



THE MASPORT BARBECUE BOOK



TIPS



Preparing the barbecue for grilling

With the lid open, ignite the gas burners at the 'high heat' setting. Turn the burner heat down, close the lid and allow the barbecue to reach grilling heat - this should take 5-10 minutes depending on the ambient temperature, wind and the barbecue model.

Using a gas barbecue

1. Adjust the gas control knobs to the required setting, depending on the food you are grilling (more on this follows).
2. Position the food on the grill. Avoid crowding the grill surface, especially with fatty foods such as sausages, hamburgers, pork chops etc.
3. As a general rule, select a low to medium heat setting when tackling fish, vegetables or fruit and a medium heat when dealing with beef, pork, lamb or poultry. The 'high heat' setting of the barbecue is used occasionally for searing steaks etc but, culinary speaking, for very little else.

Healthy barbecuing

There are a lot of natural ingredients with bold flavours out there. These can be used to boost marinades or

complement the meat you're cooking with.

For example try ingredients with low calories in your marinades like tomato paste, soy sauce, fish sauce or molasses. Be inspired by the flavours you love - perhaps try vegemite in a marinade for added flavour.

To add sweetness to your marinades and/or meals, use natural ingredients rather than sugar. For example try adding fruit juice to a marinade or pieces of fruit or vegetables on kebabs. Fruit juices will also act as a natural tenderiser for meats, particularly lemon juice.

General hints on grilling

1. If you are using a thick basting sauce containing sugar, jam, honey or ketchup brush it on during the final few minutes of cooking. If applied too early, especially at high cooking temperatures, the basting sauce will quickly burn and char.
2. Grill one side of the meat for the time recommended in the recipe or cooking time chart. Brush the uncooked surface with oil or butter. Turn the meat over and complete the cooking cycle. Note that the second side will generally take a minute or so less to cook than the first side.
3. Meat marinated for a few hours, or overnight in the

refrigerator, moistens, flavours and tenderises the meat. A cheaper lean cut will benefit from an oil-based marinade.

Grilling kebabs

Some Masport barbecues provide kebab racks and skewers. The racks lift the skewers off the grill surface to prevent the food from sticking. These are best barbecued with the hood down. To prevent sticking and burning dip metal skewers in cooking oil and soak bamboo skewers in water before use.

Rotisserie – Roasting

1. Unless previously marinated, brush the food with oil at the onset of cooking. Periodically baste joints with some of the liquid from the drip pan. Refer to burner settings on page 5.
2. If impaling more than one piece of meat on the spit, leave a little space between them to allow the heat to reach all surfaces. Do not overload the rotisserie as it will put unnecessary pressure on the motor.
3. Periodically, check the level of liquid in the drip pan. This may require emptying before the meat is finished cooking.

Using a rear burner

Preheat the barbecue as outlined in preparing the barbecue for grilling but for no longer than 5 minutes. Allow the excessive heat to disperse and then while wearing heat resistant gloves, place the prepared rotisserie with food attached, wired on and balanced correctly into the barbecue. Turn on the rear burner to its lowest setting and then turn on the rotisserie motor. Check that the rotisserie is turning correctly and nothing is catching or interfering with the rotation.

It is recommended that only the rear burner be operated when roasting on the rotisserie, therefore do not operate the main burners at the same time. There is no one rule when setting the rear burner temperature and its performance will be affected by the outside ambient temperatures, draughts and wind. Roasting temperatures will normally sit between 150-190°C but be watchful and check food so not to over or under cook food. The rear burner is located in a position where it won't create flare ups or fat fires, but it is positioned closer to the food than indirect roasting using main burners, so be careful not to overheat the food and burn the outside before the inside is cooked. We recommend the use of food temperature probes to ensure cooking consistency.

The rear burner can be used for high temperature short bursts to crisp up the food, but do not leave this unattended and to avoid burning food keep a watchful eye on this process.

Indirect heat cooking

(4 burner barbecues or larger, fitted with a full grill or with hotplate removed)

1. Place a drip pan under the cooking grate in the centre of the barbecue. The pan must be large enough to catch all

- the fats falling away from the food set on the grate.
2. With the hood in the open position, ignite the gas burner, using the 'high heat' setting, adjacent (not under) to where the drip pan is sitting.
3. Close the hood and let the barbecue heat up for 5-10 minutes. Note that the barbecue should never be left unattended when operating.
4. Adjust the temperature setting as required.
5. Place the food on the grate immediately above the drip pan, re-close the lid.

* **Note:** Ambient temperatures and wind will effect barbecue performance.

