Chef
express





The Herald Bulletin

backyard barbecue party



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Publishers
Simon St.John Bailey

Digital Content Manager
Christian G Bailey

Editing
Isabel Toyos

Compilation
Sofia Toyos

Design and lay out
Natalia Canet

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introduction

Barbecues and picnics are a great way for family and friends to spend time together and enjoy each other's company in an informal atmosphere. These recipes are sure to make your next backyard barbecue meal a great success.



backyard barbecue party















Here are some useful cooking tips:

- Cooking times will depend on the thickness of the meat, the efficiency of the barbecue and your taste.
- To test doneness, press with blunt tongs. Springy indicates that the meat is rare; slightly resistant indicates medium and firm to the touch signifies well done.
- Give the barbecue plenty of time to heat so that the meat is cooking over glowing coals, not over flames.
- When barbecuing kebabs, soak wooden skewers in water for about 30 minutes to prevent scorching, or cover ends with aluminum foil.
- Marinades add flavor and help to tenderize tougher cuts of meat. Leave meat in the marinade, covered, at least two hours, preferably overnight. Use honey or sugar sparingly in marinades as sweet mixtures easily scorch.

Also, some basic rules for carving.

- Allow roast meats to sit for 15 minutes, covered loosely with foil, before carving.
- Use a good-quality knife, as sharp as possible.
- A carving board to carve meat will avoid scratches on serving platters or dulling the knife.
- Carve meat across the grain, with a slicing rather than sawing action, making use of the full length of the carving-knife blade and with light pressure to avoid tearing the meat.

How to carve standing beef rib roast

- Carving will be easier if you have the backbone removed by the butcher and the rib bones cut short.
- Usually a rib roast is carved into slices, but hearty eaters may like a whole rib.
- Place the roast on a platter with rib side down and bone ends to the left. Using tip of knife, release meat from bone. Slice meat parallel to bone from top to rib. Using tip of knife cut along the bone, keeping close to bone, to release slices.

Anyhow, the keystone of any amazing backyard barbeque is the meat. Hamburgers and hot dogs are always a safe bet, but there are dozens of other types of meat you can cook outdoors on the grill or in the smoker.

Difficulty scale

■□□ I Easy to do

■■□ I Requires attention

■■■ I Requires experience

zucchini salad

■□□ | Cooking time: 0 minutes - Preparation time: 15 minutes

ingredients

- 6 zucchini, thinly sliced lengthwise
- 1 onion, sliced fresh herb dressing
- 2 tablespoons chopped fresh dill
- 1 tablespoon chopped fresh parsley
- 1 clove garlic, crushed
- ½ cup/2 fl oz/60 ml white vinegar
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- freshly ground black pepper

method

1. Place zucchini and onion in a bowl.
2. To make dressing, place dill, parsley, garlic, vinegar, oil, lemon juice and black pepper to taste in bowl and whisk to combine. Pour over zucchini mixture and toss. Cover and chill for at least 1 hour before serving.

Serves 8



tip from the chef

This salad can be completed with steamed potatoes, and dressed with tarragon mayonnaise.





barbecued
seafood salad

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

method

1. Place lemon juice and oil in a bowl. Whisk to combine. Add white fish, salmon, scallops, prawns and squid. Toss to combine. Cover. Marinate in the refrigerator for 1 hour.
2. To make dressing, place tarragon, vinegar, lemon juice, oil and black pepper to taste in a screwtop jar. Shake to combine. Set aside.
3. Preheat barbecue or a char-grill pan until very hot. Line a serving platter with watercress.
4. Drain seafood mixture. Place on barbecue plate or in the pan. Add onion. Cook, turning several times, for 6-8 minutes or until seafood is just cooked (it will be tough and dry if overcooked).
5. Transfer seafood mixture to a bowl. Add cucumber and dressing. Toss to combine. Spoon seafood mixture over watercress. Serve immediately.

