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barbecue party



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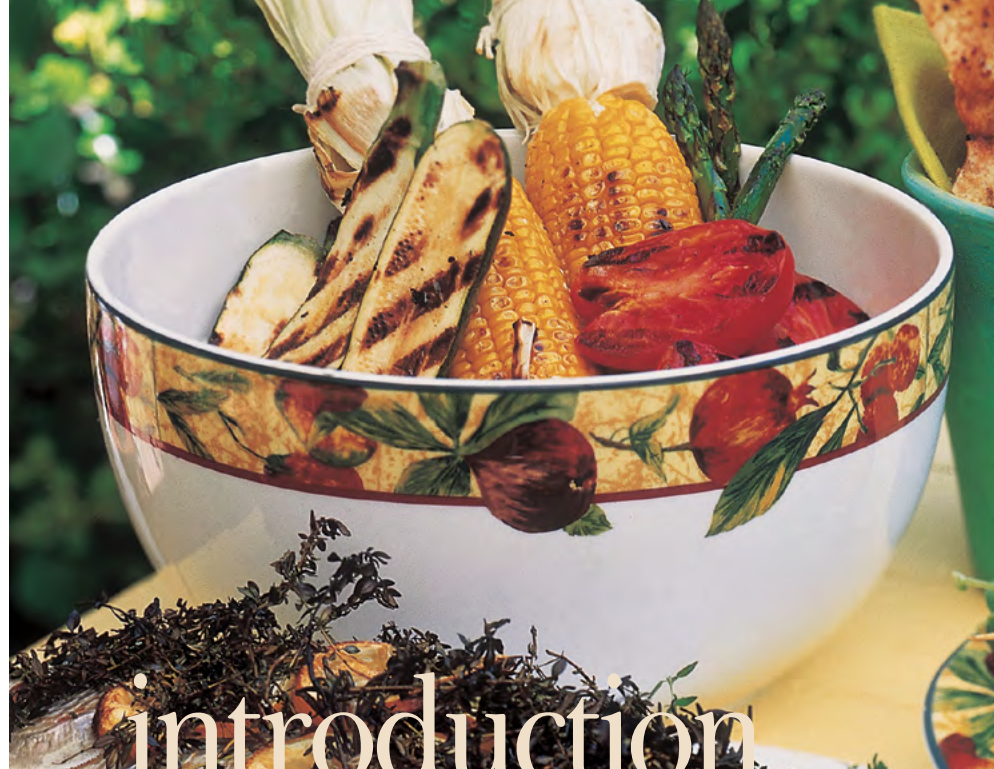
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You don't have to envy the grill next door when you've got your own hot ticket to the one of the country's most popular pastime. And, once you fall in love with the art of grilling, you can make out-of-doors cooking a year 'round affair. Hope you enjoy this compilation of sumptuous barbecue recipes!



barbecue party



Direct & Indirect Cooking Methods

One of the keys to extending your range of grilling capabilities is a fundamental understanding of the two common methods of cooking, Direct and Indirect cooking. Direct cooking is the most common method on the barbecue. In this method, food is placed directly above the heat source. It's perfect for thin cuts like steaks, burgers, fish and sausages. Due to the high temperatures within the barbecue, it's great for searing, where you require high and immediate heat to quickly brown the outside layer of meats thereby sealing in their juices to enhance flavor. In the Indirect cooking method, food is placed on the grill offset from the heat source. This approximates the action of an oven, making it the ideal method for cooking roasts of any kind.

Basic Barbecue Sauces

BBQ

1 tablespoon vegetable oil; 1 onion, chopped; 1 clove garlic, crushed; 1 teaspoon mustard powder; 1 tablespoon Worcestershire sauce; 1 tablespoon brown sugar; 3 tablespoons tomato sauce; 1 teaspoon chili sauce; 3/4 cup/185 ml/6 fl oz beef stock; freshly ground black pepper.

Heat oil in a saucepan and cook onion and garlic for 3-4 minutes or until soft. Stir in mustard powder, Worcestershire sauce, sugar, tomato sauce, chili sauce and stock. Bring to the boil, then reduce heat and simmer for 8-10 minutes or until sauce reduces and thickens slightly. Season to taste with black pepper. Makes 1 cup/250 ml/8 fl oz

Sweet & Sour BBQ

1 tablespoon vegetable oil; 1 small onion, chopped; 1 red pepper, chopped; 1 tablespoon soy sauce; 2 tablespoons honey; 1 tablespoon tomato paste (purée); 2 tablespoons cornflour; 1/2 cup/125 ml/4 fl oz cider vinegar; 1/2 cup/125 ml/4 fl oz chicken stock or water; 440 g/14 oz canned pineapple pieces, drained.

Heat oil in a saucepan and cook onion and red pepper for 4-5 minutes or until soft. Place soy sauce, honey, tomato paste (purée), cornflour and vinegar in a bowl and mix to combine. Stir cornflour mixture into vegetables, then stir in stock or water. Cook, stirring, over a medium heat for 2-3 minutes or until sauce boils and thickens. Stir in pineapple pieces and cook for 2-3 minutes longer. Makes 2 cups/500 ml/16 fl oz

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

onion and parmesan breads

■ ■ □ | Cooking time: 10 minutes - Preparation time: 2 hours 15 minutes

ingredients

- > 2 teaspoons active dry yeast
- > 2½ cups/600 ml/1 pt warm water
- > 5½ cups/700 g/1 lb 7 oz flour
- > 4 spring onions, chopped
- > 4 tablespoons finely grated Parmesan cheese
- > 2 teaspoons sea salt
- > 1 tablespoon poppy seeds

method

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, Parmesan cheese and salt in a bowl. Stir in yeast mixture (a) 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 and place 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 5 mm/¼ in thick (b).
5. Pierce dough rounds all over (c), then lightly brush with oil and sprinkle with poppy seeds.
6. Place bread on barbecue grill and cook for 3-4 minutes each side. Serve warm.