Preventing fat / oil fires

Many meats already contain enough natural oils for grilling and it's unnecessary to add any more. However if it is necessary to add additional cooking oil, add it sparingly to avoid unnecessary fires caused by excessive oil.

Drip tray

- The drip tray collects fat and marinades from the hotplates and grills.
- It protects the burners from wind, as well as protecting the trolley from excessive heat. The drip tray also helps to keep the heat 'in'.
- Sand is not recommended for drip trays as it does not absorb fats fully and when heated cause the fats to adhere to the sand like glue making it hard to clean off.
- Fat Soak or similar is a highly absorbent product designed for drip trays, which when it turns brown is ready to be changed.

Removing rust from hotplates and grills

Light the barbecue with all burners on high and the hood down for 10 minutes. Allow to cool, then clean off any rust or grime with a wire brush and a crushed up wad of aluminium foil. Rinse off the plates in hot water and mild detergent and allow to dry. Rust is prevented by coating the cast iron cookware in a good quality cooking oil. If this is not done on a regular basis or when barbecue is in storage the plates will go rusty.

It is not necessary to add oil to vitreous or porcelain coated enamel plates and grills as these are sealed in the enamelling process.

How to tell when your hotplate is at the right temperature

1. Put a teaspoon of water near the rear of the hotplate.
2. If the water disperses in all directions into tiny little beads then it's hot enough to use.
3. If it tends to stew in one place too long and does not disperse then it needs to heat up more.

Cold food placed onto the hotplate will cool it down quite rapidly so it is important to get the hotplate up to 'beading temperature'.

COOKING TIMES



Roasting (using 'indirect heat')

*Food	Cut	Degree of Cooking	Heat Setting	Internal food Temperature	*Approximate Minutes per 500g
Beef	Rib-roast	Rare	Low/medium	75°C	18-20
	Rib-roast	Medium	Low/medium	85°C	20-25
	Rib-roast	Well-done	Low/medium	90°C	25-30
	Sirloin		Medium	75-90°C	25-30
	Rump/rolled		Medium	80-90°C	25-30
Lamb	Leg	Rare	Medium	75°C	18-22
	Leg	Medium	Medium	85°C	22-28
	Leg	Well-done	Medium	90°C	28-33
	Crown roast	Rare	Medium	75°C	25-30
	Crown roast	Medium	Medium	85°C	30-36
	Crown roast	Well-done	Medium	90°C	36-42
	Shoulder	Medium	Medium	85°C	22-28
	Shoulder	Well-done	Medium	90°C	28-33
Pork	Loin	Well-done	Low/medium	100°C	25-30
	Fresh ham	Well-done	Low/medium	100°C	20-25
	Crown	Well-done	Low/medium	100°C	25-35
Veal	Loin	Well-done	Low/medium	100°C	20-25
	Leg	Well-done	Low/medium	100°C	20-25
	Shoulder	Well-done	Low/medium	100°C	20-25
Poultry	Chicken	Well-done	Low/medium	100°C	15-20
	Turkey	Well-done	Low/medium	100°C	15-20
	Duck	Well-done	Low/medium	100°C	15-20

* Cooking times will vary considerably according to the weight and size of the food, i.e. the larger and heavier the food, the longer the cooking time.

* Above are recommendations only and cooking times may vary. Ensure the barbecue is up to temperature before cooking.

Note: Ambient temperatures and wind will effect barbecue performance.



Grilling

***Approximate Cooking Time (each side) in Minutes**

*Food	Cut	Size/Thickness	Heat	Rare Setting	Medium	Well-Done
Beef	Steak	2.5cm	High	3-4	4-5	5-6
	Steak	4cm	High	5-6	7-8	9-10
	Steak**	5cm	High	7-8	9-10	10-11
	Flank steak	Whole	High	3-4****		
	Hamburger	2.5cm	Medium/high	3-4	5-6	6-8
Lamb	Chops	2.5cm	Medium/high	5-6	7-8	9-10
	Liver***	1cm	Medium/high		5-6	
Pork	Chops	2.5cm	Medium/high			15-18
	Spare ribs	Whole or section	Medium			55-75
	Liver***	1cm	medium/high		6-7	
	Ham	2.5cm	Medium			15-20
Poultry	Chicken	1.5kg (split)	Medium			35-45
	Duck	1.75kg (split)	Medium	5-6	10-12	25-28
Veal	Steak or chops	2.5cm	Medium			9-12
Fish	Steak	1cm	Medium			2-3
	Steak	2.5cm	Medium			5
	Whole fish	Allow 10 minutes per 2.5cm of thickness e.g. a fish 5cm thick will require 20 minutes cooking (10 minutes per side).				
Lobster split	500-750g		Medium/high			7-10

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** If the steak is 5cm or more thick you can use a meat thermometer to judge – steak is rare at 70°C, well-done at 90°C

*** Avoid overcooking or the liver will become tough

**** Maximum cooking time for the steak to remain tender

Note: Ambient temperatures and wind will effect barbecue performance.

