golden on the outside and will remove some of the fat in it. To parboil, place sausages in a saucepan, cover with water and bring slowly to the boil, then reduce heat and simmer for 5 minutes. Drain and set aside to cool. When cool, cover and refrigerate for several hours or overnight.

some like it hot

- *Salmon Steaks with Pineapple Salsa*
- *Spicy Corn Cobs*
- *Warm Bean and Vegetable Salad*
- *Spicy Chicken Fajitas*
- *Warm Beef Salad*
- *Calamari and Scallop Salad*
- *Barbecued Steak Sandwiches*
- *Apple Pork Ribs*
- *Tandoori Mixed Platter*
- *Lamb and Noodle Salad*
- *Lamb with Honeyed Onions*
- *Blackened Tuna Steaks*
- *Chicken in Coals*
- *Indian Yogurt Kebabs*
- *Marinated Seared Tuna*
- *Spicy Mango Chicken*
- *Grilled Chicken Salad*
- *Caribbean Spatchcock*
- *Buffalo Chicken*
- *Chili Lime Drumsticks*
- *Spicy Fish Sticks*
- *Lemon and Honey Chicken*
- *Chili and Herb Marinated Shrimps*
- *Stuffed Calamari*

*Spicy and full of flavor
These are the dishes gourmets favor.*



salmon steaks with pineapple salsa

4 salmon steaks

pineapple salsa

8 oz/250 g fresh pineapple, cubed

2 spring onions, chopped

1 fresh red chili, seeded and chopped

1 tablespoon lemon juice

2 tablespoons chopped fresh mint

1 Preheat barbecue to a medium heat. Cook salmon steaks on lightly oiled barbecue grill for 3-5 minutes each side or until cooked to your liking.

2 To make salsa, place pineapple, spring onions, chili, lemon juice and mint in a food processor or blender and process to combine. Serve at room temperature with salmon steaks.

Serves 4

This salsa is delicious served with any fish or barbecued chicken. If fresh pineapple is unavailable use drained canned pineapple in its place.

spicy corn cobs

1/2 cup butter, softened

1 small fresh red chili, finely chopped

2 tablespoons grated Parmesan cheese

1 tablespoon finely chopped fresh coriander

6 corn cobs, husks removed

1 Place butter, chili, cheese and coriander in a food processor or blender and process until smooth.

2 Preheat barbecue to a medium heat. Wrap corn cobs in a double thickness of aluminum foil and cook on barbecue grill for 30-35 minutes or until tender. Spread corn cobs with butter mixture and serve.

Serves 6

warm bean and vegetable salad

1 red pepper, roasted and cut into strips

1 green pepper, roasted and cut into strips

1 red onion, finely chopped

2 spring onions, finely chopped

3 tomatoes, peeled and finely diced

1 clove garlic, crushed

1 dried red chili, crushed

1 1/2 lb/750 g canned mixed beans, drained

2 tablespoons red wine vinegar

1 tablespoon oil

3 tablespoons finely chopped fresh coriander

freshly ground black pepper

1 Place red and green peppers, red onion, spring onions, tomatoes, garlic, chili, beans and vinegar in a large bowl and toss to combine.

2 Preheat barbecue to a medium heat. Heat oil in a large frying pan on barbecue, add vegetable mixture and cook, stirring, for 4-5 minutes or until just warmed. Stir in coriander and season to taste with black pepper. Serve immediately.

Serves 6

To roast peppers, see tip on page 23.

spicy chicken fajitas

1 1/2 lb/750 g boneless chicken breast fillets

2 onions, finely sliced

1 tablespoon oil

1 avocado, stoned, peeled and diced

3 tomatoes, peeled and diced

6 spring onions, finely chopped

1 cup plain yogurt

1/2 cup grated mature Cheddar cheese

3 tablespoons chopped fresh coriander

6 flour tortillas, warmed

lime marinade

1/2 cup lime juice

1/2 cup oil

1 fresh red chili, seeded and finely chopped

1 To make marinade, combine lime juice, oil and chili in a small bowl. Place chicken and onions in a shallow glass or ceramic dish and pour marinade over. Toss to coat, cover and marinate, turning occasionally, for 2-3 hours.

2 Preheat barbecue to a medium heat. Drain chicken and onions. Heat oil in a frying pan on barbecue and cook onions for 10-15 minutes or until golden. Cook chicken on lightly oiled barbecue grill, turning frequently, for 5-7 minutes or until cooked. Cut chicken into strips.

3 To serve, place avocado, tomatoes, spring onions, yogurt, cheese and coriander in separate bowls. Arrange chicken strips, onions and tortillas on a large serving platter and allow each person to fill their own tortilla to taste.

Serves 6

On Page 57: Salmon Steaks with Pineapple Salsa. Left: Spicy Corn Cobs, Warm Bean and Vegetable Salad, Spicy Chicken Fajitas.





warm beef salad

- 2 lb/1 kg rump steaks
- 1 cucumber, peeled and thinly sliced
- fresh coriander leaves
- 1 fresh red chili, sliced

coriander marinade

- 4 tablespoons soy sauce
- 2 tablespoons oil
- 1 teaspoon ground coriander
- 1 tablespoon finely chopped fresh coriander
- 1 tablespoon brown sugar
- freshly ground black pepper

1 Place steaks in a shallow glass or ceramic dish. To make marinade, place soy sauce, oil, ground and fresh coriander, sugar and black pepper to taste in a small bowl and mix to combine. Pour over meat, cover and marinate for at least 1 hour. Arrange

overlapping cucumber slices on a large platter, cover and refrigerate until required.

2 Preheat barbecue to a high heat. Drain steaks and reserve marinade. Sear steaks on lightly oiled barbecue grill for 1 minute each side. Move steaks to a cooler section of barbecue and cook for 3 minutes each side or until cooked to your liking. Place reserved marinade in a small saucepan, bring to the boil and cook for 3-4 minutes.

3 Thinly slice steaks, arrange on top of cucumber, spoon over marinade and garnish with coriander and chili.

Serves 8

Traditionally the meat for this Thai dish should be cooked rare.

calamari and scallop salad

- 2 calamari tubes
- 8 oz/250 g scallops
- 1 red pepper, roasted and cut into thin strips
- 1 yellow or green pepper, roasted and cut into thin strips
- 8 oz/250 g asparagus, cut into pieces, blanched
- 1 red onion, sliced
- 3 tablespoons fresh coriander leaves
- 1 bunch rocket or watercress

herb and balsamic dressing

- 1 tablespoon finely grated fresh ginger
- 1 tablespoon chopped fresh rosemary
- 1 clove garlic, crushed
- 1/4 cup olive oil
- 2 tablespoons lime juice
- 1 tablespoon balsamic or red wine vinegar

1 To make dressing, place ginger, rosemary, garlic, oil, lime juice and vinegar in a screwtop jar and shake well to combine. Set aside.

2 Preheat barbecue to a high heat. Cut calamari tubes lengthwise and open out flat. Using a sharp knife cut parallel lines down the length of the calamari, taking care not to cut through the flesh. Make more cuts in the opposite direction to form a diamond pattern. Cut into squares.

3 Place calamari and scallops on lightly oiled barbecue plate and cook, turning several times, for 3 minutes or until tender. Set aside to cool slightly.

4 Combine red and yellow or green peppers, asparagus, onion and coriander. Line a large serving platter with rocket or watercress, top with vegetables, calamari and scallops. Drizzle with dressing and serve immediately.

Serves 4

barbecued steak sandwiches

- 6 lean rump steaks
- 3 onions, finely sliced
- 12 thick slices wholewheat bread
- olive oil for brushing

ginger wine marinade

- 1 cup red wine
- 1/2 cup olive oil
- 1 clove garlic, crushed
- 2 teaspoons grated fresh ginger

1 To make marinade, place wine, oil, garlic and ginger in a bowl and mix to combine. Place steaks in a shallow glass or ceramic dish. Pour marinade over, cover and marinate at room temperature for 2-3 hours or overnight in the refrigerator.