.....
Makes 8

tip from the chef

To make a delicious spread for these breads, process or blend 250 g/8 oz ricotta cheese until smooth. Stir in 2 tablespoons chopped fresh chives and 2 teaspoons crushed black peppercorns.



a



b



c

barbecued chicken and mushroom patties



■ □ □ | Cooking time: 16 minutes - Preparation time: 30 minutes

method

1. Place ground chicken meat in a large bowl and add remaining ingredients (a) except oil. Mix well to combine ingredients, then knead a little with one hand to make the meat fine in texture. With wet hands, shape into 4 or 5 flat patties (b).
2. Heat barbecue or grill to medium-high. Spray grill bars or rack with a little oil and place on the patties (c). Cook for 8 minutes on each side or until cooked through. Patties are cooked when juices run clear after being pricked with a skewer.
3. Serve hot with vegetable accompaniments.

ingredients

- > 500 g/1 lb ground chicken meat
- > ½ cup dried breadcrumbs
- > 1 medium onion, chopped
- > ½ teaspoon salt
- > ½ teaspoon pepper
- > 2 tablespoons lemon juice
- > 2 tablespoons chopped parsley
- > ½ cup finely chopped mushrooms
- > vegetable oil

.....
Serves 4-5

tip from the chef

For quick preparation place onion, parsley and mushrooms in a food processor and chop together. May be cooked on flat-top barbecue, electric table grill or conventional gas or electric grill.



sage and pancetta pizzas

■ □ □ | Cooking time: 10 minutes - Preparation time: 15 minutes

ingredients

> 1 quantity pizza dough

sage and pancetta topping

- > 2 tomatoes, thinly sliced
- > 250 g/8 oz pancetta, thinly sliced
- > 250 g/8 oz bocconcini cheese, sliced
- > 2 tablespoons fresh sage leaves
- > freshly ground black pepper

method

1. Preheat barbecue to a high heat. Divide pizza dough into 4 portions and roll into rounds about 1 cm/½ in 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, pancetta and cheese. Scatter with sage leaves and black pepper to taste. Cook for 3-5 minutes longer or until base is golden and crisp and topping warm. Serve immediately.

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Makes 4

tip from the chef

To make pizza dough, place 1 teaspoon active dry yeast, pinch sugar and ⅔ cup/170 ml/5½ fl oz warm water in a bowl and mix to dissolve. Stand for 5 minutes or until foamy. Place 2 cups/250 g/8 oz flour and ½ teaspoon salt in a food processor and pulse once or twice to sift. With machine running, slowly pour in yeast mixture and ¼ cup/60 ml/2 fl oz olive oil and process to form a rough dough. Knead dough until soft and shiny. Place dough in an oiled bowl, cover with plastic food wrap and place in a warm draught-free place for 1-1½ hours or until doubled in size. Knock down and knead lightly.



smoked

salmon fillet



■ □ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

method

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. Cut salmon into 8 equal pieces (a) and brush with oil. Place 2 lime slices and 2 dill sprigs on each piece of salmon (b), then sprinkle with black peppercorns to taste.
3. Place salmon on oiled barbecue grill, cover barbecue with lid and smoke for 5 minutes (c). You may wish to intensify the smoke flavor by extending the cooking time according to your taste. Serve salmon on slices of toasted bagel, with Béarnaise sauce if desired.

ingredients

- > 125 g/4 oz hickory smoking chips
- > 1½ cups/375 ml/12 fl oz dry white wine
- > 1 kg/2 lb fillet salmon, skinned and visible bones removed
- > 1 tablespoon vegetable oil
- > 2 limes, each cut into 8 thin slices
- > 16 fresh dill sprigs
- > crushed black peppercorns
- > toasted bagel

.....
Serves 8

tip from the chef

When using wood or wood products for barbecuing or smoking, always use untreated wood. Those products specifically sold for barbecuing and smoking will be free of chemicals. Hickory wood is a popular choice for smoking, but there are other woods available which impart different flavors –so experiment and find your favorite.



oriental pork ribs

■ □ □ | Cooking time: 1 hour 50 minutes - Preparation time: 20 minutes

ingredients

- > 1.5 kg/3 lb pork spareribs
- > 2 cloves garlic, crushed
- > 1 tablespoon finely grated fresh ginger
- > 1 tablespoon chopped fresh coriander
- > 1 teaspoon five spice powder
- > ¼ cup/60 ml/2 fl oz soy sauce
- > 2 tablespoons sweet chili sauce
- > 2 tablespoons hoisin sauce
- > 1 tablespoon tomato sauce
- > 1 tablespoon sherry
- > 1 teaspoon rice vinegar

method

1. Place ribs on a wire rack set in a baking dish and bake at 180°C/350°F/Gas 4 for 1½ hours. Set aside to cool slightly.
2. Preheat barbecue to a medium heat. Place garlic, ginger, coriander, five spice powder, soy sauce, chili sauce, hoisin sauce, tomato sauce, sherry and vinegar in a bowl and mix to combine. Add ribs and toss to coat.
3. Drain ribs and reserve liquid. Place ribs on lightly oiled barbecue plate and cook, turning and basting frequently with reserved liquid, for 10 minutes or until ribs are tender.

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Serves 6

tip from the chef

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.





steak

with rosemary butter

■ □ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

method

1. Soften butter and cream cheese to room temperature. Mix until well combined, mix in rosemary and garlic. Spoon mixture onto a piece of foil and roll up into a circle shape, freeze until ready to serve.
2. Cook steak on a preheated barbecue or under a grill until just cooked. Place frozen butter on top of each steak. Serve immediately.

ingredients

- > 15 g/½ oz butter
- > 15 g/½ oz cream cheese
- > 1 teaspoon fresh rosemary, finely chopped
- > 1 small clove garlic, crushed
- > 150 g/5 oz rib eye steak

.....
Serves 1

tip from the chef

This aromatic dish needs a very simple garnish, such as steamed or grilled vegetables as an accompaniment for the steak.



greek honey

lemon chicken

■ □ □ | Cooking time: 20 minutes - Preparation time: 10 minutes

ingredients

> 8 boneless chicken thigh fillets or 4 boneless chicken breast fillets, skinned and all visible fat removed

lemon honey marinade

> 5 cloves garlic, crushed
> 2 teaspoons dried rosemary
> 1 teaspoon dried oregano
> ¼ cup/60 ml/2 fl oz olive oil
> ¼ cup/60 ml/2 fl oz lemon juice
> 1 tablespoon honey

method

1. To make marinade, place garlic, rosemary, oregano, oil, lemon juice and honey in a ceramic or glass dish and mix to combine. Add chicken, cover and marinate at room temperature for 15 minutes.
2. Drain chicken and reserve marinade. Cook chicken, basting frequently with reserved marinade, on a preheated medium barbecue for 10 minutes each side or until cooked. Place any remaining marinade in a saucepan and heat over a low heat. Serve with chicken.