Serves 8

ingredients

- **2 tablespoons lemon juice**
- **1 tablespoon extra virgin olive oil**
- **10 oz/300 g firm white fish, cut into 3 cm/1 in cubes**
- **10 oz/300 g salmon**
- **12 scallops**
- **12 uncooked prawns**
- **1 squid, cleaned tube cut into rings**
- **1 bunch watercress, broken into sprigs**
- **1 large red onion, cut into. rings**
- **1 cucumber, sliced thinly**

Tarragon vinegar dressing

- **3 tablespoons chopped fresh tarragon**
- **2 tablespoons red wine vinegar**
- **2 tablespoons lemon juice**
- **1 tablespoon extra virgin olive oil**
- **freshly ground black pepper**

tip from the chef

In order to protect the quality of the omega-3 fatty acids, do not overcook the fish.



cheesy cream potatoes

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

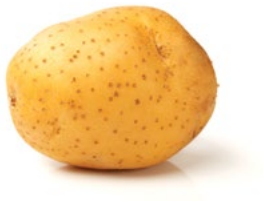
ingredients

- 10 large potatoes
- ½ cup oil
- 1 tablespoon salt
- 2 x 10½ oz/300 g cartons sour cream
- 2 cups shredded gruyere cheese
- 4 green shallots, finely chopped

method

1. Pierce potatoes all over with skewer, brush with oil and rub with salt.
2. Wrap potatoes individually in foil, place into coals of barbecue or bake for 1 hour. Cut a deep cross through foil and into potato. Using a cloth, hold potato around the middle, squeeze gently to open out. Top potatoes with cheese and sour cream. Sprinkle with shallots before serving.

Serves 10



tip from the chef

Potatoes can be partly cooked in a moderate oven 45 minutes. Then placed in barbecue coals for remaining half of the cooking time.





vegetable pasta salad

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

method

1. Cook pasta in boiling water in a large saucepan, following packet directions. Drain, rinse under cold running water, then drain again and set aside to cool completely.
2. Boil, steam or microwave broccoli for 2-3 minutes or until it just changes color. Refresh under cold running water. Drain, then dry on absorbent kitchen paper.
3. To make dressing, place vinegar, oil, Parmesan cheese, garlic and black pepper to taste in a screw-top jar and shake to combine.
4. Place pasta, broccoli, tomatoes, spring onions and olives in a salad bowl. Pour dressing over and toss to combine.

Serves 8

- **1 lb/500 g small pasta shapes of your choice**
- **8 oz/250 g broccoli, broken into florets**
- **8 oz/250 g cherry tomatoes, halved**
- **6 spring onions, cut into 1 in/2.5 cm lengths**
- **12 black olives**

Red wine dressing

- **2 tablespoons red wine vinegar**
- **½ cup 4fl oz/125 ml olive oil**
- **2 tablespoons grated fresh Parmesan cheese**
- **1 clove garlic, crushed**
- **freshly ground black pepper**

tip from the chef

All greens and vegetables go well with pasta and enhance its flavor.



onion & parmesan bread

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

ingredients

- 2 teaspoons active dry yeast
- 2 ½ cups/1 pt/600 ml warm water
- 5 ½ cups/1 lb 7 oz/700 g 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 place for 5 minutes or until foamy.
2. Combine flour, spring onions, Parmesan 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 and place in a warm 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 ¼ in/5 mm thick,
5. Pierce dough rounds all over, 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.

Serves 8



tip from the chef

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





chicken & basil pizza

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

method

1. Preheat barbecue to a high heat. Lightly brush tomato and chicken slices with oil and season with black pepper to taste. Place on barbecue and cook for 2 minutes each side or until chicken is brown and cooked through.
2. Divide pizza dough into 8 portions and roll into rounds about ½ in/1 cm thick. Lightly brush dough with oil, place on barbecue grill and cook for 3-4 minutes or until golden and crisp on one side.
3. Flip pizza bases. Top cooked side with tomatoes and chicken, then scatter with olives, mushrooms and basil and sprinkle with Parmesan cheese. Cook for 3-5 minutes longer or until base is golden and crisp and topping warm. Serve immediately.

