

bbq

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food



江苏工业学院图书馆

藏书章



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MURDOCH
BOOKS



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Skewers





Pork skewers in green ginger wine and soy marinade with chargrilled spring onion bulbs

800 g (1 lb 12 oz) pork fillets,
trimmed
1 tablespoon finely grated fresh
ginger
2 garlic cloves, finely chopped
1 tablespoon finely chopped
preserved ginger in syrup
60 ml (1/4 cup) green ginger wine
(see Note)
2 1/2 tablespoons kecap manis
1/2 teaspoon sesame oil
1 tablespoon oil
8 bulb spring onions, green parts
removed, quartered
1 tablespoon olive oil
coriander (cilantro) sprigs

Cut the pork into 12 cm x 2.5 cm (5 inch x 1 inch) strips and put them in a non-metallic bowl with the ginger, garlic, preserved ginger, green ginger wine, kecap manis and oils, turning the meat to make sure it is evenly coated. Cover and refrigerate the bowl, and leave it to marinate for at least 2 hours, or overnight. Soak 12 wooden skewers in cold water for 1 hour, then thread four pork strips into an S-shape onto each skewer. Cover the skewers and refrigerate until you are ready to start cooking.

Preheat the barbecue to medium direct heat. Toss the spring onions with the olive oil and season them with salt and freshly ground black pepper. Cook them on the flat plate for 10 minutes, or until they are softened and well browned. When the spring onions are nearly cooked, put the kebabs on the chargrill plate and grill them for 2 minutes on each side, or until the pork is just cooked through and glazed. Garnish the skewers with coriander sprigs and serve them immediately with the spring onion.

Serves 4

Note: Green ginger wine is a sweet, fortified wine with a distinctive ginger flavour which originated in Britain.

Beef kebabs with mint yoghurt dressing

1 kg (2 lb 4 oz) lean beef fillet,
cubed
125 ml (1/2 cup) olive oil
80 ml (1/3 cup) lemon juice
1 tablespoon chopped rosemary
2 small red onions, cut into wedges
200 g (7 oz) slender eggplants
(aubergines), sliced

Mint yoghurt dressing

250 g (1 cup) plain yoghurt
1 garlic clove, crushed
1 small Lebanese (short) cucumber,
grated
2 tablespoons chopped mint

Put the beef in a non-metallic bowl. Combine the olive oil, lemon juice and rosemary and pour over the beef. Cover and refrigerate for 2 hours.

To make the mint yoghurt dressing, mix together the yoghurt, garlic, cucumber and mint and season with salt and pepper.

Drain the beef and thread onto long metallic skewers, alternating pieces of beef with the onion wedges and slices of eggplant.

Cook the kebabs on a hot, lightly oiled barbecue grill or flat plate, turning often, for 5–10 minutes, or until the beef is cooked through and tender. Serve with the dressing.

Makes 8 kebabs





Tofu kebabs with miso pesto

- 1 large red capsicum (pepper), cubed
- 12 button mushrooms, halved
- 6 pickling onions, quartered
- 3 zucchini (courgettes), cut into chunks
- 450 g (1 lb) firm tofu, cubed
- 125 ml (½ cup) light olive oil
- 3 tablespoons light soy sauce
- 2 garlic cloves, crushed
- 2 teaspoons grated fresh ginger

Miso pesto

- 90 g (½ cup) unsalted roasted peanuts
- 60 g (2 cups) coriander (cilantro) leaves
- 2 tablespoons white miso paste
- 2 garlic cloves
- 100 ml (3½ fl oz) olive oil

If using wooden skewers, soak them in water for 30 minutes to prevent scorching. Thread the vegetables and tofu alternately onto 12 skewers, then place in a large non-metallic dish.

Mix together the olive oil, soy sauce, garlic and ginger, then pour half over the kebabs. Cover and leave to marinate for 1 hour.

To make the miso pesto, finely chop the peanuts, coriander leaves, miso paste and garlic in a food processor. Slowly add the olive oil while the machine is still running and blend to a smooth paste.

Cook the kebabs on a hot, lightly oiled barbecue flat plate or grill, turning and brushing with the remaining marinade, for 4–6 minutes, or until the edges are slightly brown. Serve with the miso pesto.

Serves 4

Garlic and mint lamb skewers with almond couscous and yoghurt sauce

8 lamb fillets, trimmed and cut into 2.5 cm (1 inch) cubes
2 tablespoons olive oil
80 ml (1/3 cup) lemon juice
2 garlic cloves, crushed
2 teaspoons dried mint leaves

Yoghurt sauce

250 g (1 cup) thick Greek-style yoghurt
1 garlic clove, crushed

Almond couscous

370 g (2 cups) instant couscous
1 tablespoon olive oil
500 ml (2 cups) chicken stock
40 g (1 1/2 oz) butter
2 teaspoons ras el hanout (if you are unable to find it, see page 83 for a recipe to make your own)
35 g (1/4 cup) currants, soaked in warm water for 10 minutes
60 g (1/2 cup) slivered almonds, toasted
25 g (1/2 cup) chopped mint leaves

Put the lamb in a non-metallic bowl with the olive oil, lemon juice, garlic and mint. Stir the pieces around until well coated and season with black pepper. Cover and refrigerate for at least 4 hours, or overnight.

Make the yoghurt sauce by mixing the yoghurt and garlic in a small bowl, then refrigerate it until you are ready to use it.

Put the couscous in a heatproof bowl, drizzle it with the olive oil and season well with salt. Bring the chicken stock to the boil and pour it over the couscous, then cover the bowl and leave it for 10 minutes to absorb the stock. Add the butter and fluff it through with a fork until it has melted and the grains are separated. Stir in the ras el hanout, currants, almonds and mint, and season to taste with salt and pepper.

Soak eight wooden skewers in cold water for 1 hour, then thread the lamb onto them and season well. Preheat the barbecue to medium-high direct heat and grill the skewers for about 3–4 minutes on each side, or until they are cooked to your liking. Serve the skewers on a bed of couscous with the yoghurt sauce.

Serves 4