.....
Serves 4

tip from the chef

For a more pronounced flavor marinate chicken in the refrigerator overnight.





barbecued

marinated prawns

■ □ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

method

1. Preheat barbecue to a medium heat.
2. To make marinade, place chilies, garlic, oregano, parsley, oil, vinegar and black pepper to taste in a bowl and mix to combine. Add prawns, toss to coat and marinate for 10 minutes.
3. Drain prawns and cook on oiled barbecue for 1-2 minutes each side or until prawns just change color.

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Serves 8

ingredients

> 1 kg/2 lb uncooked medium prawns, shelled and deveined, tails left intact

chili and herb marinade

- > 2 fresh red chilies, chopped
- > 2 cloves garlic, crushed
- > 1 tablespoon chopped fresh oregano
- > 1 tablespoon chopped fresh parsley
- > ¼ cup/60 ml/2 fl oz olive oil
- > 2 tablespoons balsamic vinegar
- > freshly ground black pepper

tip from the chef

For an attractive presentation, line a serving platter with trimmed spring onions and pile the prawns on top. The juices from the prawns will flavor the spring onions and you will have another delicious pre-meal nibble.



thai barbecue

fish cakes

■ □ □ | Cooking time: 3 minutes - Preparation time: 20 minutes

ingredients

- > 375 g/12 oz boneless, fine fleshed, white fish fillets, chopped
- > 2 tablespoons red curry paste
- > 1 stalk fresh lemon grass, chopped or ½ teaspoon dried lemon grass, soaked in hot water until soft
- > 1 tablespoon chopped fresh coriander
- > 4 kaffir lime leaves, finely shredded
- > 1 egg white
- > lime wedges
- > sweet chili sauce

method

1. Place fish, curry paste, lemon grass, coriander, lime leaves and egg white in a food processor and process until smooth.
2. Using wet or lightly oiled hands, take 1 tablespoon of mixture and roll into a ball, then flatten to form a disk. Repeat with remaining mixture. Place fish cakes on a tray lined with plastic food wrap and chill for 30 minutes or until firm.
3. Preheat barbecue to a high heat. Place fish cakes on oiled barbecue plate and cook for 1 minute each side or until cooked through. Serve with lime wedges and sweet chili sauce.

.....
Makes 18

tip from the chef

These fish burgers go well with a fresh salad of bean sprouts, grated carrots and shredded cabbage.





fresh

herb chops

■ □ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

method

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 at room temperature for 1 hour.
2. Preheat barbecue to a high heat. Drain lamb, place on lightly oiled barbecue and cook for 3-5 minutes each side or until chops are cooked to your liking.

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Serves 6

ingredients

- > 12 lamb neck chops, trimmed of excess fat

fresh herb marinade

- > 2 tablespoons chopped fresh rosemary
- > 2 tablespoons chopped fresh thyme
- > 2 cloves garlic, crushed
- > ¼ cup/60 ml/2 fl oz olive oil
- > ¼ cup/60 ml/2 fl oz balsamic or red wine vinegar
- > 2 tablespoons lime juice

tip from the chef

Long-handled tongs are a must for turning food without burning your hands.



spiced

chicken sandwiches

■ ■ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

ingredients

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

spiced yogurt marinade

- > ½ cup/100 g/3½ oz natural yogurt
- > 4 tablespoons chopped fresh coriander
- > 2 tablespoons mild red curry paste
- > 2 tablespoons mango chutney
- > 2 tablespoons lemon juice

cucumber raita

- > 1 cucumber
- > 1 cup/200 g/6½ oz thick natural yogurt
- > 1 clove garlic, crushed
- > 1 tablespoon lemon juice

method

1. Preheat barbecue to a medium heat.
2. To make marinade, place yogurt, coriander, curry paste, chutney and lemon juice in a shallow dish and mix to combine. Add chicken breasts, turn to coat and marinate for 20 minutes.
3. To make raita, cut cucumber in half, lengthwise and scrape out seeds. 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.
4. Drain chicken and cook on oiled barbecue grill for 4 minutes each side or until tender and cooked through. To serve, place chicken fillets on 4 pieces of bread, then top with tomatoes and raita and remaining pieces of bread.

.....
Makes 4 sandwiches

tip from the chef

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





chicken

masala skewers

■ □ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

method

1. Place onion, garlic, ginger, masala paste and yogurt into food processor or blender and process until smooth.
2. Transfer yogurt mixture to a bowl, add chicken and toss to coat. Cover and marinate for 2 hours.
3. Thread chicken onto lightly oiled skewers and cook on a lightly oiled preheated hot barbecue for 10 minutes or until chicken is tender.

ingredients

- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > 1 tablespoon finely grated fresh ginger
- > 1 tablespoon mild masala paste
- > ½ cup/100 g/3½ oz natural yogurt
- > 8 boneless chicken breast fillets, cut into 2 cm/¾ in cubes

.....
Serves 6-8

tip from the chef

When using bamboo skewers, soak them in cold water for at least an hour before using them on a barbecue; this will prevent them from burning. Lightly oiling the skewers ensures that the food does not stick to them during cooking.



drunken

sirloin steaks

■ ■ □ | Cooking time: 15 minutes - Preparation time: 25 minutes

ingredients

- > ¾ cup/185 ml/6 fl oz beer
- > 2 cloves garlic, crushed
- > ¼ cup/60 ml/2 fl oz Worcestershire sauce
- > ¼ cup/60 ml/2 fl oz tomato sauce
- > 8 sirloin steaks, trimmed of all visible fat

blt salad

- > 5 rashers bacon, chopped
- > 1 cos and 1 mignonette lettuce, torn into large pieces
- > 3 tomatoes, cut into wedges
- > ½ cup/100 g/3½ oz natural yogurt
- > 2 tablespoons lemon juice
- > 1 tablespoon wholegrain mustard
- > 1 teaspoon crushed black peppercorns
- > 1 tablespoon vegetable oil

method

1. To make marinade, place beer, garlic, Worcestershire sauce and tomato sauce in a large shallow glass or ceramic dish and mix to combine.
2. Add steaks to marinade, turn to coat, cover and marinate at room temperature for at least 3 hours or in the refrigerator overnight. Turn occasionally during marinating.
3. Preheat barbecue to hot. Drain steaks and reserve marinade. Cook steaks on lightly oiled barbecue, brushing with reserved marinade, for 3-5 minutes each side or until cooked to your liking.
4. To make salad, cook bacon in a frying pan over medium heat for 4 minutes or until crisp. Remove bacon from pan and drain on absorbent kitchen paper. Place cos and mignonette lettuce, tomatoes and bacon in a large salad bowl.
5. Place yogurt, lemon juice, mustard, black pepper and oil in a bowl and whisk to combine. Pour over salad, cover and chill.