2 Preheat barbecue to a medium heat. Cook onions on lightly oiled barbecue plate or in a lightly oiled frying pan on barbecue grill for 10-15 minutes or until golden. Drain steaks and cook on lightly oiled barbecue grill for 3-5 minutes each side or until cooked to your liking.

3 Lightly brush bread slices with oil and cook on barbecue grill for 1-2 minutes each side or until lightly toasted. Top 6 bread slices with steaks, onions and remaining bread slices.

Serves 6

Marinated steak, barbecued and placed between slices of grilled bread makes the best steak sandwiches you will ever taste. You may like to add some salad ingredients to your sandwiches. Mustard or relish is also a tasty addition.

Below: Barbecued Steak Sandwiches. Far Left: Warm Beef Salad. Left: Calamari and Scallop Salad.



apple pork ribs

6 small pork back rib racks
freshly ground black pepper

apple lime marinade

1/2 cup apple juice
1/4 cup lime juice
dash Tabasco sauce

apple chili glaze

1 tablespoon oil
2 onions, finely chopped
2 cloves garlic, crushed
1 fresh red chili, seeded and finely chopped
4 oz/125 g canned apple purée
1 cup apple jelly

1/2 cup apple juice
2 tablespoons lime juice

1 Season ribs with black pepper and place in a shallow glass or ceramic dish. To make marinade, combine apple juice, lime juice and Tabasco sauce in a small bowl, pour over ribs and toss to coat. Cover and marinate in the refrigerator for 1-2 hours.

2 To make glaze, heat oil in a saucepan over medium heat and cook onions, garlic and chili for 10 minutes or until soft. Stir in apple purée, jelly and juice, bring to

simmering and simmer, stirring frequently, for 15 minutes or until mixture thickens. Stir in lime juice and cook for 15 minutes longer or until mixture thickens.

3 Preheat barbecue to a medium heat. Drain ribs and reserve marinade. Sear on lightly oiled barbecue grill for 5 minutes each side, brushing frequently with reserved marinade. Brush ribs with warm glaze and cook, turning, for 5 minutes longer. Serve ribs with remaining glaze. Accompany with turmeric rice.

Serves 6

**Below: Apple Pork Ribs.
Right: Tandoori Mixed Platter.**



tandoori mixed platter

6 lamb cutlets, trimmed of fat
2 boneless chicken breast fillets
18 uncooked medium shrimps, shelled and deveined, tails intact
8 oz/250 g rump steak, cut into thin strips

tandoori marinade

2 tablespoons tandoori seasoning or paste
1 tablespoon ground coriander
1 1/2 cups plain yogurt
1 tablespoon lemon juice

banana herb yogurt

1 banana, sliced
2 tablespoons chopped fresh mint
2 tablespoons shredded coconut
1 cup plain yogurt

1 To make marinade, place tandoori seasoning or paste, coriander, yogurt and lemon juice in a bowl and mix to combine.

2 Place lamb and chicken in separate shallow glass or ceramic dishes, spoon one-quarter of marinade over each, toss to coat and cover. Thread shrimps onto skewers and place on a plate. Thread beef onto skewers and place on a separate plate. Brush kebabs with remaining marinade and cover. Marinate lamb, chicken, shrimps and beef in the refrigerator for 3 hours.

3 To make banana yogurt, place banana, mint, coconut and yogurt in a bowl and mix to combine. Cover and refrigerate until required.

4 Preheat barbecue to a medium heat. Drain lamb, chicken, shrimps and beef, place on lightly oiled barbecue grill and cook, turning several times, for 5-10 minutes or until all ingredients are cooked and tender.

5 Slice chicken and arrange attractively on a large serving platter with lamb cutlets, shrimp kebabs and beef kebabs. Serve with banana yogurt.

Serves 6



lamb and noodle salad

1½ lb/750 g lamb fillets, trimmed of fat and sinew

lime marinade

1 stalk fresh lemon grass, chopped, or ½ teaspoon dried lemon grass, soaked

2 cloves garlic, crushed

¼ cup lime juice

2 tablespoons oil

2 tablespoons sweet chili sauce

1 tablespoon fish sauce

rice noodle salad

5 oz/155 g rice noodles

6 spring onions, chopped

1 red pepper, chopped

2 oz/60 g bean sprouts

3 tablespoons fresh coriander leaves

lime and chili dressing

¼ cup lime juice

1 tablespoon fish sauce



1 tablespoon honey
pinch chili powder

1 To make marinade, place lemon grass, garlic, lime juice, oil, chili sauce and fish sauce in a glass or ceramic dish and mix to combine. Add lamb, turn to coat, cover and marinate in the refrigerator for 3 hours.

2 To make salad, soak or cook noodles following packet directions. Drain and place in a bowl. Add spring onions, red pepper, bean sprouts and coriander and toss to combine. Set aside.

3 To make dressing, place lime juice, fish sauce, honey and chili powder in a screwtop jar and shake well to combine. Set aside.

4 Preheat barbecue to a medium heat. Drain lamb and cook on lightly oiled barbecue grill, turning several times, for 5-10 minutes or until cooked to your liking. Slice lamb diagonally.

5 Place salad on a large serving platter, arrange lamb attractively

on top and drizzle with dressing. Serve immediately.

Serves 6

lamb with honeyed onions

12 lamb cutlets, trimmed of fat

yogurt marinade

1 tablespoon chopped fresh mint

1 clove garlic, crushed

1 cup plain yogurt

2 tablespoons wholegrain mustard

1 tablespoon mint sauce

honeyed onions

2 tablespoons olive oil

2 red onions, sliced

1 tablespoon honey

2 tablespoons red wine vinegar

1 To make marinade, place mint, garlic, yogurt, mustard and mint sauce in a shallow glass or ceramic dish and mix to combine. Add lamb, turn to coat, cover and marinate in the refrigerator for 3 hours.

2 Preheat barbecue to a medium heat. For honeyed onions, heat oil on barbecue plate, add onions and cook, stirring constantly, for 10 minutes. Add honey and vinegar and cook, stirring, for 5 minutes longer or until onions are very soft and golden.

3 Drain lamb, place on lightly oiled barbecue grill and cook for 2-3 minutes each side or until cooked to your liking. Serve with onions.

Serves 6

blackened tuna steaks

4 tuna steaks

2 tablespoons olive oil

fennel tomato salsa

4 Italian tomatoes, chopped

1 bulb fennel, finely chopped

1 red onion, finely chopped

2 tablespoons capers

1 tablespoon chopped fresh mint

1 clove garlic, crushed

1 tablespoon lemon juice

1 tablespoon orange juice

cajun spice mix

2 tablespoons sweet paprika

1 tablespoon dried ground garlic

1 tablespoon onion powder

2 teaspoons cracked black pepper

2 teaspoons dried mixed herbs

1 teaspoon cayenne pepper

1 Preheat barbecue to a high heat. To make salsa, place tomatoes, fennel, onion, capers, mint, garlic, lemon juice and orange juice in a bowl and toss to combine. Set aside until ready to serve.

2 To make spice mix, place paprika, garlic, onion powder, black pepper, herbs and cayenne pepper in a bowl and mix to combine. Add tuna, toss to coat and shake off excess.

3 Heat oil on barbecue plate for 2-3 minutes or until hot, add tuna and cook for 3-4 minutes each side or until blackened and cooked to your liking. Serve immediately with salsa.

Serves 4

Top Left: Lamb and Noodle Salad.
Bottom Left: Lamb with Honeyed Onions.
Below: Blackened Tuna Steaks.