Makes 8

ingredients

> 1 quantity pizza dough

Chicken and basil topping

> 8 plum (egg or Italian) tomatoes, thickly sliced
> 2 boneless chicken breast fillets, cut into thick slices
> 2 tablespoons olive oil
> 2 mushrooms, sliced
> freshly ground black pepper
> 75 g/2 ½ oz marinated olives, pitted
> ½ bunch fresh basil, shredded
> 25 g/4 oz grated Parmesan cheese

tip from the chef

Kneading is an important technique when making pizza dough. Kneading by hand will take about 5-10 minutes and the dough should be elastic, soft and shiny.



chargrilled vegetables

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

ingredients

- 2 cobs sweet corn with husks
- 1-2 tablespoons chili or herb oil
- 6 oz/185 g eggplant, sliced
- 2 zucchini, halved lengthwise
- 4 bell ppeppers, halved
- 1 red onion, sliced
- 1 onion, sliced
- 4 plum (egg or Italian) tomatoes, halved
- freshly ground black pepper
- rosmary sprigs

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 eggplant, zucchini, bell peppers, onions, 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 rosemary sprigs.

Serves 6



tip from the chef

Cook this dish just before serving.





chargrilled mushrooms & toast

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

method

1. Preheat barbecue to a medium heat. Brush mushrooms with oil and cook on lightly oiled barbecue for 4-5 minutes or until cooked.
2. Brush both sides of the bread with remaining oil and cook for 2-3 minutes each side or until golden.
3. Rub one side of each bread slice with cut side of garlic clove. Top each slice with mushrooms, sprinkle with parsley, chives and basil. Season to taste with black pepper and serve immediately.

Serves 2

ingredients

- 6 flat mushrooms
- ¼ cup/2 fl oz/60 ml olive oil
- 2 thick slices of bread
- 1 clove garlic, cut in half
- 2 teaspoons finely chopped fresh parsley
- 2 teaspoons snipped fresh chives
- 1 teaspoon finely chopped fresh basil
- freshly ground black pepper

tip from the chef

This delicious first course takes only minutes to cook.



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/2 fl oz/60 ml olive oil
> ¼ cup/2 fl oz/60 ml 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.





guacamole
with tortillas

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

method

1. To make chili butter, place butter, lemon rind, chili sauce and cumin in a bowl and mix to combine.
2. To make guacamole, place avocado in a bowl and mash with a fork. Stir in tomato, lemon juice and coriander or parsley.
3. Place tortillas in a single layer on a baking tray and heat on barbecue for 3-5 minutes or until warm.
4. To serve, place chili butter, guacamole and tortillas on a platter so that each person can spread a tortilla with chili butter, top with guacamole, then roll up and eat.

Serves 6

ingredients

> 6 corn tortillas

Chili butter

> 3 oz/90 g butter
> 2 teaspoons finely grated lemon rind
> 2 teaspoons sweet chili sauce
> 1 teaspoon ground cumin
guacamole
> 1 avocado, halved, stoned and peeled
> 1 tomato, peeled and finely chopped
> 2 tablespoons lemon juice
> 1 tablespoon finely chopped fresh coriander or parsley

tip from the chef

In order to give the guacamole a smoked flavor, add some drops of chipotle chilies juice.



spicy steaks

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

ingredients

- 16 oz/750 g beef steaks
- salt, to taste
- 3 tablespoons white or black peppercorns
- 4 tablespoons olive oil

method

1. Season the meat with an abundant amount of salt. Crush the peppercorns (use a mortar or place on a board, cover with aluminum foil and crush with a mallet or rolling pin) and sprinkle over the meat.
2. Light the fire in the grill, and once it is hot brush the grill with olive oil and place the steaks on top.
3. Grill on both sides until browned and at the desired degree of doneness. Serve with salad or potatoes.

Serves 4



tip from the chef

A simple dish, easy to make and super delicious. Ideal with a side of salad or baked potatoes.





short ribs
with soy sauce

■□□ | Cooking time: 2 hours - Preparation time: 50 minutes

method

1. Put all the ingredients for the marinade in a blender or food processor and blend until obtaining a consistent mixture.
2. Place the meat in a shallow pan with the marinade and reserve in the refrigerator for 2 to 4 hours.
3. Remove the meat from the marinade and cook on a hot grill until browned. Halfway through cooking, season with salt and red pepper to taste and turn over. Continue cooking until the desired degree of doneness.
4. Serve hot with a side of salad or rice.