Serves 8

tip from the chef

Just prior to serving, top salad with shavings of Parmesan cheese, if desired. You can also serve glazed onions. To make them, mix 3 sliced onions with a little oil, place on barbecue plate and stir for 3-4 minutes. Add 2 tablespoons honey and 1 tablespoon vinegar and continue stirring until onions are golden.





antipasto

skewers

■ ■ □ | Cooking time: 5 minutes - Preparation time: 30 minutes

method

1. Place rosemary leaves, thyme leaves, vinegar and oil in a bowl and whisk to combine. Cut eggplant and zucchini into cubes. Add to vinegar mixture, then add tomatoes and red pepper. Toss to coat vegetables with marinade, cover and marinate for 30-60 minutes.
2. To make dipping sauce, place pesto, sour cream and black pepper to taste in a bowl and mix to combine.
3. Preheat barbecue to a high heat. Roll salami slices tightly. Drain vegetables and reserve marinade. Thread vegetables and salami rolls, alternately, onto small skewers. Cook skewers, brushing frequently with reserved marinade, on oiled barbecue grill for 1-2 minutes each side or until vegetables are tender. Serve skewers warm with dipping sauce.

ingredients

- > 1 tablespoon fresh rosemary leaves
- > 1 tablespoon fresh thyme leaves
- > ¼ cup/60 ml/2 fl oz balsamic vinegar
- > 2 tablespoons olive oil
- > 2 baby eggplant, halved lengthwise
- > 2 zucchini, halved lengthwise
- > 155 g/5 oz semi-dried tomatoes
- > 1 red pepper, diced
- > 250 g/8 oz sliced spicy salami

creamy pesto dipping sauce

- > ¼ cup/60 ml/2 fl oz pesto
- > ½ cup/125 g/4 oz sour cream
- > freshly ground black pepper

.....
Makes 12

tip from the chef

These skewers are best enjoyed before barbecues or outdoor lunches.



charcoal- grilled chicken

■ □ □ | Cooking time: 30 minutes - Preparation time: 15 minutes

ingredients

- > 1 kg/2 lb chicken pieces
- > 4 fresh red chillies, chopped
- > 4 cloves garlic, chopped
- > 3 fresh coriander roots, chopped
- > 2 stalks fresh lemon grass, chopped, or 1 teaspoon dried lemon grass, soaked
- > 3 tablespoons lime juice
- > 2 tablespoons soy sauce
- > 1 cup/250 ml/8 fl oz coconut cream
- > sweet chili sauce

method

1. Place chicken in a ceramic or glass dish and set aside.
2. Place chillies, garlic, coriander roots, lemon grass, lime juice and soy sauce in a food processor and process to make paste. Mix paste with coconut cream and pour over chicken. Marinate for 1 hour.
3. Drain chicken and reserve marinade. Cook chicken over a slow charcoal or gas barbecue or under a preheated low grill, brushing frequently with reserved marinade, for 25-30 minutes or until chicken is tender. Serve with chili sauce.

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Serves 6

tip from the chef

Fresh lemon grass is available from Oriental food shops and some supermarkets and greengrocers. It is also available dried; if using dried lemon grass soak it in hot water for 20 minutes or until soft before using.



oriental

chicken kebabs



■ □ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

method

1. Preheat barbecue to a high heat.
2. 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. Drain chicken.
3. Thread chicken and mushrooms onto lightly oiled skewers and cook on oiled barbecue grill, turning and basting with reserved marinade, for 5 minutes or until chicken is tender and cooked.
4. 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 chicken kebabs.

ingredients

- > 3 boneless chicken breast fillets, sliced
- > 12 shiitake mushrooms
- > 185 g/6 oz snow pea sprouts or watercress
- > 2 carrots, shredded
- > 4 spring onions, chopped
- > 2 teaspoons sugar
- > 2 tablespoons lime juice

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

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Serves 6

tip from the chef

Try kebabs with barbecued garlic flatbread. To make it, combine 1 tablespoon olive oil and 2 cloves garlic, crushed, and lightly brush both sides of 3 pieces lavash bread or pitta bread rounds. Cook on barbecue grill for about 1-2 minutes each side or until golden. Break into pieces to serve.



sweet

rosemary cutlets

■ □ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

ingredients

- > 12 small double lamb cutlets (allow 2 double cutlets per serve)
- > 24 small sprigs rosemary

honey and wine marinade

- > 1 cup/250 ml/8 fl oz red wine
- > 1/3 cup/90 ml/3 fl oz honey
- > 2 tablespoons wholegrain mustard
- > crushed black peppercorns

method

1. Make 2 slits in the thin outer covering of each cutlet and insert a rosemary sprig into each one (a). Place prepared 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 (b). Pour marinade over cutlets (c), turn to coat and marinate for 40 minutes.
3. Preheat barbecue to a high heat. Drain cutlets, place on oiled barbecue grill and cook for 4-5 minutes each side (d) or until cooked to your liking.

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Serves 6



tip from the chef

Remember always to check the barbecue area before lighting the barbecue. Do not have the barbecue too close to the house, and sweep up any dry leaves or anything that might catch fire if hit by a spark.