If tuna is unavailable swordfish or salmon are delicious alternatives. Dried ground garlic is available in the spice section of supermarkets. It has a pungent taste and smell and should be used with care.

chicken in coals

3 lb/1.5 kg whole chicken

1/4 cup butter, melted

2 tablespoons soy sauce

1 tablespoon honey

2 star anise

1 cinnamon stick

1 Heat barbecue until flames die down and coals are glowing. The barbecue is ready when you can hold your hand about 10 cm/4 in from the coals for 4-5 seconds.

2 Cut chicken down back bone and press to flatten. Place butter, soy sauce and honey in a bowl and mix to combine.

3 Brush butter mixture over chicken and place on a sheet of parchment paper large enough to completely enclose chicken. Top chicken with star anise and cinnamon stick and wrap in paper, then wrap parcel in a double thickness of aluminum foil.

4 Place wrapped chicken in coals and cook, turning several times, for 45-60 minutes or until cooked and tender.

Serves 4

indian yogurt kebabs

6 chicken thigh fillets, halved

yogurt marinade

1 tablespoon chopped fresh coriander

2 teaspoons finely grated fresh ginger

1 clove garlic, crushed

2 teaspoons paprika

1 teaspoon ground cumin

1/2 teaspoon ground turmeric

1/2 teaspoon chili powder

1/2 teaspoon ground cinnamon

1 cup plain yogurt

2 tablespoons lemon juice

1 To make marinade, place coriander, ginger, garlic, paprika, cumin, turmeric, chili powder, cinnamon, yogurt and lemon juice in a shallow glass or ceramic dish and mix well to combine. Add chicken, toss to coat and marinate for 30 minutes.

2 Preheat barbecue to a medium heat. Drain chicken and thread 3 pieces onto a skewer. Repeat with remaining chicken to make 4 kebabs. Place kebabs on lightly oiled barbecue grill and cook for 4-5 minutes each side or until chicken is cooked and tender.

Serves 4

If chicken thigh fillets are unavailable chicken breast fillets can be used instead. You will need 3 boneless chicken breast fillets, each cut into 4 pieces.

marinated seared tuna

12 oz/375 g sashimi tuna

2 teaspoons sesame oil

ginger and lemon marinade

2 spring onions, ground

1 tablespoon finely chopped parsley

2 teaspoons ground fresh ginger

1/4 cup soy sauce

2 tablespoons lemon juice

1 Preheat barbecue to a high heat. Brush tuna with sesame oil, place on lightly oiled barbecue grill and cook for 5 seconds each side –the outside of the tuna should be seared only and the center still uncooked.

2 To make marinade, place spring onions, parsley, ginger, soy sauce and lemon juice in a shallow dish and mix to combine. Add tuna, turn to coat, cover and marinate in the refrigerator, turning occasionally, for 1-2 hours.

3 Drain and thinly slice tuna. Arrange slices attractively on a serving platter and spoon over a little of the marinade.

Serves 12

For a more intense flavor, the tuna for this recipe can be marinated for up to 24 hours.

Right: Chicken in Coals, Indian Yogurt Kebabs. Left: Marinated Seared Tuna.



For this recipe the chicken is actually cooked in the coals of the barbecue so it is important that the fire is not too hot. If using wood the fire should burn down to red hot glowing embers. When using charcoal or heat beads the coals should be glowing and partially covered by grey ash. Charcoal takes 15-20 minutes to reach this stage, heat beads 30-40 minutes and wood 1 hour or more, depending on the variety used.

spicy mango chicken

- 1 teaspoon freshly ground black pepper
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 4 boneless chicken breast fillets, pounded
- 4 slices prosciutto or ham, halved
- 2 mangoes, stoned, peeled and cut into thick slices

mango sauce

- 1 mango, stoned, peeled and chopped
- 1 clove garlic, crushed
- 2 tablespoons light corn syrup
- 1 tablespoon sweet chili sauce

- 1 Preheat barbecue to a high heat. Combine black pepper, cumin and paprika and sprinkle over chicken. Layer prosciutto or ham and mango

slices on chicken, roll up and secure with toothpicks.

- 2 Place chicken on lightly oiled barbecue grill and cook for 3-5 minutes each side or until tender and cooked.

- 3 To make sauce, place mango, garlic, syrup and chili sauce in a small saucepan over low heat and cook, stirring, for 4-5 minutes or until sauce thickens slightly. Serve with chicken.

Serves 4

Drained canned mangoes can be used in place of fresh. You will need two 14 oz/440 g cans of mangoes. Use three-quarters of one can for the sauce and the remainder for the filling in the chicken.

Below: Spicy Mango Chicken, Grilled Chicken Salad. Top Right: Caribbean Spatchcock.

grilled chicken salad

- 4 boneless chicken breast fillets
- 1 bunch rocket or watercress
- 8 oz/250 g cherry tomatoes, halved
- 5 oz/155 g feta cheese, crumbled
- 3 oz/90 g marinated olives

coriander marinade

- 2 tablespoons chopped fresh coriander
- 1 fresh red chili, chopped
- 2 tablespoons soy sauce
- 2 tablespoons lime juice

lime dressing

- 2 tablespoons olive oil
- 2 tablespoons lime juice
- freshly ground black pepper

- 1 To make marinade, place coriander, chili, soy sauce and lime juice in a bowl and mix to combine. Add chicken, toss to coat and marinate for 30 minutes.

- 2 Preheat barbecue to a medium heat. Arrange rocket or watercress,

tomatoes, cheese and olives attractively on a serving platter. Set aside.

- 3 To make dressing, place oil, lime juice and black pepper to taste in a screwtop jar and shake well to combine. Set aside.

- 4 Drain chicken, place on lightly oiled barbecue grill and cook for 4-5 minutes each side or until cooked through. Slice chicken, arrange on salad, drizzle with dressing and serve immediately.

Serves 4

caribbean spatchcock

- 3 spatchcocks (poussins), halved
- 2 tablespoons cracked black pepper



This is also a delicious way to prepare and cook chicken pieces. The cooking time for the chicken pieces will be about the same as for the spatchcocks. You should cook them until the juices run clear.

- 1 teaspoon ground coriander

lime marinade

- 3 tablespoons white rum
- 2 teaspoons finely grated lime rind
- 1 tablespoon lime juice
- 2 tablespoons honey
- 2 cloves garlic, crushed
- 1 teaspoon grated fresh ginger

- 1 To make marinade, place rum, lime rind, lime juice, honey, garlic and ginger in a bowl and mix to combine. Place spatchcocks in a shallow glass or ceramic dish and rub marinade into birds. Cover and marinate for 1 hour.

- 2 Preheat barbecue to a medium heat. Thread a skewer through wings and legs of each bird half and brush with any remaining marinade. Combine black pepper and coriander and press onto skin of birds. Cook on lightly oiled barbecue grill, turning frequently, for 15-20 minutes or until birds are cooked through.

Serves 6





buffalo chicken

2 lb/1 kg chicken pieces, skinned and scored

beer marinade

3 spring onions, chopped

2 cloves garlic, crushed

1 cup tomato sauce

1/4 cup beer

1 tablespoon cider vinegar

1 tablespoon honey

1 tablespoon Tabasco sauce

1 To make marinade, place spring onions, garlic, tomato sauce, beer, vinegar, honey and Tabasco sauce in a shallow glass or ceramic dish and mix to combine. Add chicken, toss to coat, cover and marinate in the refrigerator for 3-4 hours.

2 Preheat barbecue to a medium heat. Drain chicken and reserve marinade. Place chicken on lightly oiled barbecue grill and cook, basting frequently with reserved marinade and turning several times, for 10-15 minutes or until tender and cooked through.

Serves 4

The cooking times for the chicken will vary according to the size of the pieces. If you have a variety of sizes, place the larger, longer cooking pieces such as drumsticks and thighs on the barbecue first and cook for 5 minutes before adding the smaller quicker cooking pieces such as wings and breasts.

chili lime drumsticks

12 chicken drumsticks, skinned and scored

chili lime marinade

1/4 cup lime juice



Above: Spicy Fish Sticks.

Left: Chili Lime Drumsticks, Buffalo Chicken.