Serves 4

ingredients

- **6 large garlic cloves**
- **2 cups water**
- **¾ cup soy sauce**
- **½ cup brown sugar**
- **½ cup vinegar**
- **3 lb/1.5 k short ribs**
- **salt and red pepper, to taste**

tip from the chef

An innovative preparation to enjoy short ribs. The soy sauce marinade provides a new flavor.



double
meat with bacon

■■□ | Cooking time: 1 hour 20 minutes - Preparation time: 10 minutes

ingredients

Burgers

> 2.2 lb/1 kg ground beef
> 2 small onions
> 2 garlic cloves
> 2 teaspoons dijon mustard
> 2 eggs
> 2 teaspoons flour
> salt and pepper, to taste

Sandwiches

> 6 bacon strips
> 12 cheese slices
> 6 hamburger buns
> 6 lettuce leaves
> 2 roasted peppers

method

1. For the burgers, mix the meat with the finely chopped onions and garlic in a bowl. Add the mustard, eggs and flour. Add salt and pepper to taste. Mix well until all ingredients are combined.
2. Shape 12 burgers and grill them over medium heat on both sides until thoroughly cooked. Before removing from heat, cover each burger with a slice of cheese and allow it to melt. Put the bacon on a broiler or skillet and cook until brown and crisp.
3. To assemble the hamburgers, cut the buns open, and stack on each: 1 burger, lettuce cut in strips, another burger, roasted pepper and bacon. Cover with the top of the buns and serve. Add mayonnaise or other dressings, to taste.
   Make the burgers thinner than usual so that they are easier to eat.

Serves 6



tip from the chef

A very nutritious hamburger, nobody will go hungry.





pork brochettes

■■□ | Cooking time: 1 hour 30 minutes - Preparation time: 20 minutes

method

1. Cut the pork meat in cubes, the onions in quarters, the pepper in squares and the zucchini in slices. Put the meat and vegetables in a deep pan. Add the pitted prunes.
2. In a bowl, mix the white wine, oil, honey, thyme and salt to taste. Pour this marinade over the meat and vegetables. Allow to marinate in the refrigerator for 2 hours, stirring occasionally to infuse all the ingredients with the marinade´s flavors.
3. Insert the meat pieces, vegetables and prunes on to brochette skewers, alternating them. Cook the brochettes on a preheated grill until the meat is done and the vegetables are browned. Baste with the marinade several times while cooking. Serve hot with a side of mixed greens salad.To prevent the skewers from burning, brush them with olive oil. This will also add extra flavor.

Serves 4

ingredients

- **14 oz/400 g pork filet**
- **2 onions**
- **1 red bell pepper**
- **1 zucchini**
- **4 prunes**
- **7 oz/200 ml white wine**
- **2 teaspoons olive oil**
- **1 teaspoon honey**
- **1 teaspoon thyme**
- **salt, to taste**

tip from the chef

A delicious combination: pork meat with prunes and honey, bittersweet flavors that cannot fail.



pork & coleslaw sandwich

■■□ | Cooking time: 2 hours 40 minutes - Preparation time: 20 minutes

ingredients

> 1 pork shoulder
> olive oil
> 2 onions
> 6 garlic cloves
> 10 fl oz/300 ml lager
> salt and pepper, to taste
> 2 tablespoons bbq sauce

Coleslaw

> 4 oz/120 g mayonnaise
> 2 tablespoons apple vinegar
> ½ tablespoon honey
> salt and pepper, to taste
> 1 carrot
> ½ white cabbage
> ½ green cabbage

method

1. Put the pork shoulder in a large bowl together with the olive oil, chopped onions, peeled whole garlic cloves, lager, salt and pepper. Cover with plastic film and allow to marinate overnight.
2. Place the pork shoulder on the hot grill and cook over low heat for 2 hours, or until well done. Allow to rest for 30 minutes and shred.
3. For the coleslaw, put the mayonnaise, vinegar, honey, salt and pepper in a bowl and mix to integrate. Add the shredded carrot and julienned cabbage and mix with the dressing.
4. Assemble the sandwiches with the shredded meat, coleslaw and BBQ sauce.