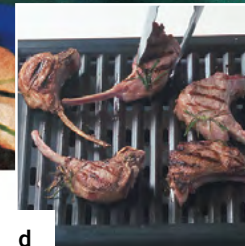
a



b



c



d





fish kebabs

with sesame sauce

■ □ □ | Cooking time: 15 minutes - Preparation time: 15 minutes

method

1. Remove fish flesh from bones and cut into 2 cm/¾ in cubes. Roll in combined garlic, lime juice, sesame seeds and oil and marinate for 30 minutes.
2. Thread fish and tomatoes alternately onto skewers, cook under moderate hot grill for 3 minutes each side, basting regularly with the marinade.
3. To make sauce, melt butter in a medium saucepan over moderate heat. Add onion, cumin, coriander, sherry, tahini, honey, peanut butter, lime juice and water; cook for 5 minutes stirring constantly until sauce thickens. Serve with kebabs.

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Serves 4

ingredients

- > 500 g/1 lb jewfish cutlets
- > 2 cloves garlic, crushed
- > ¼ cup freshly squeezed lime juice
- > 3 tablespoons sesame seeds
- > 4 tablespoons olive oil
- > 1 cup cherry tomatoes

sesame sauce

- > 3 tablespoons butter
- > 1 onion, finely chopped
- > 1 teaspoon ground cumin
- > 1 teaspoon ground coriander
- > ¼ cup sweet sherry
- > 3 tablespoon tahini
- > 1 tablespoon honey
- > 2 tablespoons peanut butter
- > 1 tablespoon freshly squeezed lime juice
- > ¼ cup water

tip from the chef

A simple bowl of white rice and a green salad turn these kebabs into a complete meal.



char-grilled vegetables

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

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

method

1. Preheat barbecue to a high heat. Carefully pull back husks from sweet corn cobs, keeping them attached, and remove silk. Tie a string around the husks to form a handle. Cook sweet corn cobs in boiling water in a saucepan for 2-3 minutes or until kernels soften slightly. Drain.
2. Brush sweet 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.

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Serves 6

tip from the chef

Watch a lit barbecue at all times and keep children and pets away from hot barbecues and equipment.



lemon

spit-roasted chickens



■ ■ □ | Cooking time: 1 hour - Preparation time 15 minutes

method

1. Preheat barbecue to a high heat. Wash chickens and pat dry with absorbent kitchen paper. Place 2 lemon quarters, 4 onion quarters, 2 rosemary sprigs and 4 garlic clove halves in the cavity of each chicken (a).
2. To make herb butter, place butter, chopped rosemary and thyme in a bowl and mix to combine. Using your fingers, carefully loosen the skin over the breasts of the chickens, then spread butter under it (b).
3. Thread chickens onto the rotisserie spit and secure with clamps at both ends (c) to stop chickens from spinning when cooking. Place rotisserie spit over barbecue and cook for 1 hour or until chickens are tender.

ingredients

- > 2 x 1.2 kg/2½ lb chickens
- > 1 lemon, quartered
- > 2 onions, quartered
- > 4 sprigs fresh rosemary
- > 4 cloves garlic, halved

herb butter

- > 125 g/4 oz butter, softened
- > 2 tablespoons chopped fresh rosemary
- > 2 tablespoons chopped fresh lemon thyme

.....
Serves 6-8

tip from the chef

Spit-roasting is best done on a gas barbecue with volcanic rock or charcoal. To prevent flare-ups during cooking place a tray of water in the barbecue under the chickens. This catches the fat which drips out during cooking. Check the manufacturer's instructions on how to install the rotisserie spit on your barbecue.



a



b



c

chili

peanut ribs

■ □ □ | Cooking time: 10 minutes - Preparation time: 5 minutes

ingredients

- > 1 tablespoon vegetable oil
- > 2 cloves garlic, crushed
- > 2 tablespoons finely grated fresh ginger
- > 3 small fresh red chilies, finely chopped
- > 3 tablespoons satay curry paste
- > 1 cup/250 ml/8 fl oz coconut milk
- > 1 kg/2 lb beef spare ribs

method

1. Place oil, garlic, ginger, chilies, curry paste and coconut milk in a bowl and mix to combine.
2. Place ribs in shallow glass or ceramic dish, pour over coconut milk mixture, turn to coat, cover and set aside to marinate for 2 hours.
3. Drain ribs and cook on a lightly oiled preheated hot barbecue for 5 minutes each side or until meat is tender.

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Serves 4

tip from the chef

To store fresh ginger, peel and place in a glass jar. Cover with sherry or green ginger wine, store in the refrigerator and use as you would fresh ginger. Ginger will keep in this way for many months. The sherry or wine left after the ginger was used is ideal either for cooking or dressings.





barbecued

stuffed squid

■ ■ □ | Cooking time: 5 minutes - Preparation time: 15 minutes

method

1. Preheat barbecue to a high heat.
2. To make filling, place breadcrumbs, cheese, olives, tomatoes, lemon juice, oregano and black pepper to taste in bowl and mix to combine.
3. Spoon filling into squid tubes and secure opening with a wooden toothpick or cocktail stick. Lightly brush with oil and cook on barbecue for 1 minute each side or until squid is white and opaque.

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Serves 8

ingredients

- > 20 baby squid tubes, cleaned
- > olive oil

feta and olive filling

- > 1 cup/60 g/2 oz breadcrumbs, made from stale bread
- > 315 g/10 oz feta cheese, crumbled
- > 3 tablespoons chopped black olives
- > 2 tablespoons chopped sun-dried tomatoes
- > ¼ cup/60 ml/2 fl oz lemon juice
- > 1 tablespoon chopped fresh oregano
- > freshly ground black pepper

tip from the chef

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



barbecue

herb ricota

■ ■ □ | Cooking time: 20 minutes - Preparation time: 10 minutes

ingredients

- > 750 g/1½ lb fresh ricotta cheese, in one piece
- > 2 tablespoons olive oil
- > 2 tablespoons paprika
- > 2 tablespoons chopped fresh marjoram
- > 2 tablespoons chopped fresh parsley
- > freshly ground black pepper

method

1. Place ricotta cheese on a wire rack and set aside to drain for 1 hour. Transfer ricotta cheese to a baking tray and brush with olive oil. Combine paprika, marjoram, parsley and black pepper to taste and sprinkle over ricotta.
2. Cook ricotta cheese in preheated hot kettle barbecue for 20 minutes or until golden. Alternatively, cover tray with aluminum foil and cook on the barbecue grill or bake in the oven at 180°C/350°F/Gas 4.

