

MASTER THE ART OF

**BBQ**

Vol. 1

KSG





# *Texan BBQ Spice Rub*

## The Ingredients

- 7g Cayenne pepper
- 7g Chilli powder
- 14g Ground cumin
- 7g Garlic powder
- 7g Black pepper
- 7g Smoked paprika
- 7g Salt

## The Method

Combine all the ingredients in a bowl.  
Store in a sealed container for up to 3 months.

### Cheat:

- If you don't want to weigh the ingredients use a teaspoon and go with equal amounts of everything and double for the cumin.

## How To Use

Works great on beef/pork/chicken.  
Rub really well into the meat and leave overnight in the fridge before use.



# Coca Cola BBQ sauce:

SERVES 6

## Ingredients

1 Tbsp Cooking oil

2.5 Tbsp Cider vinegar

1/2 can Coca cola

1 Clove Fresh garlic

30g Honey

24g Soy sauce (not the light stuff)

½ Whole orange (zest  
and juice)

48g Red onion diced

12g Chilli sauce (sriracha if you have it)

12g Fresh thyme

120g Tomato ketchup

## Method

1. Cook the onion, garlic and oil in a sauce pan until soft-not brown.
2. Add everything else in and simmer gently for 1 to 2 hours until it thickens.
3. When cool blend well to remove any small chunks.

## Storage & Use

Once cold store in the fridge for up to a week.

Can be brushed on meat or veg while cooking, used as a dipping sauce or the perfect finish to a burger.







# *Chimichurri*



## *ingredients*

- 35g Fresh coriander
- 7g Fresh garlic puree
- 1.5 Lemons (zest and juice)
- 2g Salt
- 90g Olive oil
- 22g Red onion
- 35g Fresh oregano
- 150g Fresh parsley
- 2g Black pepper
- 7g Ground cumin
- 2 Red chillis

## *instructions*

- Put everything into a blender and blitz until it's a fine, wet paste.

## *storage & serving*

- Store in the fridge for up to a week.  
Take out an hour before use.



# BBQ SHOULDER OF LAMB

*Dressed to impress on the BBQ with this hunk of meat*

## INGREDIENTS

900 g Lamb shoulder boneless  
Pinch Sea salt & Black pepper  
2 cloves Fresh garlic  
4 sprigs Fresh rosemary  
2 sprigs Fresh thyme  
3 Tbsp Natural yoghurt  
1 Tsp Smoked paprika  
1 Tsp Onion powder  
Handful Pomegranate seeds  
1 sprig Fresh mint

## DIRECTIONS

1. Take a very sharp knife and stab the flesh of the lamb shoulder and make 1 inch deep holes.
2. In a blender mix the garlic, yoghurt, smoked paprika, onion powder, ½ the rosemary, mint and thyme. Blend until smooth.
3. Cover the lamb in the mix, place in the fridge and leave to marinate overnight.
4. If using an oven: preheat to 160c. Seal the lamb in a frying pan to seal in the juices. Place in an oven tray with enough water to cover the base of the pan. Cover tightly with tin foil and cook for 2 hours. Check to make sure it is cooked and almost ready to fall apart.
5. Rest covered in foil for at least 20 minutes.
6. If using a BBQ: Keep one side of the BBQ hot and the other side on low. This lets you regulate the temperature.
7. Place the meat on the cooler side of the BBQ on a metal tray with enough water to cover the base of the tray.
8. Put the lid on the BBQ and regulate the temp to medium. Slow cook for 3 hours.
9. To finish reverse seal the meat by placing it over the hotter side and seal.
10. Rest covered in foil for at least 20 minutes
11. Slice or pull. Serve on a large platter, drizzle with chimichurri sauce and a side of fattoush salad

Serve with Chimichurri sauce and Fattoush salad

### CONTAINS



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# Middle Eastern Lamb Burger

## *ingredients*

- 400g Lamb mince
- 60g White onion fine diced
- 110g Fresh breadcrumbs
- 1 Fresh egg
- 4g Cooking oil
- Pinch Black pepper& Salt
- 3g Ground cinnamon
- 3g Ground cumin
- 3g Ground coriander
- 3g Garlic puree

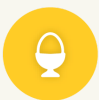
## *instructions*

- Sweat the onions and garlic with oil in a sauce pan. Cool before use
- Combine the onion mix, mince lamb, breadcrumbs, egg and spices together until well mixed. (hold back some of the spices)
- Season with salt and pepper. Cook a teaspoon on
- the mix and check if the seasoning is right. Add more if needed.

## *top tip*

It's easier to add more spices to a dish than pull back if too much went in. Always season to your taste.

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# Smoky Pork Patty

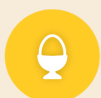
## INGREDIENTS

1 Green eating apple  
110g Fresh breadcrumbs  
Salt to taste  
Tsp Cooking oil  
1 Fresh egg  
400g Minced pork  
½ White onion diced  
2 Tsp Smoked paprika  
Black pepper to taste  
2 sprigs Fresh thyme

## METHOD

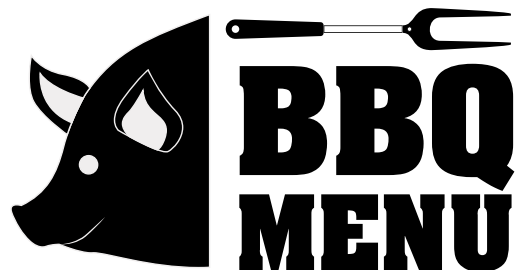
1. Sweat the onion, picked thyme, smoked paprika and oil in a sauce pan until soft. Allow to cool.
2. Grate the apple with the skins on. Add the apple, onion mix, mince pork, breadcrumbs and egg and mix well. Season with salt and pepper.
3. Divide into 4 equal sizes and shape into a burger patty.