Serves 6



tip from the chef

These sandwiches are a great option for an informal lunch outdoors, easy to serve and super tasty.





spicy pork ribs

■■□ | Cooking time: 3 hours - Preparation time: 15 minutes

method

1. To prepare the marinade, mix all ingredients in a large bowl and put the ribs inside, turning them around so that they get covered with the mixture.
2. Cover with plastic film and reserve in the refrigerator for 2 hours.
3. Put the ribs on the heated grill and cook over medium heat, basting them frequently with the marinade.
4. When the meat is done, remove from heat and serve immediately.

Serves 4

ingredients

- **4 1.5lb/700 g pork ribs**
- **spicy marinade**
- **2 tablespoons brown sugar**
- **3 tablespoons tabasco sauce**
- **1 tablespoons worcestershire sauce**
- **4 tablespoons salt**

tip from the chef

This spicy meat can also be prepared without Tabasco sauce for a mild version, or if it is going to be served to children.



chicken wings
with whiskey glaze

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

ingredients

> 2.2 lb/1 k chicken wings
> oil, as needed

Whiskey glaze

> 1 tablespoon whiskey
> 2 tablespoons apple vinegar
> 1 tablespoon worcestershire sauce
> 2 tablespoons honey
> 2 tablespoons ketchup
> 1 tablespoon mustard
> salt and pepper, to taste
> mayonnaise, optional

method

1. To make the glaze, put a skillet over medium heat and pour the whiskey. Flambé it until the flames go out and add the rest of the ingredients. Cook until the sauce has reduced in half.
2. Insert the wings onto metal brochette skewers and brush with the glaze. Put them on the heated grill, previously drizzled with oil.
3. Cook the wings for 10 minutes on each side, brushing them frequently with the glaze. Serve with mayonnaise, if desired.

Serves 6



tip from the chef

An innovative and easy preparation for an informal dinner.
These wings can even be eaten with your hands!





chicken thighs
with bbq sauce

■□□ | Cooking time: 3 hours - Preparation time: 30 minutes

method

1. To make the marinade, mix all ingredients in a large bowl. Add the chicken thighs seasoned with salt and pepper. Mix well to distribute the marinade on the thighs.
2. Cover the bowl with plastic film and reserve in the refrigerator for 2 hours.
3. Put the thighs on the hot grill previously brushed with oil. Grill the thighs on both sides until they are browned. Serve immediately.

Serves 4

ingredients

- **2.2 lb/1 k small chicken thighs**
- **salt and pepper, to taste**
- **oil, as needed**

Bbq marinade

- **1 tablespoon paprika**
- **2 tablespoons olive oil**
- **2 tablespoons ketchup**
- **2 tablespoons mustard**
- **2 tablespoons honey**
- **1 tablespoon worcestershire sauce**

tip from the chef

A different way of making chicken thighs. Serve with fried or baked sweet potatoes.



chicken and cherry tomato brochette

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

ingredients

- 2 chicken breasts
- 2 garlic cloves
- 1 shallot
- 1.7 oz/50 ml chicken broth
- juice and zest of 1 orange
- salt and pepper, to taste
- 8 cherry tomatoes
- 2 purple onions
- 2 tablespoons olive oil
- basil leaves, to garnish

method

1. Clean, slice and dice the chicken breasts. Reserve. Finely chop garlic and shallot. Put in a bowl with the broth, orange juice and zest, add salt and freshly ground pepper to taste and mix well.
2. Put the chicken in a shallow pan, pour the marinade on top and allow it to rest for 90 minutes in the refrigerator..
3. Assemble the brochettes alternating the marinated chicken, cherry tomatoes and purple onion cut in cubes.
4. Cook the brochettes on the hot grill previously brushed with oil until they are browned on both sides. Baste with the marinade frequently while cooking. Serve with basil leaves.