Rotisserie-Roasting

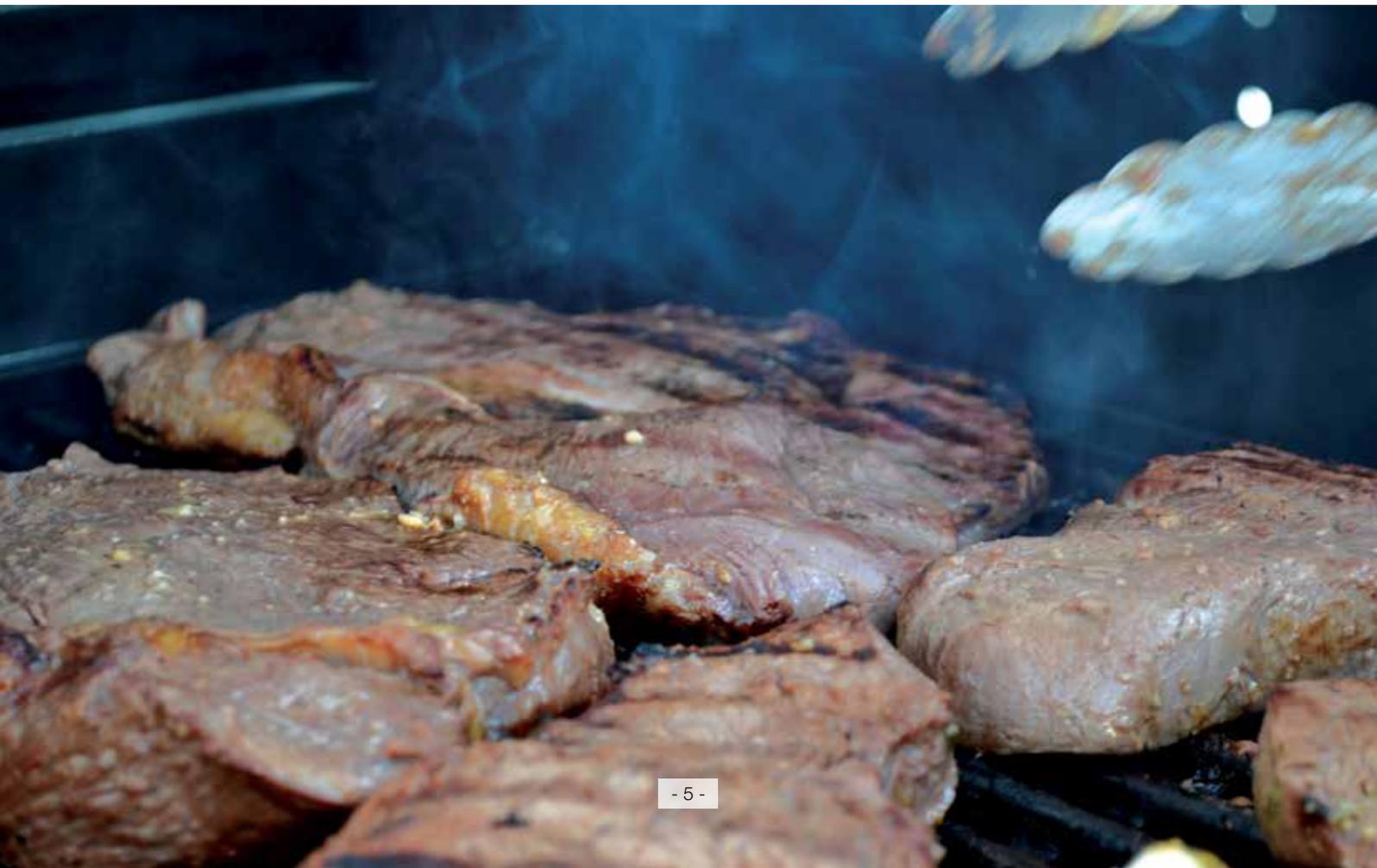
*Approximate Cooking Time in Hours

*Food	Cut	Weight	Heat Setting	Rare 75°C	Medium 85°C	Well-Done 90°C
Beef	Rump	1.25-2.25kg	Medium	1½ -2	2¼ -3	3-4
	Sirloin	2.25-2.75kg	Medium/high	1¼ -1¾	2¼ -3	3-4
	Rolled rib	1.75-2.75kg	Medium/high	2-2½	2¼ -3	3 -4
Lamb	Leg rolled	1.5-3.5kg	Medium	1-1¼	1½ -2	2-3¼
	Shoulder	1.25-2.75kg	Medium	1-1¼	1½ -2	2-3
						100°C
Pork	Shoulder	1.25-2.75kg	Medium/high			2-3
	Loin	1.25-2.25kg	Medium/high			2-3
	Spare ribs	1-1.75kg	Medium/high			1-1¾
	Fresh ham	2.25-3.5kg	Medium			3½ -4½
Poultry	Chicken	1.1-2.25kg	Medium			1-1½
	Turkey	3.5-7kg	Medium			2½ -3½
	Duck	1.75-2.75kg	Medium			1-2
Veal	Leg rolled	2.25-3.5kg	Medium			2-3
	Shoulder	1.25-2.25kg	Medium			1½ -2½
	Loin	2.25-2.75kg	Medium			1½ -2
						65-70°C
Fish	Large, whole	2.25-4.5kg	Low/medium			1-1¼
	Small, whole	750g-1.75kg	Low/medium			½ -1

* For accuracy, use a meat thermometer and cook to the internal temperatures given in the chart on page 3.

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* Above are recommendations only and cooking times may vary. Ensure the barbecue is up to temperature before cooking.



RECIPES



place the bowl of dough in this warmed oven to rise. (At this point, if you want to make ahead, you can freeze the dough in an airtight container for up to two weeks.)

Punch the dough down so it deflates a bit. Divide the dough in half. Form two round balls of dough.

Place each in its own bowl, cover with plastic and let sit for 10 minutes.

Working one ball of dough at a time, take one ball of dough and flatten it with your hands on a slightly floured work surface. Starting at the center and working outwards, use your fingertips to press the dough to about 1½ cm thick. Turn and stretch the dough until it will not stretch further. Let the dough relax 5 minutes and then continue to stretch it until it reaches the desired diameter - 25-30cm. Use your palm to flatten the edge of the dough where it is thicker. You can pinch the very edges if you want to form a lip. Brush the top of the dough with olive oil (to prevent it from getting soggy from the toppings). Use your finger tips to press down and make dents along the surface of the dough to prevent bubbling. Let rest another 5 minutes.