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Serves 6

tip from the chef

This recipe is a great starter for outdoor barbecues or, when served with a crisp green salad, a novel light luncheon dish. Fresh ricotta cheese is available from delicatessens. Take care when handling as it is quite fragile, however once baked it becomes firm.



grilled pork

with coriander pesto



■ ■ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

method

1. Combine lime rind, lime juice and Worcestershire sauce in a shallow dish. Add pork. Turn to coat. Cover. Marinate in the refrigerator for 10-15 minutes.
2. To make pesto, place fresh coriander, cashews, chilies, ground coriander, vinegar, lime juice, oil and yogurt in a food processor or blender. Process to make a coarse paste.
3. Heat a char-grill pan or barbecue to very hot. Add pork. Cook for 3-4 minutes each side or until cooked through.
4. Serve pork topped with a spoonful of pesto and accompanied by a salad of fresh tomatoes and cucumber.

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Serves 4

ingredients

- > 1 teaspoon grated lime or lemon rind
- > 2 tablespoons lime or pineapple juice
- > 2 teaspoons no-added-salt Worcestershire sauce
- > 4 x 125 g/4 oz pork leg steaks, trimmed of visible fat

coriander pesto

- > 1 cup chopped fresh coriander
- > 1/3 cup unsalted cashews
- > 2 fresh chilies
- > 1 teaspoon ground coriander
- > 2 tablespoons white wine vinegar
- > 1 tablespoon lime juice
- > 1 tablespoon unsaturated oil
- > 1 tablespoon low-fat natural yogurt or reduced-fat sour cream

tip from the chef

The best side dish for veal, poultry and fish is vegetables, preferably raw, but cooked if they are not otherwise tolerable. In this way, the liver and pancreatic functions are made easier, and the digestion is improved.



tandoori

cutlets

■ □ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

ingredients

- > 2 tablespoons tandoori curry paste
- > 1 tablespoon lime juice
- > 1 tablespoon chopped fresh coriander
- > 1 teaspoon ground cumin
- > 1 teaspoon ground coriander
- > 1 teaspoon ground turmeric
- > 1 teaspoon ground cloves
- > 1¼ cups/250 g/8 oz natural yogurt
- > 12 lamb cutlets, trimmed of all visible fat

yogurt mint sauce

- > ½ cup/100 g/3½ oz natural yogurt
- > 1 clove garlic, crushed
- > 1 teaspoon ground cumin
- > 1 tablespoon finely chopped mint

method

1. Place curry paste, lime juice, fresh coriander, cumin, ground coriander, turmeric, cloves and yogurt in a bowl and mix to combine. Place cutlets in a shallow glass or ceramic dish, spoon over yogurt mixture and turn to coat. Cover and marinate in the refrigerator overnight.
2. Drain cutlets and reserve marinade. Cook cutlets on a lightly oiled preheated hot barbecue, brushing frequently with reserved marinade, for 5 minutes each side or until tender.
3. To make sauce, place yogurt, garlic, cumin and mint in a bowl and mix to combine. Serve with cutlets.

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Serves 6

tip from the chef

Accompany these spicy lamb cutlets with a tomato sambal. To make sambal, place 2 finely chopped tomatoes, 1 seeded and finely sliced fresh green chili, 1 tablespoon lemon juice, 1 tablespoon finely chopped onion and 1 tablespoon desiccated coconut in a bowl and mix to combine.



smoked turkey

■ ■ □ | Cooking time: 3-3¼ hours - Preparation time 10 minutes

method

1. Soak smoking chips in brandy in a non-reactive metal dish for one hour.
2. To make stuffing, melt butter in a frying pan over a medium heat, add leek and spring onions and cook, stirring, for 3 minutes. Add bacon and cook for 5 minutes longer. Add breadcrumbs, pecans and sage and cook, stirring, for 5 minutes or until breadcrumbs are crisp. Remove from heat, add rice and mix to combine.
3. Preheat covered barbecue to a medium heat. Place dish, with smoking chips in, on barbecue grill, cover barbecue with lid and heat for 5-10 minutes or until liquid is hot.
4. Spoon stuffing into body cavity of turkey. Secure openings with metal or bamboo skewers. Tuck wings under body and tie legs together. Thread turkey onto the rotisserie spit and tie it up with string, previously soaked. Combine stock and oil and brush over turkey.
5. Place rotisserie spit over barbecue, cover barbecue with lid and smoke, basting turkey frequently and adding brandy to dish if necessary, for 2½-3 hours or until turkey is cooked.

ingredients

- > 1 cup/125 g/4 oz smoking chips
- > ½ cup/125 ml/4 fl oz brandy
- > 3 kg/6 lb turkey, neck and giblets removed, trimmed of excess fat
- > ½ cup/125 ml/4 fl oz chicken stock
- > 2 tablespoons vegetable oil

sage and rice stuffing

- > 60 g/2 oz butter
- > 1 leek, thinly sliced
- > 4 spring onions, chopped
- > 3 strips bacon, chopped
- > 1 cup/60 g/2 oz breadcrumbs, made from stale bread
- > 60 g/2 oz pecans, chopped
- > 2 tablespoons chopped fresh sage or 1 teaspoon dried sage
- > 1½ cups/280 g/9 oz rice, cooked

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Serves 6-8



perfect t-bone steak

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- > 4 T-bone steaks
- > 2 teaspoons crushed garlic
- > 2 teaspoons oil
- > salt and pepper

garlic butter

- > 60 g/2 oz butter
- > 1 teaspoon crushed garlic
- > 1 tablespoon parsley flakes
- > 2 teaspoons lemon juice