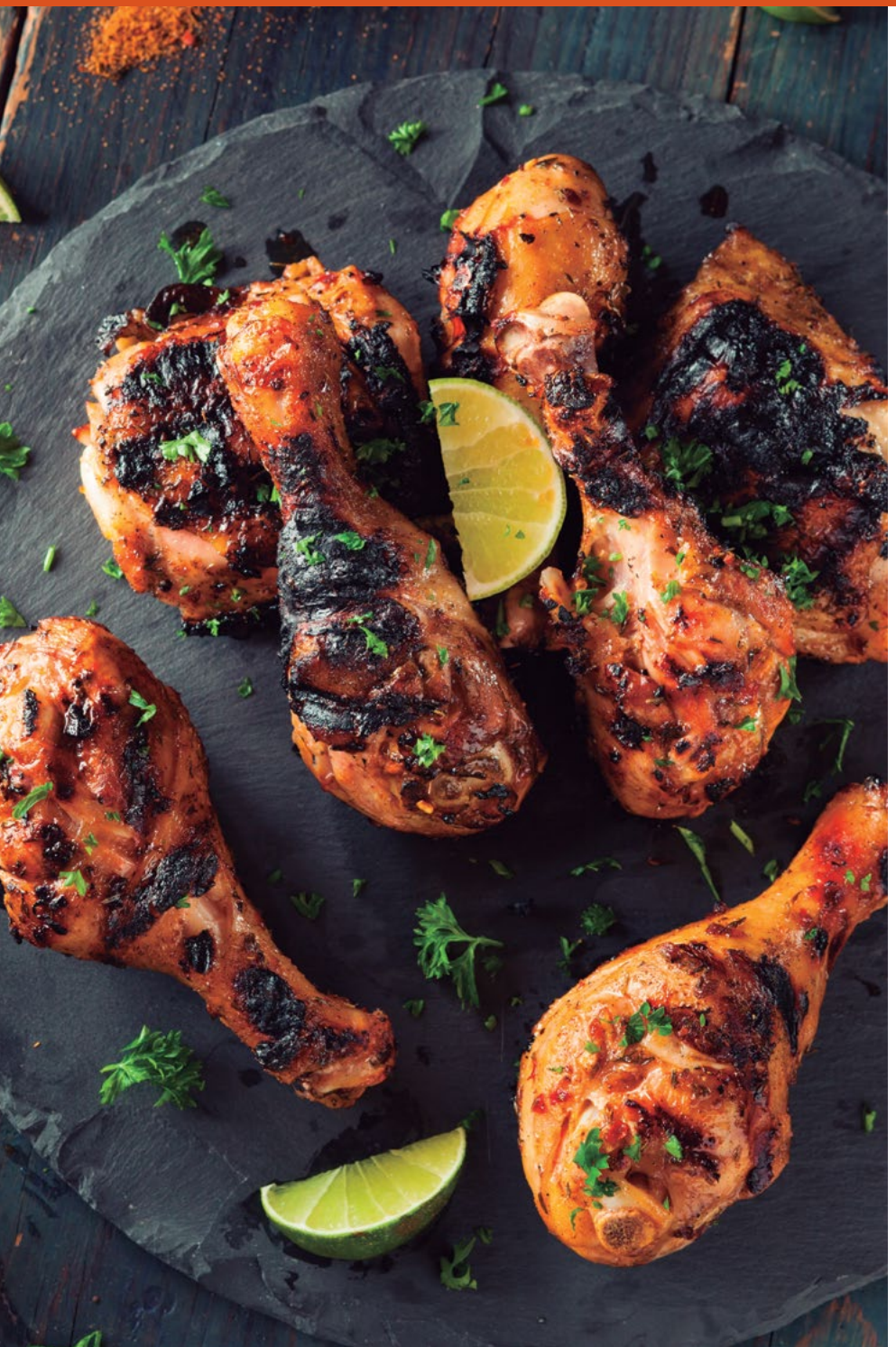
Serves 4



tip from the chef

These brochettes are ideal for a dinner with friends, paired with beer.





drum sticks
with spicy seasoning

■■□ | Cooking time: 4 hours - Preparation time: 15 minutes

method

1. For the seasoning, mix all ingredients in a large bowl. Add the drumsticks and toss around so that the seasoning covers the meat. Cover with plastic wrap and reserve in the refrigerator for 2 hours.
2. Remove the drumsticks from the refrigerator and put them on the hot grill. Cook thoroughly turning them around and brushing them frequently with the seasoning.
3. Serve the drumsticks sprinkled with chopped parsley, with lime wedges to garnish. The seasoning can be made up to a week ahead of time and kept in the refrigerator.