Repeat with the second ball of dough.

Homemade Pizza

Pizza dough (bought or homemade)

Olive oil

Cornmeal or similar product (stops the pizza sticking to the stone)

Tomato sauce (purée)

Mozzarella or Parmesan cheese, shredded

Feta cheese

Mushrooms, thinly sliced

Bell peppers, stems and seeds removed, thinly sliced

Italian sausage, cooked ahead

Chopped fresh basil

Pesto

Pepperoni, thinly sliced

Onions, thinly sliced

Sliced ham

(You can add or remove pizza toppings as desired)

Place the Masport barbecue pizza stone into the grill of the barbecue, close the lid and preheat at around 200 - 220°C for about 30 minutes.

Prepare your pizza dough. Thaw it out if frozen and follow the instructions of the packaging if you have bought pizza dough. Prepare your desired toppings. Note don't overload the pizza with toppings as the crust will not be crisp. About a third a cup each of tomato sauce and cheese would be sufficient for one pizza. One to two mushrooms thinly sliced will cover a pizza.

Now it's time to add the toppings to the dough. Spoon on the tomato sauce, sprinkle with cheese, and place your desired toppings on the pizza. Remember to leave a border around the edge to form the crust.

Lightly sprinkle the pizza stone with some cornmeal or similar product to prevent sticking and gently slide the pizza onto the pizza stone.

Bake the pizza until the crust is browned and the cheese is golden, about 10-15 minutes. If you desire, towards the end of the cooking time you can sprinkle on a little more cheese.

Once ready, simply slice and serve.

PIZZA RECIPES

Homemade Pizza Dough

The pizza dough makes enough for two 25-30cm pizzas

Dough Ingredients

1½ cups warm water (40°C - 46°C)

1 package (2¼ teaspoons) of active dry yeast

3½ cups bread flour (can use all-purpose but bread flour will give you a crisper crust)

2 tablespoons olive oil

2 teaspoons salt

1 teaspoon sugar

In the large bowl of a heavy duty electric mixer add the warm water. Sprinkle on the yeast and let sit for 5 minutes until the yeast is dissolved. Stir to dissolve completely if needed at the end of 5 minutes.