1/4 cup buttermilk

2 tablespoons sweet chili sauce

2 tablespoons soy sauce

1 To make marinade, place lime juice, buttermilk, chili sauce and soy sauce in a shallow glass or ceramic dish and mix to combine. Add chicken, turn to coat, cover and marinate in the refrigerator for 3 hours.

2 Preheat barbecue to a medium heat. Drain chicken well and reserve marinade. Place chicken on lightly oiled barbecue grill and cook, basting frequently with reserved marinade and turning occasionally, for 25 minutes or until cooked.

Serves 4

spicy fish sticks

4 small white fish fillets

1 long French bread stick, cut into 4 lengths

2 tablespoons butter

1 head mignonette lettuce, shredded

1 tomato, sliced

4 tablespoons tartare sauce

coriander and lemon marinade

1 tablespoon oil

2 tablespoons finely chopped fresh coriander

2 tablespoons fresh lemon juice

1/4 teaspoon chili powder

1/2 teaspoon ground cumin

1 To make marinade, place oil, coriander, lemon juice, chili powder and cumin in a bowl and mix to combine. Place fish in a shallow glass or ceramic dish and pour marinade over. Cover and marinate for 15 minutes, turning once.

2 Preheat barbecue to a medium heat. Split each piece of bread horizontally and toast on barbecue grill, then spread with butter.

3 Place fish on lightly oiled barbecue plate and cook for 2 minutes each side or until flesh flakes when tested with a fork.

4 Top bottom halves of bread pieces with lettuce, tomato, fish, tartare sauce and remaining bread pieces.

Serves 4



Chicken tenderloins are available from specialty chicken shops and some supermarkets. If unavailable, use 3 boneless chicken breast fillets, cook, then cut into suitable sized pieces to fit onto the bread.

lemon and honey chicken

- 12 chicken tenderloins
- 4 small pita bread rounds, each cut into 6 wedges
- 1 small cucumber, cut into thin strips
- 1/4 red pepper, cut into thin strips

hot lemon and honey marinade

- 1 fresh red chili, seeded and chopped
- 1/4 cup soy sauce
- 2 tablespoons lemon juice
- 2 tablespoons honey
- 1 teaspoon sesame oil

1 To make marinade, place chili, soy sauce, lemon juice, honey and oil in a bowl and mix to combine. Add chicken and toss to coat. Cover and marinate in the refrigerator for 1 hour.

2 Preheat barbecue to a high heat. Place bread on barbecue grill and cook for 1-2 minutes each side or until golden and crisp. Set aside.

3 Drain chicken. Place on lightly oiled barbecue grill and cook for 1-2 minutes each side or until cooked and tender.

4 Cut chicken pieces in half, place a piece on each bread wedge and top with some cucumber strips and a red pepper strip.

Makes 24

chili and herb marinated shrimps

2 lb/1 kg uncooked medium shrimps, shelled and deveined, tails intact

chili and herb marinade

- 2 fresh red chilies, chopped
- 2 cloves garlic, crushed
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh parsley
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- freshly ground black pepper

1 Preheat barbecue to a medium heat. To make marinade, place chilies, garlic, oregano, parsley, oil, vinegar and black pepper to taste in a bowl and mix to combine. Add shrimps,

toss to coat and marinate for 10 minutes.

2 Drain shrimps and cook on lightly oiled barbecue grill for 1-2 minutes each side or until just change color.

Serves 8

stuffed calamari

20 baby calamari, cleaned
olive oil for brushing

feta and olive filling

- 1 cup dried breadcrumbs
- 10 oz/315 g feta cheese, crumbled
- 3 tablespoons chopped black olives
- 2 tablespoons chopped sun-dried tomatoes
- 1/4 cup lemon juice
- 1 tablespoon chopped fresh oregano
- freshly ground black pepper

1 To make filling, place breadcrumbs, cheese, olives, tomatoes, lemon juice, oregano and black pepper to taste in bowl and mix to combine.

2 Preheat barbecue to a high heat. Spoon filling into calamari and secure with toothpicks. Lightly brush with oil and cook on barbecue grill for 1 minute each side or until calamari are white and opaque.

Serves 8

Only the calamari bodies or tubes are used for this recipe, so reserve tentacles for another use. It is sometimes possible to purchase cleaned baby calamari in which case they could be used for this recipe. As soon as the calamari come in contact with the hot barbecue they will shrink, so take care not to overfill them or they will burst during cooking.

Above: Lemon and Honey Chicken. Right: Stuffed Calamari, Chili and Herb Marinated Shrimps.



veggies rule

- *Tomato Salsa on Bruschetta*
- *Basic Pizza Dough*
- *Grilled Pepper and Pesto Pizza*
- *Barbecued Tofu Bruschetta*
- *Nutty-crusted Ricotta Salad*
- *Couscous-filled Mushrooms*
- *Bocconcini and Sage Pizzas*
- *Tomato and Basil Pizzas*
- *Middle Eastern Dip*
- *Grilled Vegetable Sampler*
- *Warm Vegetable Salad*
- *Mushroom Risotto Cakes*
- *Kebabs with Herb Sauce*
- *Warm Potato Salad*
- *Roasted Tomato Salad*
- *Wild Rice and Bean Patties*

*Heap those veggies on your plate
Builds your muscles and helps you concentrate.*





tomato salsa on bruschetta

12 slices crusty Italian bread
olive oil for brushing

grilled tomato salsa

1 lb/500 g cherry tomatoes, halved
2 tablespoons olive oil
6 bocconcini mozzarella cheese, chopped
4 tablespoons fresh basil leaves, torn into pieces
cracked black pepper

roasted garlic dressing

2 cloves garlic, unpeeled
2 tablespoons balsamic vinegar
1 tablespoon olive oil

1 Preheat barbecue to a medium heat. To make dressing, place garlic cloves on barbecue plate and cook for 1-2 minutes each side or until flesh is soft. Squeeze flesh from garlic cloves and mash. Place garlic, vinegar and oil in a screwtop jar and shake to combine.

2 To make salsa, place tomatoes and oil in a bowl and toss to coat. Place tomatoes, cut side down, on barbecue plate and cook for 1-2 minutes. Place tomatoes, mozzarella cheese, basil and black pepper to taste in a bowl, add dressing and toss to combine.

3 Lightly brush bread with oil, place on barbecue grill and toast for 1 minute each side. Pile tomato salsa on bread and serve immediately.

Makes 12

basic pizza dough

1 teaspoon active dry yeast
pinch sugar
2/3 cup warm water
2 cups all purpose flour
1/2 teaspoon salt
1/4 cup olive oil

1 Place yeast, sugar and water in a bowl and mix to dissolve. Stand in a warm draught-free place for 5 minutes or until mixture is foamy.

2 Place flour and salt in a food processor and pulse once or twice

to sift. With machine running, slowly pour in yeast mixture and oil and process to form a rough dough.

3 Turn dough onto a lightly floured surface and knead for 5-10 minutes or until soft and shiny. Add more flour if necessary.

4 Place dough in a large lightly oiled bowl and roll around bowl to cover surface with oil. Cover bowl with plastic food wrap and stand in a warm draught-free place for 1-1 1/2 hours or until doubled in size. Knock down and knead lightly before using as directed in chosen recipe.

Pizzas are always popular and nothing could be more delicious than these barbecued pizzas. Once you have mastered the pizzas in this chapter try some of your own ideas using your favorite ingredients for topping.

grilled pepper and pesto pizza

2 red peppers, quartered
2 green peppers, quartered
2 yellow peppers, quartered
4 baby eggplant, halved lengthwise
2 tablespoons olive oil
1 quantity basic pizza dough (this page)
3/4 cup ready-made pesto
3/4 cup grated Parmesan cheese

1 Preheat barbecue to a high heat. Brush peppers and eggplant with oil and cook on barbecue grill for 3-4 minutes each side or until soft and golden. Set aside.