Serves 4

ingredients

> 8 drumsticks

Spicy seasoning

> 2 tablespoons brown sugar
> 2 tablespoons olive oil
> juice and zest of 1 orange
> 1 tablespoon salt
> 1 tablespoon paprika
> 1 tablespoon pepper
> 1 tablespoon tabasco sauce
> 1 tablespoon ground cumin
> chopped parsley, to sprinkle
> lime wedges, to serve

tip from the chef

A spicy and super tasty dish, ideal to eat with your hands at a dinner with friends.



salmon
with lemon & garlic

■■□ | Cooking time: 50 minutes - Preparation time: 30 minutes

ingredients

- 2.2lb/1 kg salmon, without skin or bones
- 1 tablespoon olive oil
- 1 garlic clove
- 2 lemons
- fresh rosemary and thyme, to taste
- salt and pepper, to taste

method

1. Preheat the grill to medium heat. Cut the salmon in eight even pieces and brush them with oil. Sprinkle with minced garlic.
2. Put a lemon slice and some fresh rosemary and thyme on each piece. Add salt and pepper.
3. Put the salmon on the grill previously brushed with oil and cook for 10 minutes or until the desired degree of doneness.

A good side dish for salmon is a quinoa and vegetable salad. Rinse 5 oz/150 g quinoa thoroughly. Boil for 15 minutes or until done. Strain and allow it to cool. Mix with 1 finely chopped onion, 2 diced cucumbers, 1.7 oz/50 g cherry tomatoes cut in 4, fresh basil to taste, and season with olive oil, salt and pepper.

Serves 8



tip from the chef

A fast, easy and very healthy dish. Ideal for a light lunch with a salad on the side.





lobster
with butter

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

method

1. Boil water with salt in a large pot and put the lobsters inside, head first. Cook for 5 minutes and then transfer them to a bowl with water and ice.
2. Open the lobsters in half lengthwise, remove the stomach and the head. Take out the intestinal tract in the tail.
3. Brush the lobsters with butter and lemon on the meat side, and add salt and pepper to taste. Grill the lobsters for 5 minutes on the meat side. Turn them over and cook on the other side for another 5 minutes. Serve on their own or with a side of steamed potatoes.

Boiling the lobsters before grilling them prevents the meat from undercooking.

Serves 2

ingredients

- **2 live lobsters/1.4 lb/650 g each**
- **2 oz/60 g melted butter**
- **juice of 1 lemon**
- **salt and pepper, to taste**

tip from the chef

An elegant dish, easy to make and exquisite. Ideal for a special dinner for two.



lentil and chickpea burger

■■□ | Cooking time: 40 minutes - Preparation time: 15 minutes

ingredients

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

Coriander Garlic Cream
> ½ cup sour cream
> ½ cup heavy cream
> 1 clove garlic, crushed
> 2 tablespoons chopped fresh coriander
> 2 tablespoons chopped fresh parsley

method

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

Serves 5



tip from the chef

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





prawn and pineapple brochettes

■□□ | Cooking time: 50 minutes - Preparation time: 30 minutes

method

1. Put the prawns in a large bowl and pour the melted butter and lemon juice over them. Mix well to cover the prawns with the preparation.
2. Thread the prawns on to brochette skewers, alternating them with small pineapple pieces. Add salt and pepper to taste. Cook on the grill over high heat for 5 minutes on both sides.
3. Serve the brochettes with lemon wedges and chopped cilantro.

These brochettes can also be made with oranges instead of pineapple.