method

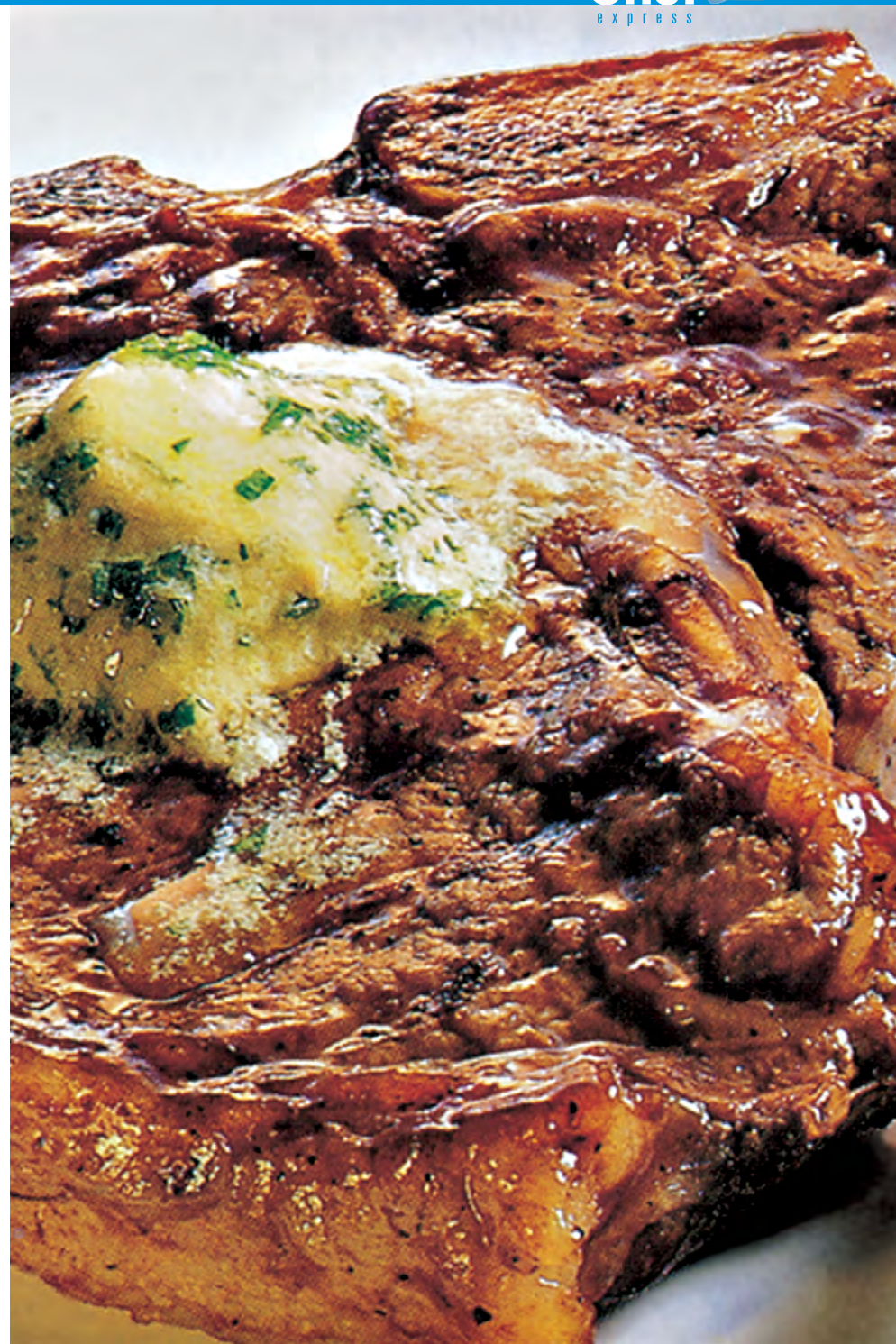
1. Bring the steaks to room temperature. Mix garlic, oil and salt and pepper together. Rub onto both sides of the steak. Stand for 10-15 minutes at room temperature.
2. Heat the barbecue until hot and oil the grill bars. Arrange the steaks and sear for one minute each side. Move steaks to cooler part of the barbecue to continue cooking over moderate heat, or turn heat down. If heat cannot be reduced then elevate on a wire cake-rack placed on the grill bars. Cook until desired level is achieved. Total time 5-6 minutes for rare, 7-10 minutes for medium and 10-14 minutes for well done. Turn during cooking.
3. To make garlic butter, mix all ingredients together. Place steaks on a heated steak plate and top with a dollop of garlic butter; serve remaining butter in a pot with a spoon. Accompany with jacket potatoes.

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Serves 4



tip from the chef

Many a time this delicious steak has been ruined on the barbecue. This recipe is suitable for all barbecues, but improvise a hood if using a flat-top barbecue.





barbecued

lamb pitta breads

■ □ □ | Cooking time: 12 minutes - Preparation time: 25 minutes

method

1. Combine lemon rind, cumin and oil. Rub surface of lamb with oil mixture. Place in a shallow glass or ceramic dish and marinate at room temperature for 30 minutes.
2. Preheat barbecue to a medium heat. Place lamb on lightly oiled barbecue grill and cook for 3-5 minutes each side or until lamb is tender and cooked to your liking.
3. Warm pitta breads on barbecue for 1-2 minutes each side. Split each pitta bread to make a pocket, then spread with hummus and fill with endive, tabbouleh and sliced lamb.

ingredients

- > 1 tablespoon finely grated lemon rind
- > 1 teaspoon ground cumin
- > 1 tablespoon olive oil
- > 750 g/1½ lb lamb fillets
- > 6 pitta bread rounds
- > 6 tablespoons ready-made hummus
- > 1 bunch curly endive
- > 250 g/8 oz ready-made tabbouleh

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Serves 6

tip from the chef

For extra flavor serve with a spoonful of your favorite chutney.



grilled apple stacks

■ □ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

ingredients

- > 3 apples, cored
- > 2 tablespoons lemon juice
- > 1 tablespoon honey

ricotta filling

- > 250 g/8 oz ricotta cheese
- > 2 tablespoons sugar
- > 2 tablespoons lemon juice
- > 1 teaspoon vanilla essence

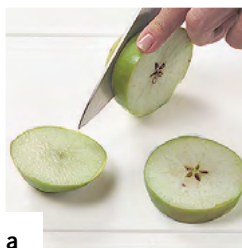
method

1. Preheat barbecue to a low heat. Cut each apple crosswise into 4 thick slices (a). Combine lemon juice and honey and brush over apple slices (b).
2. Cook apple slices on oiled barbecue grill (c) for 2 minutes each side or until golden. Transfer apples to a bowl and chill.
3. To make filling, place ricotta cheese, sugar, lemon juice and vanilla essence in a food processor or blender and process until smooth (d).
4. To serve, place an apple slice on each serving plate. Top with a spoonful of ricotta filling and another apple slice.