2 Divide pizza dough into 4 portions and roll into 1/8 in/3mm thick rounds. Place dough rounds on lightly oiled barbecue grill and cook for

On Page 75: Grilled Pepper and Pesto Pizza, Barbecued Tofu Bruschetta.
Left: Tomato Salsa on Bruschetta.

3-5 minutes or until brown and crisp.

3 Flip pizza bases. Spread cooked side with pesto, top with peppers and eggplant and sprinkle with cheese. Cook for 4-6 minutes longer or until base is crisp and golden. Serve immediately.

Serves 4

barbecued tofu bruschetta

1 lb/500 g firm tofu, cut into 12 pieces
3 tablespoons olive oil
2 cloves garlic, crushed
1 small French bread stick, cut into 12 slices
3 tablespoons chopped fresh coriander

chili marinade

1/3 cup vegetable stock
3 tablespoons Japanese soy sauce
2 teaspoons sesame oil
2 teaspoons chili sauce

1 To make marinade, place stock, soy sauce, sesame oil and chili sauce in a shallow glass or ceramic dish and mix to combine. Add tofu, toss to coat, cover and marinate for 1 hour.

2 Preheat barbecue to a medium heat. Combine olive oil and garlic, brush over bread slices, place on barbecue grill and cook for 2-3 minutes each side or until golden.

3 Drain tofu and cook on barbecue grill for 2-3 minutes each side or until golden. Place a piece of tofu on each bruschetta, sprinkle with coriander and serve immediately.

Makes 12



Above: Couscous-filled Mushrooms.
Right: Nutty-crusted Ricotta Salad.

nutty-crusted ricotta salad

10 oz/315 g fresh ricotta cheese in one piece

3/4 cup grated Parmesan cheese

1/2 cup pine nuts, toasted and finely chopped

1 tablespoon sweet paprika

1 tablespoon dried oregano

4 tablespoons olive oil

10 oz/315 g assorted salad leaves

3 oz/90 g snow pea sprouts or watercress

6 oz/185 g yellow teardrop or cherry tomatoes

1 avocado, stoned, peeled and chopped

1 oz/30 g sun-dried tomatoes, sliced

spiced honey dressing

2 cloves garlic, crushed

1 teaspoon ground cumin

1 teaspoon ground coriander

pinch red chili flakes

1/4 cup olive oil

1 tablespoon cider vinegar

1 teaspoon honey

1 Place ricotta cheese in a colander lined with muslin and drain for 1 hour.

2 Preheat barbecue to a medium heat. Place Parmesan cheese, pine nuts, paprika, oregano and 2 tablespoons oil in a bowl and mix to combine. Press nut mixture over surface of ricotta cheese to coat.

3 Heat remaining oil on barbecue plate until hot, then cook ricotta cheese, turning occasionally, for 10 minutes or until golden. Stand for 10 minutes, then slice.

4 Line a large serving platter with salad leaves, arrange snow pea sprouts or watercress, teardrop or cherry tomatoes, avocado, sun-dried tomatoes

and ricotta slices attractively on top.

5 To make dressing, place garlic, cumin, coriander, chili flakes, oil, vinegar and honey in a bowl and whisk to combine. Drizzle over salad and serve.

Serves 4

couscous-filled mushrooms

2/3 cup couscous

2/3 cup boiling water

1 tablespoon butter

2 teaspoons olive oil

1 onion, chopped

2 cloves garlic, crushed

1 teaspoon garam masala

pinch cayenne pepper

12 large mushrooms, stalks removed

6 1/2 oz/200 g feta cheese, crumbled

1 Preheat barbecue to a high heat. Place couscous in a bowl, pour over boiling water, cover and stand for 5 minutes or until water is absorbed. Add butter and toss gently with a fork.

2 Heat oil in a frying pan over medium heat, add onion and garlic and cook, stirring, for 3 minutes or until soft. Add garam masala and cayenne pepper and cook for 1 minute longer. Add mixture to couscous and toss to combine.

3 Fill mushrooms with couscous mixture, top with cheese and cook on lightly oiled barbecue grill for 5 minutes or until mushrooms are tender and cheese melts.

Serves 4





If you wish to offer a tempting variation for meat eaters, add prociutto to bocconcini and sage pizzas and grilled chicken to tomato and basil pizzas as seen in photograph.

bocconcini and sage pizzas

- 1 quantity basic pizza dough (page 77)
- 2 tomatoes, thinly sliced
- 8 oz/250 g bocconcini mozzarella cheese, sliced
- 2 tablespoons fresh sage leaves
- freshly ground black pepper

1 Preheat barbecue to a high heat. Divide pizza dough into 4 portions and roll into rounds about 1/2 in/1 cm thick. Lightly brush dough rounds with oil, place on barbecue grill and cook for 3-5 minutes or until well browned and crisp.

2 Flip pizza bases. Top cooked side with overlapping slices of tomatoes and mozzarella cheese. Scatter with sage and black pepper to

taste. Cook for 3-5 minutes longer or until base is golden and crisp and topping warm. Serve immediately.

Makes 4

tomato and basil pizzas

- 8 Italian tomatoes, thickly sliced
- 2 tablespoons olive oil
- freshly ground black pepper
- 1 quantity basic pizza dough (page 77)
- 2 1/2 oz/75 g marinated olives, pitted
- 1/2 bunch fresh basil, shredded
- 1 cup grated Parmesan cheese

1 Preheat barbecue to a high heat. Lightly brush tomatoes with oil

and season with black pepper to taste. Place on barbecue grill and cook for 2-3 minutes. Set aside.

2 Divide pizza dough into 8 portions and roll into rounds about 1/2 in/1 cm thick. Lightly brush dough rounds with oil, place on barbecue grill and cook for 3-4 minutes or until golden and crisp.

3 Flip pizza bases. Top cooked side with tomatoes, scatter with olives and basil and sprinkle with cheese. Cook for 3-5 minutes longer or until base is golden and crisp and topping warm. Serve immediately.

Makes 8

Above: Bocconcini and Sage Pizzas, Tomato and Basil Pizzas. Top Right: Grilled Vegetable Sampler. Bottom Right: Middle Eastern Dip.

middle eastern dip

- 1 large eggplant
- 1 onion, unpeeled
- 2 cloves garlic, crushed
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh parsley
- 1/4 cup sour cream
- 4 pieces lavash bread, cut into triangles

1 Preheat barbecue to a high heat. Place eggplant and onion on lightly oiled barbecue grill and cook, turning occasionally, for 20-30 minutes or until skins are charred and flesh is soft. Cool slightly, peel and chop roughly.

2 Place eggplant, onion, garlic, oil and lemon juice in a food processor or blender and process until smooth. Add parsley and sour cream and mix to combine.

3 Brush bread lightly with oil and cook on barbecue grill for 1-2 minutes each side or until crisp. Serve immediately with dip.

Serves 6

grilled vegetable sampler

- 1 eggplant, cut into thick slices
- coarse salt
- 1/3 cup olive oil
- 6 Italian tomatoes, halved
- 6 spring onions, trimmed
- 1 teaspoon tarragon vinegar
- 1 yellow pepper, quartered
- 1 red pepper, quartered
- 2 zucchini, cut lengthwise into thin slices
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- 4 oz/125 g oyster mushrooms
- 1 teaspoon sesame oil



For a delicious presentation simply arrange on a large serving platter and sprinkle with balsamic vinegar and chopped fresh herbs of your choice. Accompany with a selection of your favorite dipping sauces, such as tahini, pesto and sweet chili sauce.

- 1 French bread stick, sliced
- 1 clove garlic, halved

1 Preheat barbecue to a medium heat. Place eggplant in a colander, sprinkle with salt and drain for 15 minutes. Rinse under cold water and pat dry with paper towels. Brush slices lightly with olive oil.