Serves 4

ingredients

- **1.5 lb/700 g clean prawns**
- **2 tablespoons melted butter**
- **11 oz/300 g pineapple**
- **juice of 1 lemon**
- **salt and pepper, to taste**
- **lemon wedges and chopped cilantro, to serve**

tip from the chef

For those who love bittersweet dishes, this unique, super simple recipe with pineapple adds a sweet, delicious flavor.



raspberry and yogurt mousse

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

ingredients

- 10 oz/315 g fresh or frozen raspberries
- 2 teaspoons icing sugar
- 11 oz/350 g ricotta cheese
- 1 cup/6½ oz/200 g thick low-fat natural yogurt
- 2 tablespoons caster sugar
- 2 teaspoons vanilla essence
- 2 teaspoons lime or lemon juice
- fresh blackberries, for garnish

method

1. Place raspberries in a food proccessor or blender and process to make a purée. Press purée through a sieve to remove seeds. Stir in icing sugar.
2. Place ricotta cheese, yogurt, caster sugar, vanilla essence and lime or lemon juice in a food processor or blender and process until smooth.
3. Divide mixture into two equal portions. Stir raspberry purée into one portion. Alternate spoonfuls of plain and raspberry mixtures in serving glasses and swirl to give a ripple pattern. Refrigerate for at least 1 hour. Garnish with blackberries, if desired.

Serves 4



tip from the chef

For thick yogurt, place yogurt in a sieve lined with a double thickness of cheesecloth or absorbent kitchen paper and drain for 2-3 hours at room temperature or overnight in the refrigerator.





watermelon
with honey

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

method

1. Put the watermelon slices in a shallow pan. In a bowl, mix honey, lemon juice and melted butter.
2. Brush the watermelon with this mixture on both sides. Put on the hot grill and cook on both sides until they are slightly brown.
2. Brush once more with the mixture and serve immediately.

Serve with a dollop of whipped cream, if desired.

Serves 4

ingredients

- **4 watermelon slices (cut in triangles)**
- **2 tablespoons honey**
- **1 tablespoon lemon juice**
- **1 tablespoon melted butter**

Tip from the Chef

In its homeland, this classic Italian dessert is seen on the Easter Table.



aperol cocktail

■□□ | Preparation time: 5 minutes

ingredients

- 3 ounces Prosecco
- 2 ounces Aperol
- 1 ounce club soda
- orange slices, for garnish

method

1. Add the Prosecco, Aperol and club soda to a wine glass filled with ice and stir.
2. Garnish with an orange slice.

Serves 1





tip from the chef

Pair Aperol with bubbly wine and sparkling water, and you'll be hard-pressed to find a more refreshing and thirst-quenching cocktail. And because it's low in alcohol, you can start drinking early and still make it to dinner.



pineapple gin & tonic

■□□ | Cooking time: 5 minutes

method

1. Grill, griddle or BBQ one pineapple wheel for 5 minutes before turning it over. Continue grilling until it is lightly browned, smoky and caramelized. Thinly chop grilled pineapple wheel and muddle it into your cocktail shaker. Add ice, gin and juice. Cut remaning pineapple wheel into wedges to use as garnish.
2. Shake for two minutes. Strain into a glass with ice. Top up with tonic water (prosecco is also delicious as an alternative to tonic here) and garnish with the remaining pineapple wedges, lime wedges, or a mint leaf.

Serves 1

ingredients

- **2 pineapple wheels, tinned or fresh**
- **1¾ ounces gin**
- **2⅓ ounces pineapple juice**
- **tonic water, to top up**
- **1 lime, optional**
- **mint leaves, for garnish**

Tip from the Chef

You can add a squeeze of lime if the drink is a little sweet for you. Tinned pineapple chunks are probably too wet to grill, but you could use them in the recipe without grilling!



mexican mojito

■□□ | Preparation time: 10 minutess

ingredients

- 10 fresh mint leaves
- ½ lime, cut into 4 wedges
- 2 tablespoons white sugar, or to taste
- 1 cup ice cubes
- 1½ fluid ounces white rum
- ½ cup club soda

method

1. Place mint leaves and 1 lime wedge into a sturdy glass. Use a muddler to crush the mint and lime to release the mint oils and lime juice.
2. Add 2 more lime wedges and the sugar, and muddle again to release the lime juice. Do not strain the mixture. Fill the glass almost to the top with ice. Pour the rum over the ice, and fill the glass with carbonated water. Stir, taste, and add more sugar if desired.
3. Garnish with the remaining lime wedge.

Serves 1



tip from the chef

Tonic water can be substituted instead of the soda water but the taste is different and somewhat bitter.



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