Attach a mixing paddle to the mixer. Mix in the olive oil, flour, salt and sugar on low speed for about a minute. Remove the mixing paddle and replace with a dough hook. Knead using the mixer and dough hook, on low to medium speed, until the dough is smooth and elastic, about 10 minutes. If you don't have a mixer, you can mix and knead by hand. If the dough seems a little too wet, add a little more flour.

Place ball of dough in a bowl that has been coated lightly with olive oil. Turn the dough around in the bowl so that it gets coated with the oil. Cover with plastic wrap. Let sit in a warm place (23-30°C) until it doubles in size, about 1 to 1 1/2 hours (or several hours longer, a longer rise will improve the flavor). If you don't have a warm spot in the house you can heat the oven up just a little and then turn it off. Let the oven cool till it is just warm, then

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Homemade Barbecue Chicken

Serves 4

1/3 cup ketchup
1 tablespoon cider vinegar
1 tablespoon brown sugar
2 tablespoons Worcestershire sauce
1 teaspoon chilli powder
4 boneless, skinless chicken breasts

Combine ketchup, cider vinegar, brown sugar, Worcestershire sauce and chilli powder. Place chicken breasts in a large resealable plastic bag. Pour barbecue sauce into bag and cover chicken with it. Marinate for 4-6 hours.

Preheat grill or broiler. Spray grill with high-temperature nonstick cooking spray before heating; or spray broiler rack while broiler is heating.

Place marinated chicken breasts on grill or broiler until cooked.

#Recipe courtesy of <http://lowfatcooking.about.com/od/poultrydishes/r/bbqchicken.htm>

Spicy Grilled Prawns

Makes approximately 60

1kg (2 lb) medium-sized prawns, peeled and deveined
3 ½ tablespoons melted butter or margarine
Marinade:
1 teaspoon salt
½ teaspoon freshly ground black pepper
½ teaspoon garlic powder
4 tablespoons chilli sauce
4 tablespoons red or white wine vinegar
2 tablespoons Worcestershire sauce
4 tablespoons finely chopped, fresh parsley
3 tablespoons oil

Combine all the ingredients and mix well. Add the prawns and turn until completely coated with the marinade. Cover the bowl and refrigerate for 1-3 hours. Prepare the barbecue for grilling, following the instructions on page 1.

Drain the prawns and reserve the marinade. Blend the reserved marinade with the melted butter or margarine. Thread the prawns

onto skewers and place them on the grill. Cook over a medium heat for 6-8 minutes, turning once and basting generously with the marinade mixture during cooking. Do not overcook the prawns as this will make them chewy.

Rib Eye Steaks with Rosemary

Serves 4

4 rib eye steaks cut 2-2.5cm (¾- 1 inch) thick
1 tablespoon oil
2 tablespoons chopped fresh rosemary
(or 2 teaspoons dried rosemary)
Salt and freshly ground pepper

Brush the steaks all over with the oil and press equal portions of the rosemary into both sides. Leave the steaks at room temperature for about 30 minutes.

Prepare the barbecue for grilling, following the instructions on page 1.

Grill the steaks, with medium heat, until cooked to the desired degree. Carefully turn the steaks over half way through cooking. Season with salt and freshly ground pepper and serve with salad or vegetables in season.

Teriyaki Beef Strips

Serves 6-8

1kg (2 lb) sirloin steak 2cm (¾ inch) thick, cut into 6mm (¼ inch) thick slices
Oil for greasing
Marinade:
6 tablespoons soy sauce or shoyu sauce
2 tablespoons dry red wine, red wine vinegar or sake
1 teaspoon ground ginger
1½ tablespoons oil
1 garlic clove, chopped very finely
1-3 teaspoons brown sugar, to taste

To make the marinade, mix together the ingredients in a bowl. Add the meat strips and turn until well coated with the marinade.

Cover the bowl and place in the refrigerator for 3-4 hours.

Prepare the barbecue for grilling, following the instructions on page 1.

Lift the meat from the bowl, drain briefly and reserve the marinade.

Thread the meat, snake-fashion, onto 15-20cm (6-8 inches) long, oiled skewers. Grill the meat over medium to high heat for just 1-2 minutes on each side, basting once or twice with the marinade. Avoid over-cooking the meat and serve immediately.