2 Combine the following in separate bowls: tomatoes, spring onions, tarragon vinegar and 1 tablespoon olive oil; yellow pepper, red pepper, zucchini, balsamic vinegar and honey; mushrooms and sesame oil. Toss to combine. Rub bread slices with cut surface of garlic and lightly brush with olive oil.

3 Place eggplant, tomato mixture, pepper mixture, mushrooms and bread on lightly oiled barbecue grill and cook, turning occasionally, for 5-10 minutes or until vegetables are cooked and bread is toasted.

Serves 6

Lavash bread is a yeast-free Middle Eastern bread available from Middle Eastern food shops and some supermarkets. If unavailable use pita bread instead.





Above: Mushroom Risotto Cakes. Right: Warm Vegetable Salad, Kebabs with Herb Sauce.

warm vegetable salad

- 6 zucchini, quartered lengthwise
- 2 red onions, sliced
- 5 oz/155 g snow pea sprouts or watercress
- 1 yellow or red pepper, chopped
- 1 avocado, stoned, peeled and chopped

orange dressing

- 2 tablespoons snipped fresh chives
- 1/4 cup orange juice
- 1 tablespoon white wine vinegar
- 2 teaspoons mustard

1 Preheat barbecue to a medium heat. Place zucchini and onions on lightly oiled barbecue grill and cook for 2-3 minutes each side or until golden and tender.

2 Arrange snow pea sprouts or watercress, yellow or red pepper and avocado attractively on a serving platter. Top with zucchini and onions.

3 To make dressing, place chives, orange juice, vinegar and mustard in a screwtop jar and shake well to combine. Drizzle over salad and serve immediately.

Serves 4

mushroom risotto cakes

- 1 tablespoon olive oil
- 1 tablespoon butter
- 2 cloves garlic, crushed
- 1 leek, thinly sliced
- 1 1/4 cups arborio or risotto rice
- 4 oz/125 g button mushrooms, sliced
- 3 cups hot vegetable stock
- 1 cup dry white wine
- 1/2 cup grated Parmesan cheese
- freshly ground black pepper
- 1/4 cup flour
- 2 eggs, lightly beaten
- 1 1/2 cups dried wholewheat breadcrumbs

1 Heat oil and butter together in saucepan over medium heat, add garlic and cook, stirring, for 1 minute or until fragrant. Add leek and cook for 3 minutes or until golden. Add rice and mushrooms and cook, stirring, for 3 minutes longer.

2 Stir in 3/4 cup hot stock and 1/4 cup wine and cook, stirring constantly, until liquid is absorbed. Continue adding stock and wine in this way, stirring constantly and allowing liquid to be absorbed before adding more.

3 Remove pan from heat, add cheese and black pepper to taste and mix

to combine. Set aside to cool, then refrigerate for at least 3 hours.

4 Preheat barbecue to a medium heat. Shape tablespoons of rice mixture into patties. Toss in flour to coat and shake off excess. Dip patties in eggs and roll in breadcrumbs to coat. Cook patties on lightly oiled barbecue plate for 5 minutes each side or until golden and heated through.

Serves 4

kebabs with herb sauce

- 1 green pepper, cut into squares
- 2 zucchini, cut into pieces
- 1 red onion, cubed
- 1 eggplant, cubed
- 16 cherry tomatoes
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano

herb sauce

- 1 tablespoon chopped fresh dill
- 2 tablespoons snipped fresh chives
- 1 cup sour cream
- 2 tablespoons lemon juice

1 Preheat barbecue to a medium heat. Thread a piece of green pepper, zucchini, onion, eggplant and a tomato onto a skewer. Repeat with remaining vegetables to use all ingredients.

2 Combine oil, lemon juice and oregano and brush over kebabs. Place on lightly oiled barbecue grill and cook, turning several times, for 5-10 minutes or until vegetables are tender.

3 To make sauce, place dill, chives, sour cream and lemon juice in a bowl and mix to combine. Serve with kebabs.

Serves 4



This salad is delicious served with toasted olive bread.



warm potato salad

- 2 lb/1 kg new potatoes

- 12 baby onions, halved

- 8 slices prosciutto or lean ham

- 1/4 cup olive oil

- 8 sprigs fresh rosemary

- 1 teaspoon sea salt

- 4 spring onions, chopped

mint dressing

- 1 cup plain yogurt

- 3 tablespoons mayonnaise

- 2 tablespoons wholegrain mustard

- 2 tablespoons chopped fresh mint

1 Preheat covered barbecue to a high heat. Bring a saucepan of water to the boil, add potatoes and onions and cook for 5 minutes. Drain well.

2 Place potatoes, onions and prosciutto or ham in a lightly oiled baking dish, brush vegetables with oil, scatter with rosemary and sprinkle with salt. Place baking dish on barbecue grill, cover barbecue with lid and cook, turning vegetables occasionally, for 20 minutes or until potatoes are tender.

3 To make dressing, place yogurt, mayonnaise, mustard and mint in a bowl and mix to combine.

4 Place barbecued potatoes and onions in a large salad bowl. Break prosciutto or ham into bite-sized pieces. Add prosciutto or ham and spring onions to bowl. Spoon over dressing, toss to combine and serve immediately.

Serves 6

roasted tomato salad

- 12 Italian tomatoes, halved

- 12 cloves garlic

- 1/4 cup olive oil

- 1/2 teaspoon sea salt

- freshly ground black pepper



Wild rice blend is a mix of wild rice and brown rice. If unavailable you can make your own by combining one part wild rice with two parts brown rice. As the cooking times of the two are similar they can be cooked together.

6 oz/185 g yellow teardrop or cherry tomatoes

- 1 red onion, thinly sliced

- 12 fresh basil leaves, shredded

- 2 tablespoons balsamic vinegar

1 Preheat covered barbecue to a high heat. Place Italian tomatoes and garlic cloves on a wire rack set in a baking dish, brush with oil and sprinkle with salt and black pepper to taste.

2 Place baking dish on barbecue grill, cover barbecue with lid and cook for 30-40 minutes or until tomatoes are soft and garlic is golden. Set aside to cool slightly.

3 Place roasted tomatoes, garlic, teardrop or cherry tomatoes and red onion in a salad bowl. Scatter with basil, drizzle with vinegar and toss.

Serves 4

wild rice and bean patties

- 14 oz/440 g canned soy beans, drained and rinsed

- 6 tablespoons chopped fresh coriander

- 3 spring onions, chopped

- 1 tablespoon finely grated fresh ginger

- 1 tablespoon ground cumin

- 1 tablespoon ground coriander

- 1/2 teaspoon ground turmeric

- 1/2 cup wild rice blend, cooked

- 1/2 cup wholewheat flour

- 1 egg, lightly beaten

- 2 tablespoons oil

sweet chili yogurt

- 1 cup plain yogurt

- 2 tablespoons sweet chili sauce

- 1 tablespoon lime juice

1 Preheat barbecue to a medium heat. Place soy beans, fresh coriander, spring onions, ginger, cumin, ground coriander and turmeric in a food processor and process for 30 seconds or until mixture resembles coarse breadcrumbs. Transfer to a bowl, add rice, flour and egg and mix to combine. Shape mixture into patties.

2 Heat oil on barbecue plate for 2-3 minutes or until hot, add patties and cook for 5 minutes each side or until golden and heated through.

3 To make chili yogurt, place yogurt, chili sauce and lime juice in a bowl and mix to combine. Serve with patties.

Serves 6

Above: Wild Rice and Bean Patties. Left: Warm Potato Salad, Roasted Tomato Salad.

happy endings

- *Mango Berry Pudding*
- *Bananas with Cream*
- *Summer Peaches*
- *Strawberry Kebabs*
- *Apple Stacks*
- *Grilled Nectarines*

*There's nothing quite like something sweet
To make any meal enjoyable and complete.*





On Previous Page: Mango Berry Pudding.
Left: Bananas with Cream. Top Right:
Strawberry Kebabs. Bottom Right:
Summer Peaches.

bananas with cream

- 1/2 cup sour cream
- 2 tablespoons heavy cream
- 1/3 cup butter
- 5 bananas, sliced diagonally
- 1/2 cup dark rum
- 1/2 teaspoon nutmeg
- 1/4 cup brown sugar
- 1/3 cup slivered almonds, toasted

1 Place sour cream and heavy cream in a small bowl and mix to combine. Cover and refrigerate until required.

2 Preheat barbecue to a medium heat. Melt butter in a large frying pan on barbecue and cook bananas for 3-4 minutes or until golden brown. Remove bananas from pan and place on a warm serving dish.