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## TOP TIP:

**To avoid a taste disaster take a teaspoon of the completed pork mix and cook off. Have a taste to make sure you are happy with the seasoning. Avoid boring burgers at the dinner table.**





# BBQ Coca Cola Pork Belly

## INGREDIENTS

1 kg Boneless rind off pork belly

6 portions Coca cola BBQ sauce

6 portions Texan BBQ rub

## METHOD

1. Using a very sharp knife score the meat on the skin side. Go about 1 cm deep.
  2. Rub the spice rub over the meat-be very generous. Place into the fridge overnight.
  3. If using an oven: preheat to 160c. Seal the pork skin side down in a frying pan to seal in the juices. Place in an oven tray with enough water to cover the base of the pan. Cover tightly with tin foil and cook for 1 hour. Check to make sure it is cooked, cover with the BBQ sauce and put back in the oven and cook until tender. Baste often.
  4. Rest covered in foil for at least 20 minutes.
  5. If using a BBQ: Keep one side of the BBQ hot and the other side on low. This lets you regulate the temperature.
  6. Place the meat on the cooler side of the BBQ on a metal tray with enough water to cover the base of the tray.
  7. Put the lid down and slow cook for 2 hours.
- Remove from the tray and start to brush your meat with the bbq sauce to layer the flavour. Take care not to burn as there is sugar in the bbq sauce.
8. Once tender remove and either slice or shred. Mix with the remaining BBQ sauce.
  9. Rest covered in foil for at least 20 minutes.



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# Corn Elote

How to pimp up your corn on the cob.  
You can use fresh or cooked corn on the cob .

Serves 4

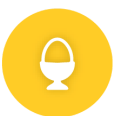


## INGREDIENTS

4 Corn on the cob whole  
(fresh or frozen)  
40g Feta cheese  
½ tsp Chilli powder  
2 Tbsp Cooking oil  
2 Tbsp Crème fraiche  
¼ tsp Garlic powder  
2 Tbsp Mayo  
Pinch Salt & Black pepper



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## RECIPE

1. If using fresh corn, cook in boiled & salted water for 5 minutes. Remove all husk & place on a tray.
2. If using frozen corn defrost overnight before use.
3. Brush the corn with salt, pepper and oil. Roast in a 200c oven for 10 minutes.
4. Brush the corn with mayo and crème fraiche, crumb the feta on top and sprinkle with chilli and garlic powder.
5. Put back in the oven or place on the BBQ until the cheese bubbles and goes golden.

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# Fattoush Salad

**A middle Eastern salad with cucumber, tomato and pomegranate-  
brilliant with meat or vegetarian dishes-**

**Summer on a plate**

**Serves 4**

## INGREDIENTS

- 1 Pomegranate
- 1 Tbsp Molasses (pomegranate if you can)
- 2 Heads of Baby gem lettuce
- 1 clove Fresh garlic
- 1 Bunch Fresh mint
- 1 Bunch Fresh dill
- 3.5 Tbsp White wine vinegar
- 1 large wedge Lemon (zest and juice)
- 1 Vine tomato
- 1 bunch Fresh parsley
- 1 Cucumber
- 6 Tbsp Olive oil
- 2 Scallions
- 1 Tbsp Sumac spice
- Pinch Salt
- 2 pieces Flatbread

## METHOD

1. In a blender combine the sumac, lemon juice, zest, garlic, mint, vinegar, oil and salt.
2. Preheat the oven to 180c. Very lightly wipe with oil, then sprinkle with some salt and sumac. Cut the flatbreads into bite sized pieces. Roast for about 10 minutes or until the bread is golden or crisp. Allow to cool before use.
3. Roughly dice the tomato and cucumber. Thinly slice the scallion. Rough chop the lettuce to about the same size as the flatbreads.
4. In a mixing bowl add the lettuce, tomato, cucumber, scallion, pomegranate some mint and all the dill and parsley. Toss and at the last minute add the flatbread and dressing.
5. Display on a wide flat sharing dish. Sprinkle pomegranate seeds and herbs on the top, then dig in.

Contains



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# SPICE BAG MIX

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## Ingredients

3 g Onion powder  
4 Tbsp Paprika  
2 Tbsp Salt  
1.5 Tbsp Chinese 5 spice  
1 Tbsp Garlic powder  
1.5 Tbsp Chilli powder

## Method

Put everything into a mixing bowl and combine.

Storage and use:

Can be used straight away or stored in a sealed container  
for 3 months.

Serving suggestion:

Do your own fake away and add to chips, chicken goujons / Tofu and  
cooked onions and peppers for a spice bag

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FAKE AWAY AT ITS BEST!!

# TOFU SPICE BAG

SERVE: 6

*Top tip:*  
*Make it filthy by putting your favourite dipping sauce over it.*  
*For an extra kick throw some jalapenos or chilli flakes into the bowl when mixing.*



## INGREDIENTS

- 2 Tbsp Rapeseed oil
- 1 Tbsp Cornflour
- 1.5 packs Lord of tofu
- 2 Tbsp Spice bag mix
- 1 Red peppers sliced
- 3 Scallions sliced
- 300g Regular or sweet potato fries



## DIRECTIONS

- 1.Prepare the tofu. Break the tofu into 10-15g pieces with your hands. Don't be fussy
- 2.Mix the tofu and  $\frac{1}{4}$  of the spice bag mix then coat the tofu in cornflour.
3. Shake off any excess cornflour. Set aside until you are ready to go.
- 4.Turn on a fryer and while this heats up place the sliced peppers and scallions in a hot frying pan with a dash of oil and cook until golden.
- 5.Cook the fries and lastly cook the tofu until golden.
- 6.Put everything into a bowl and toss with the spice bag mix.



May Contain