Beef and Courgette Kebabs

Serves 4-6

1kg (2 lb) rump, sirloin or fillet steak
2 courgettes
3 tablespoons groundnut or peanut oil
3 tablespoons soft butter
1 garlic clove, crushed
¼ teaspoon freshly ground black pepper
6 medium-size tomatoes, quartered

Trim the meat and cut into 2.5cm (1 inch) cubes.

Slice the courgettes into circles about 1cm (1/2 inch) thick. Blanch them in a pan of boiling water for 30 seconds. Drain well.

Prepare the barbecue for grilling, following the instructions on page 1.

Place the oil, butter, garlic and pepper in a small saucepan and heat gently for a few minutes. Keep the pan on the side of the grill for basting. Thread the meat cubes, courgette slices and tomato pieces alternatively on to skewers and brush with the garlic oil. Grill over medium to high heat, turning and basting frequently, for about 10 minutes or until cooked to the desired degree.

Chicken Wing Drumsticks Teriyaki

Makes 20

20 meaty chicken wings
Teriyaki:
1 ½ tablespoons clear honey
1 ½ tablespoons groundnut or peanut oil
4 tablespoons soy sauce
1 tablespoon dry red wine or red wine vinegar
1 teaspoon freshly grated root ginger
(or ½ teaspoon ground ginger)
1 large garlic clove, crushed
Combine all the Teriyaki ingredients and mix well.

Cut through the wing joints. Using a small sharp knife, carefully loosen the flesh around the lower joints of the remaining wing portions and push down so that they resemble mini-lollipops. Place the prepared wing pieces in a bowl and pour over the marinade.

Cover the bowl with food wrap and leave for 2-3 hours in a cool place, turning the drumsticks occasionally or overnight in the refrigerator.

Prepare the barbecue for 'Indirect heat' cooking, following the instructions on page 2. Drain the chicken pieces and reserve the marinade. Cook the drumsticks on the barbecue at medium

to high heat, with the lid down, for 20-30 minutes, or until cooked and sporting a dark golden/mahogany colour. (Basting frequently with the reserved marinade will result in the drumsticks taking on a dark mahogany hue.)

Spiced Orange Spare Ribs

Orange juice, lemon juice, Worcestershire sauce and honey combine to give the ribs a delicious sweet spicy flavour whilst at the same time imparting an attractive glaze.

Serves 4

1.25kg (3 lb) lean spare ribs
Marinade:
2 tablespoons clear honey
Juice of ½ lemon
Grated zest of ½ and juice of 2 oranges
2 tablespoons Worcestershire sauce
2 tablespoons soy sauce
Dash of salt

Mix together the marinade ingredients in a pan and heat gently. Simmer for 2 minutes and allow to cool.

If the ribs are in whole slabs, cut into sections of three or four ribs. Place the ribs, together with the marinade, in a plastic bag and securely close with a twist-tie. Put the bag in a roasting pan or similar dish (in case of leakage) and refrigerate for 12-24 hours, turning over the bag occasionally.

Prepare the barbecue for grilling, following the instructions on page 1.

Briefly drain the spare ribs and reserve the marinade. Cook the ribs, over medium heat, for about 1 ¼ hours* or until the meat has pulled away from the rib ends exposing 1-2cm (½ - ¾ inch) of bone. Turn the ribs frequently during the cooking time, but baste occasionally only during the final 15 minutes so the surface of the ribs do not become charred. When properly cooked the spare ribs will have a deep golden, semi-translucent appearance and the meat will be tender and juicy.

* If the ribs are 'mean on meat', the cooking time given can be reduced considerably.

Sesame Gingered Chicken

Serves 4

8 chicken thighs or drumsticks
Marinade:
2.5cm (1 inch) piece of fresh root ginger peeled and grated
2 tablespoons sesame seeds
2 tablespoons sesame oil
1 tablespoon groundnut or peanut oil
1 garlic clove, chopped very finely
¼ teaspoon cayenne pepper
25g (1 oz) spring onion, chopped finely

Wash the chicken thighs or drumsticks, pat dry and pierce all over with the point of a skewer.

Combine the marinade ingredients and mix thoroughly. Brush the marinade all over the thighs or drumsticks and place in a dish. Cover the dish and leave in the refrigerator for a few hours or overnight.

Prepare the barbecue for grilling, following the instructions on page 1.

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Lightly drain the thighs or drumsticks, reserving any marinade. Grill, over medium to high heat, for about 30 minutes or until nicely browned and cooked, turning and basting with the marinade a few times during cooking.