3 Add rum, nutmeg and sugar to frying pan and cook, stirring, for 3-4 minutes or until a glaze forms. Pour over bananas and sprinkle with almonds. Serve immediately with cream mixture.

Serves 6

summer peaches

- 4 large peaches, halved and stoned
- 3 1/2 oz/100 g ricotta cheese
- 1/4 cup hazelnuts, roasted and chopped
- 2 tablespoons maple syrup
- 6 oz/185 g amaretti biscuits, crushed
- 1/4 cup butter melted

1 Preheat covered barbecue to a high heat. Place peaches in a nonstick baking dish.

2 Place ricotta cheese, hazelnuts and maple syrup in a bowl and mix to combine. Fill cavity of each peach with mixture. Place amaretti biscuits and butter in a bowl, mix to combine and sprinkle over peaches.

3 Place dish on barbecue grill, cover barbecue with lid and cook for 15 minutes or until peaches are tender.

Serves 4

Any fresh peaches can be used for this dessert, however the stones are more easily and neatly removed from freestone peaches.

strawberry kebabs

- 1 lb/500 g strawberries, halved
- 1/4 cup balsamic vinegar
- 1 1/2 cups powdered sugar
- vanilla ice cream to serve



1 Preheat barbecue to a high heat. Thread strawberries onto skewers, brush with vinegar, then roll in sugar.

2 Cook kebabs on lightly oiled barbecue grill for 10 seconds

each side or until sugar caramelizes. Serve immediately with ice cream.

Serves 8

mango berry pudding

- 1 loaf walnut bread, sliced
- 2 mangoes, stoned, peeled and sliced
- 8 oz/250 g blueberries
- 8 oz/250 g raspberries
- 1/2 cup brown sugar
- 2 cups heavy cream
- 1/2 cup milk
- 3 eggs, lightly beaten
- 1 tablespoon brandy
- 1 teaspoon vanilla extract

1 Preheat covered barbecue to a medium heat. Line base of a lightly greased ovenproof dish with bread slices. Top with one-quarter of the mangoes, one-quarter of the blueberries and one-quarter

of the raspberries, then sprinkle with one-quarter of the brown sugar. Top with a layer of bread and repeat layers, finishing with bread, to use all ingredients.

2 Combine cream, milk, eggs, brandy and vanilla in a bowl and carefully pour over bread and fruit.

3 Place dish on barbecue grill, cover barbecue with lid and cook for 40 minutes or until pudding is firm.

Serves 6

If walnut bread is unavailable any nut or fruit bread can be used instead.



apple stacks

3 apples, cored
2 tablespoons lemon juice
1 tablespoon honey

ricotta filling

8 oz/250 g ricotta cheese
2 tablespoons sugar
2 tablespoons lemon juice
1 teaspoon vanilla extract

- 1 Preheat barbecue to a low heat. Cut each apple crosswise into 4 thick slices, brush with combined lemon juice and honey.
- 2 Cook apple slices on lightly oiled barbecue grill for 2 minutes each side or until golden, transfer to a bowl and chill.
- 3 To make filling, place ricotta cheese, sugar, lemon juice and vanilla in a food processor or blender and process until smooth.

For this recipe, purchase fresh ricotta cheese in a piece. It has a smoother texture than that which comes in the small tubs. Fresh ricotta cheese is available from specialty cheese shops, delicatessens and some supermarkets.

- 4 To serve, place an apple slice on each serving plate. Top with a spoonful of filling and another apple slice.

Serves 6

grilled nectarines

$\frac{1}{4}$ cup sugar
 $\frac{1}{3}$ cup marsala or sweet sherry
1 tablespoon lemon juice
6 nectarines, stoned and quartered

vanilla mascarpone

$3\frac{1}{2}$ oz/100 g ricotta cheese
5 oz/155 g mascarpone
2 tablespoons sugar
1 teaspoon vanilla extract
1 tablespoon marsala or sweet sherry

- 1 Preheat barbecue to a medium heat. Place sugar, marsala or sherry and lemon juice in a bowl and mix to combine. Add nectarines

and macerate for 5 minutes.

- 2 Drain nectarines and reserve liquid. Place nectarines on barbecue plate and cook for 1 minute each side or until golden. Return fruit to macerating liquid until ready to serve.
- 3 For mascarpone, place ricotta cheese, mascarpone, sugar, vanilla and marsala or sherry in a bowl and beat until smooth. Serve with nectarines.

Serves 6

This recipe is also delicious made with fresh peaches.

**Below: Apple Stacks.
Right: Grilled Nectarines.**



barbecue secrets

which barbecue?

There are many different barbecues available. The one you choose will depend on your budget, how many people you regularly feed and whether barbecuing is usually a planned or an impromptu affair.

Remember always to check the manufacturer's instructions that come with your barbecue. Not only will this ensure that you are aware of any special safety requirements, it will also help you know your barbecue's full potential.

gas barbecues

These contain lava rocks which are heated by gas burners and distribute the heat evenly. Gas barbecues require a gas bottle, which needs to be refilled on a regular basis –this is relatively inexpensive. Before lighting a gas barbecue, check that all the gas fittings and hose connections are tight and fitting correctly. If the barbecue does not ignite immediately, turn it off, wait for any build up of gas to disperse, then try again.

wood or coal barbecues

The key to using these types of barbecues is patience and planning. These barbecues take time to heat, so you need to remember to light the barbecue well in advance.

electric barbecues

These are ideal for people who want to barbecue indoors and, like gas barbecues, they produce almost instant heat.

how hot?

The recipes in this book were cooked on a gas barbecue. Gas barbecues heat up very quickly and the heat is relatively easy to control, however if your barbecue uses coal, wood or barbecue fuel, you need to allow 30-45 minutes for coals to heat and 45 minutes to 1 hour for wood. The following is a guide for assessing the heat of these barbecues.

hot fire

There will be a red glow showing through the thin layer of white ash and when you hold your hand 6 in/15 cm above the coals you will only be able to leave it there for 3 seconds. This fire is ideal for searing and quick cooking.

medium fire

The red glow will be almost gone and the ash thicker and more grey in color. When you hold your hand 6



in/15 cm above the coals you will be able to leave it there for 5-7 seconds. Most barbecuing is done on this heat.

low fire

The red glow will have disappeared and there will be a thick coating of grey ash. This heat is ideal for slow cooking of foods.

equipment checklist

- Heavy duty oven mitts or cloths for handling hot skewers, racks and pans.
- Long-handled tongs for turning food, testing if meat is cooked and moving coals.
- Brushes to baste food with marinades during cooking. Use brushes that can withstand heat –if you use one with

nylon bristles they will melt.

- Long-handled spatulas with a wide blade for turning delicate foods, such as fish, so that they do not fall apart.
- Selection of sharp knives for preparation and carving of food.
- Hinged wire racks for cooking whole fish and other foods that are difficult to turn.
- Bamboo or wooden skewers for quick cooking foods and metal skewers for

keeping it safe

- Before lighting the barbecue sweep up any dry leaves or anything that might catch fire if hit by a spark.
- Do not barbecue in enclosed areas. If wet weather has forced you to move your barbecue undercover, ensure there is plenty of ventilation.
- Watch a lit barbecue at all times and keep children and pets away from hot barbecues and equipment.
- Always keep a bucket of water close at hand when barbecuing. A fire extinguisher or fire blanket is also a sensible safety precaution.
- When using wood for barbecuing or smoking, ensure it is free of chemicals.

heavier, longer cooking foods.