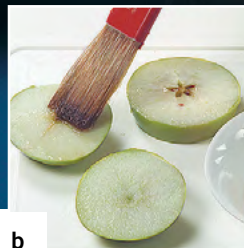
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Serves 6

tip from the chef

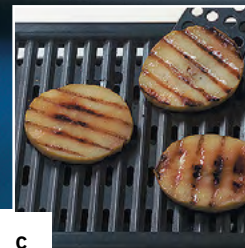
For this recipe, purchase fresh ricotta cheese in a piece. It has a smoother texture than that which comes in the small tubs. Fresh ricotta cheese is available from specialty cheese shops, delicatessens and some supermarkets.



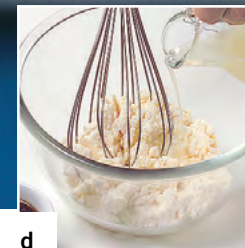
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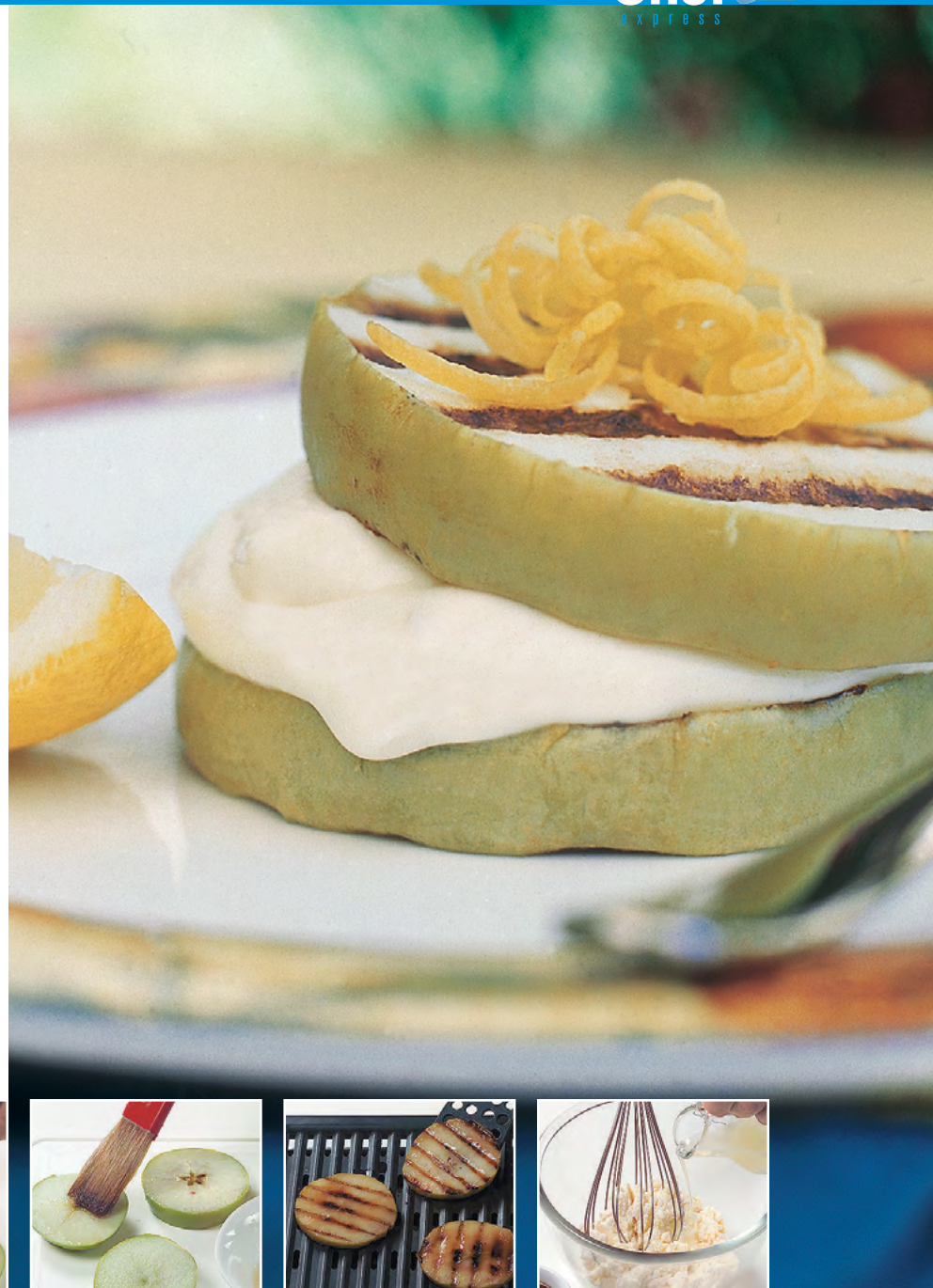
b



c



d



grilled

nectarines



■ □ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

method

1. Preheat barbecue to a medium heat. Place caster sugar, marsala or sherry and lemon juice in a bowl and mix to combine. Add nectarines (a) and macerate for 5 minutes.
2. Drain nectarines and reserve liquid. Place nectarines on barbecue plate and cook for 1 minute each side (b) or until golden. Return nectarines to macerating liquid (c) until ready to serve.
3. For mascarpone, place ricotta cheese, mascarpone, sugar, vanilla and marsala or sherry in a bowl (d) and beat until smooth. Serve with nectarines.

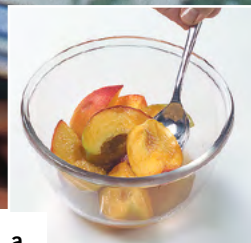
ingredients

- > ¼ cup/60 g/2 oz caster sugar
- > ⅓ cup/90 ml/3 fl oz marsala or sweet sherry
- > 1 tablespoon lemon juice
- > 6 nectarines, stoned and quartered

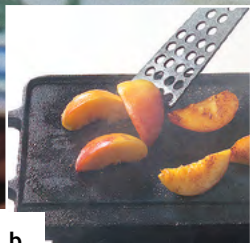
vanilla mascarpone

- > 100 g/3½ oz ricotta cheese
- > 155 g/5 oz mascarpone
- > 2 tablespoons sugar
- > 1 teaspoon vanilla essence
- > 1 tablespoon marsala or sweet sherry

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Serves 6



a



b



c



c

tip from the chef

This recipe is also delicious made with fresh peaches.



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barbecue party