Special Baked Scallops

Serves 4

25g (1 oz) butter, melted
6 large scallops removed from their shells, the shells washed and dried
1 lemon, halved
5 tablespoons double cream
3 tablespoons fresh breadcrumbs
Salt and freshly ground black pepper

Prepare the barbecue for 'Indirect heat' cooking, following the instructions on page 2. Put 1 teaspoon of the melted butter in the bottom of 4 of the shells. Quarter the scallops and place 6 pieces in each shell. Season with salt and pepper and add a good squeeze of lemon juice. Spoon over the cream and sprinkle with the breadcrumbs. Dribble the rest of the melted butter over the breadcrumbs.

Bake, with medium to medium/high heat for 8-10 minutes or until the tops are golden brown.

Serve immediately.

Griddled Fish Cakes

For this recipe you can use any fish you like, such as snapper, john dory, bream, kingfish, gurnard, warehou, tuna, terakihi etc. but salmon does give the cakes that extra little richness and élan.

Serves 6 as a main course, 10 as a starter and approximately 24 as an appetiser

425g (14oz) fish filleted, boned and skinned
300g (10oz) potatoes

3 tablespoons lime juice
2 tablespoons chopped fresh coriander
1 tablespoon chopped fresh basil
Optional:
1 tablespoon capers, roughly chopped
¼ teaspoon cayenne pepper
Garlic salt, to taste
3 tablespoons groundnut or peanut oil
40g (½oz) butter

Wash the potatoes, leaving the skins intact. Boil in lightly salted water for 10-12 minutes, for medium sized potatoes, if using small new potatoes allow 8-10 minutes. Do not overcook. Drain the potatoes and when cool enough to handle, peel off the skins. Grate the potatoes, using the large holes of the grater, into a good sized bowl.

Chop the fish into very small chunks and add to the grated potato along with the lime juice, coriander, basil (if using) and chopped capers. Mix well,

but gently (trying not to break up the fish chunks too much and season with the garlic, salt and cayenne pepper.

Take spoonfuls of the mixture and firmly press into the desired cake size.

If your barbecue incorporates a griddle-plate, allow it to get hot before applying the oil and butter. Otherwise use a heavy-based frying pan placed directly on the barbecue grill. Fry the fish cakes for 3-4 minutes on each side depending upon their size and thickness. You should end up with crusty-golden fish cakes. Drain on kitchen paper and serve immediately.

Ratatouille

Serves 4-6

1 medium-size aubergine
2 medium-large onions
4 small courgettes
1 medium-size red pepper, de-seeded
1 medium-size green pepper, de-seeded
2 large tomatoes
6 tablespoons olive oil
3 garlic cloves, crushed
1 tablespoon fresh basil or 1 teaspoon dried basil
1 teaspoon dried rosemary
1 bay leaf
1 teaspoon salt
½ teaspoon freshly ground black pepper
2 tablespoons chopped fresh parsley

Thinly slice the aubergine, onions and courgettes. Chop the red and green peppers. Remove the skins and seeds from the tomatoes and cut the flesh into wedges. Place a large skillet on the grill and heat the oil over high heat. Alternatively, if your barbecue can accommodate a baking dish, heat the oil in this. Add the onions and garlic and cook for about 5 minutes or until the onions is soft and translucent. Next add the aubergine, peppers and courgettes. Cook for another 5 minutes, shaking the skillet of stirring the contents of the baking dish frequently.

Add the tomatoes, basil, rosemary, bay leaf, salt and pepper. Sprinkle over the parsley. Bring the lid of the barbecue down, reduce the heat to medium and continue cooking for a further 50-60 minutes. Serve the ratatouille hot or cold as a main dish or

with chicken, lamb, fish or beef.

Roasted Red Peppers

4 large sweet red peppers, de-seeded and cut in half through the stalk leaving the stalk intact
4 medium to large tomatoes
8 anchovy fillets drained and each chopped into 4 pieces
2 large garlic cloves, finely sliced
3oz (90ml) extra virgin olive oil
Freshly ground black pepper

Prepare the barbecue for 'indirect heat' cooking, following the instructions on page 3.

Lay the pepper halves, cut side up, in an oiled roasting tray. Place the tomatoes in a bowl and pour boiling water over them. After a minute or so, having drained away the water, it should be quite easy to remove the skins from the tomatoes (use a cloth or doubled kitchen paper to protect your hand). Cut the tomatoes into quarters and place 2 quarters in each half pepper to be joined by 4 pieces of the anchovy plus some of the garlic. Dribble two teaspoons of oil over each pepper and season to taste with freshly ground black pepper. Position the tray on the barbecue and cook, at medium to high heat, for 45 minutes to one hour until the peppers have browned around their edges. Transfer the cooked peppers to a shallow serving dish and pour over all the juices from the tray.