- Pans and bowls for marinating.
- Water spray bottle for dousing flare-ups and sparks. For flare-ups have the spray set to its narrowest stream and spray directly at the flare-up.
- Instant read meat thermometer to test if large cuts of meat are cooked to your liking.

what's in a marinade?

A marinade tenderizes the tough, moistens the dry and flavors the bland. It can be that secret ingredient that turns an otherwise ordinary piece of meat, fish, poultry or game into a taste sensation.

- As marinades contain acid ingredients, marinating is best done in a glass, ceramic, stainless steel or enamel dish. Deep-sided disposable aluminum dishes are also good for marinating.
- Marinating food in a plastic food bag is particularly good for large pieces of meat. Place the food and marinade in the bag, squeeze out as much air as possible and with a piece of string. Turn the bag several times during marinating.
- Food marinates faster at room temperature than in the refrigerator. But remember, in hot weather it is usually better to allow a longer marinating time in the refrigerator to ensure that the food stays safe to eat.
- When trying the following suggestions, remember all of them are easy to make by placing the ingredients in a small bowl and mixing to combine.

hot chili marinade

for meat or poultry

- 1/4 cup soy sauce
- 1/4 cup hoisin sauce
- 1/2 cup dry sherry
- 1 clove garlic, crushed
- 1 teaspoon grated fresh ginger
- 2 spring onions, finely chopped
- 1 teaspoon hot chili sauce

lemon herb marinade

for meat or poultry

- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup white wine vinegar
- 1 clove garlic, crushed
- 1 teaspoon finely grated lemon rind
- 2 teaspoons finely chopped fresh parsley
- 2 teaspoons snipped fresh chives
- 3 teaspoons finely chopped fresh rosemary or 1 teaspoon dried rosemary

white wine and herb marinade

for fish and poultry

- 3/4 cup white wine
- 1/4 cup olive oil
- 2 spring onions, finely chopped
- 1 tablespoon chopped fresh herbs or 1 teaspoon dried herbs

red wine marinade

for red meat or game

- 1 1/2 cups red wine
- 1/2 cup olive oil
- 1 small onion, diced
- 1 bay leaf, torn into pieces
- 1 teaspoon cracked black pepper
- 1 clove garlic, crushed
- 3 teaspoons finely chopped fresh thyme or 1 teaspoon dried thyme

coffee honey marinade

for beef and lamb

- 1 tablespoon honey
- 1 tablespoon instant coffee powder
- 1/4 cup lemon juice
- 2 cloves garlic, crushed



weights & measures

Cooking is not an exact science: one does not require finely calibrated scales, pipettes and scientific equipment to cook, yet the conversion to metric measures in some countries and its interpretations must have intimidated many a good cook. Weights are given in the recipes only for ingredients such as meat, fish, poultry, some vegetables, fruit, rice, cheese, butter, flour, sugar, nuts, chocolate and canned products. Though a few grams/ounces one way or another will not affect the success of your dish.

cups and spoons

Though recipes have been tested using the standard 250 ml cup, 20 ml tablespoon and 5 ml teaspoon, they will work just as well with the US and Canadian 8 fl oz cup, or the UK 300 ml cup. Where tablespoon measures have been given, these are not crucial measures, so using the smaller American or English 14.8 ml/1/2 fl oz tablespoon will not affect the recipe's success.

For breads, cakes and pastries, a graduated set of measuring cups and spoons is recommended, the cups in particular for measuring dry ingredients. Remember to level such ingredients to ensure their accuracy.

oven temperatures

The Celsius temperatures given here are not exact; they have been rounded off and are given as a guide only. Follow the manufacturer's temperature guide, relating it to oven description given in the recipe. Remember gas ovens are hottest at the top, electric ovens at the bottom and convection-fan forced ovens are usually even throughout. We included Regulo numbers for gas cookers which may assist.

To convert °C to °F multiply °C by 9 and divide by 5 then add 32.

	°F	°C	Regulo
Very slow	250	120	1
Slow	300	150	2
Moderately slow	325	160	3
Moderate	350	180	4
Moderately hot	370-400	190-200	5-6
Hot	410-440	210-220	6-7
Very hot	450	230	8
Super hot	475-500	250-290	9-10

american measures

The American reputed pint is 16 fl oz, a quart is equal to 32 fl oz and the American gallon, 128 fl oz. The Imperial measurement is 20 fl oz to the pint, 40 fl oz a quart and 160 fl oz one gallon.

cup measurements

One cup is equal to the following weights:

	Imperial	Metric
Almonds, flaked	3 oz	90 g
Almonds, kernel	5 oz	155 g
Apples, dried, chopped	4 oz	125 g
Apricots, dried, chopped	6 oz	190 g
Breadcrumbs, packed	4 oz	125 g
Breadcrumbs, soft	2 oz	60 g
Cheese, grated	4 oz	125 g
Choc bits	5 oz	155 g
Coconut, shredded	3 oz	90 g
Cornflakes	1 oz	30 g
Flour	4 oz	125 g
Fruit, dried (mixed, raisins)	6 oz	185 g
Honey, treacle, golden syrup	10 oz	315 g
Mixed peel	7 oz	220 g
Nuts, chopped	4 oz	125 g
Rice, cooked	5 oz	155 g
Rice, uncooked	7 oz	220 g
Rolled oats	3 oz	90 g
Shortening (butter, margarine)	8 oz	250 g
Sugar, brown	5 oz	155 g
Sugar, granulated or superfine	8 oz	250 g
Sugar, sifted powdered	5 oz	155 g

liquid measures

Imperial	Metric	Cup & Spoon
fl oz	ml	
fluid ounces	milliliters	
1/6 fl oz	5 ml	1 teaspoon
2/3 fl oz	20 ml	1 tablespoon
1 fl oz	30 ml	1 tablespoon plus 2 teaspoons
2 fl oz	60 ml	1/4 cup
2 1/2 fl oz	85 ml	1/3 cup
3 fl oz	100 ml	3/8 cup
4 fl oz	125 ml	1/2 cup
5 fl oz	150 ml	1/4 pint, 1 gill
8 fl oz	250 ml	1 cup
10 fl oz	300 ml	1/2 pint
12 fl oz	360 ml	1 1/2 cups
14 fl oz	420 ml	1 3/4 cups
16 fl oz	500 ml	2 cups
20 fl oz-1 pint	600 ml	2 1/2 cups
35 fl oz-1 3/4 pints	1 liter	4 cups

dry measures

All the measures are level, so when you have filled a cup or spoon, level it off with the edge of a knife. The scale below is the "cook's equivalent"; it is not an exact conversion of metric to Imperial measurement. To calculate the exact metric equivalent yourself, use 2.2046 lb = 1 kg or 1 lb = 0.45359 kg.

Imperial	Metric
oz = ounces	g = grams
lb = pounds	kg = kilograms
1/2 oz	15 g
2/3 oz	20 g
1 oz	30 g
2 oz	60 g
3 oz	90 g
4 oz - 1/4 lb	125 g
5 oz	155 g
6 oz	185 g
7 oz	220 g
8 oz - 1/2 lb	250 g
9 oz	280 g
10 oz	315 g
11 oz	345 g
12 oz - 3/4 lb	375 g
13 oz	410 g
14 oz	440 g
15 oz	470 g
35.2 oz - 2.2 lb	1,000 g - 1 kg
3.3 lb	1.5 kg

cake dish sizes

Imperial	Metric
6 in	15 cm
7 in	18 cm
8 in	20 cm
9 in	23 cm
10 in	25 cm

loaf dish sizes

Imperial	Metric
9 x 5 in	23 x 12 cm
10 x 3 in	25 x 8 cm
11 x 7 in	28 x 18 cm

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