If serving the roasted peppers as an appetiser, offer your guests a basket of fresh bread chunks to dunk in the delicious juice.

Rum Chocolate Banana Split

A dish requiring a steady hand, time to spare and sweet-toothed guests in the 2-92 age group.

Serves 1 (just about)

1 large, medium-ripe, firm banana
1 teaspoon lemon juice
1 teaspoon rum or a few drops of rum flavouring
25g (1 oz) good quality dark eating chocolate chopped roughly
2 marshmallows, each cut into 8

Peel the banana and place on the centre of a piece of heavy-duty foil (or use a double thickness of ordinary foil) about 23 x 15cm (9 x 6 inches) in size. Sprinkle the lemon juice over the banana to drain down onto the foil.

Using a small-bladed knife, carefully cut a V shaped wedge from the banana along its length. Reserve the wedge to one side. The cavity should be roughly 1cm (½ inch) wide and 1cm (½ inch) deep.

Sprinkle the rum flavouring into the cavity. Partially fill the cavity with the chocolate and top with the marshmallow pieces. Press the banana wedge firmly back into place. Lap the long edges of the foil together, leaving a small air space. Firmly squeeze the open ends of the package and turn the crushed ends upwards so the package is roughly gondola shaped. Chill the package in the refrigerator until required, keeping the 'boat' upright.

Place the package on the grill and cook over medium heat for about 10 minutes or until the chocolate softens. If cooking lots of bananas, check the progress of one of the packages situated on or near the barbecue's 'hot spot' after 5 or 6 minutes. Overcooking will make the flesh of the banana pulpy and perhaps

result in the banana subsiding into an unattractive spodge. Serve the banana with whipped cream or vanilla ice cream. For the children, shake over some chocolate sprinkles.

Christmas Turkey

Cooking Christmas dinner, with all the scrumptious trimmings, for a hungry gaggle of family and friends is quite a challenge especially so when the poor old cook has to make do with rather limited cooking resources. However, for those families fortunate enough to possess a hooded barbecue, a glorious opportunity presents itself to give the oven, the cook, and especially the member of the after dinner washing-up team who has been earmarked to clean the fat-splattered oven, a well earned rest and reprieve.

Barbecuing the turkey provides several major benefits:

1. Valuable oven space is freed for other pressing duties.
2. The oven retains its pristine condition.
3. The turkey's succulence, taste, handsome appearance and aroma, at least equals, if not transcends, that of most oven cooked birds and if the turkey is smoke-cooked (a cooking technique which should only be practiced in the great outdoors) the resultant golden mahogany 'tan' will further inflame the taste buds of the waiting flock!

Method:

Prepare the barbecue for 'indirect heat' cooking, following the instructions on page 3. Ensure the giblets and neck have been removed from the turkey. Rinse the turkey all over, and inside its neck and body cavities; pat dry with kitchen towelling. Sprinkle the cavities generously with salt and pepper.

Tuck the wings behind the back but leave the legs free i.e. not tucked into the band of skin by the parson's nose, or tied closely together. Use your hand, or a brush, to spread groundnut or peanut oil, or softened butter or margarine, all over the bird.

Lightly season the oiled surfaces with salt and freshly ground black pepper. Position the turkey on the barbecue, partially shielding its lower sides with a narrow band of foil (tucking one edge of the foil under the bird's back will help to secure the foil). Wrap a band of foil 10-12cm (4-5 inches) wide around each knuckle and lower part of the legs. Cook the turkey, with the lid down, until a meat thermometer registers 100°C when positioned deep into the inside of the leg (making sure that the tip of the thermometer does not touch the bone to give a false reading).

The cooking time will vary considerably depending upon size of the barbecue, weather conditions and of course the weight of the bird, but a 5-6kg (11-13 lb) turkey should take around 2-2½ hours. Allow 20-30 minutes additional cooking time if the bird is fully stuffed at the neck. The stuffing can be baked separately in an ovenproof dish, by placing one or two ovenproof dishes fore and/or aft of the bird during the final 50-60 minutes of cooking.

The Finale:

Having given the waiting guests a brief glance of the golden bird, just to get their juices up and running, let it rest for 20-25 minutes before carving.

Roughly halfway through roasting a bird, turn it 180°C to avoid uneven cooking.



NOTE: You may not always achieve the results desired due to variations in such things as ingredients and cooking temperatures. Masport is not responsible for the outcome of any recipe you try from this book. Please always use food safety precautions, especially when cooking with raw ingredients.

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