



Saxongate barbecue recipe book

**Papworth
Trust**

Saxongate barbecue recipe book.

Now that the summer months are upon us it's time to get the barbecue out and give it a dusting off. So if you fancy trying something a little different than sausages and shop burgers, here are a few recipes.

All these recipes are just a guide, if there's something you don't like then don't put it in, as if there's something you do like you can add a little bit more. This is your barbecue so make them as you want.

Tips for barbecuing.

If you follow a few simple tip when your using your barbecue then it will make your cooking a lot easier and you food will turn out a lot better. Some basic equipment is always handy to have before you start to cook;

A pair of long tongs, so you don't burn your hand over a hot barbecue.

A few brushes to brush oil and marinades over the food.

Wire brush to clean the barbecue bars.

A fish slice or spatula.

Skewers, metal skewers that are flattened are good for large pieces of meat, kababs and kofta as they stop the meat from twisting on the skewer.

Bamboo Skewers, if you're using bamboo skewers, soak them in some hot water for about 30 minutes before making your kababs. This helps the food not to stick so much on the skewer and stops the bamboo skewer form burning on the barbecue.

A cheap plastic spray bottle, a well washed out, domestic cleaner bottle filled up with water will do the job. You will get oil dripping onto your coals on the barbecue and this will cause flames to flare up. Which in turn will burn your food, so just spray some water on the flames and this will extinguish the flames from burning your food.

A few tips for cooking on the barbecue;

Always let your coals burn right down before you start to cook, they must have a light grey ash all over them.

Arrange the coals in your barbecue with a hot, medium and low temperature range, so you can cook your food at different temperatures just as you would on your cooker.

Try not to put food on the barbecue straight from the fridge, get in out at least an hour and leave it covered on the side before you cook it.

When cooking your food only turn your food over ONCE! Don't keep on turning it over or poking it and prodding it as this will make you lose all the juices from the food leaving it dry and unpalatable.

Per planning and timing is the key with all cooking. Prepare everything you're going to need beforehand e.g. Salads in the fridge which just need dressing. Meats marinated and covered and left out to bring to room temperature, side dishes prepared and ready to cook.

Things like Jacket potatoes and Corn on the cob will take a lot longer to cook so get them on first. Timing is everything.

Don't overdo the amount of food on your barbecue at any one time. Sausages, burgers homemade or shop bought and maybe two other dishes. One cooked on the barbecue and one cooked mostly in the oven and finished off on the barbecue.

It's a barbecue so you want to sit in the sunshine as well and enjoy a few glasses of your favourite tipple with friends and family.

Marinades

Most marinades are made up of four ingredients;

Oil such as Olive, Sunflower, Vegetable and Rapeseed.

Flavouring such as Herbs, Spices, Garlic, Ginger and Chili.

Something acidic this helps to tenderise the meat such as Wine, Citrus fruit (Lemon, Lime and Orange), Vinegar's and Yoghurt.

Seasoning such as Salt and pepper, Soy sauce etc.

So you can make up a marinade to your own liking with ingredients found in your own kitchen cupboards. Just put in the marinade what you like and place you

meat in that. Leave on the side to marinade for 30 minutes to 2 hours and you're ready to cook.

Basic barbecue marinade

- 1 Garlic clove crushed
- 3 Tbsp. Olive oil
- 3 Tbsp. Dry sherry or any vinegar (Red, white, balsamic, cider)
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. Dark soy sauce
- 1 Tsp. Sugar
- Freshly ground pepper

Mix all the marinade ingredients in a large bowl and add any meat you like, give a good mix. Cover with cling film and leaver on the side for 30 minutes to 2 hours.

Red wine marinade

- 150ml Red wine
- 1 Tbsp. Extra virgin olive oil
- 1 Tbsp. Red wine vinegar
- 2 Cloves crushed garlic
- 1 Dried bay leaf crumbled
- 1 Tsp. dried mixed herbs
- Freshly ground black pepper

This red wine marinade is directed more at the richer flavours such as red meat and game. In each case it's simply a matter of mixing the ingredients up, add the meat, cover and leave on the side for at least 30 minutes.

Meat dishes.

Pork Chop Marinade

120 ml Extra-virgin olive oil

60ml Apple cider vinegar

50g Brown sugar

2 Tbsp. Wholegrain mustard

2 Garlic cloves, crushed

½ Tsp. Chili flakes

Salt and black pepper

4 Nice pork chops

1. In a large bowl whisk all ingredients together and season with salt and pepper. Pour marinade over pork chops rub this in all over. Cover and leave on the side for at least 2 hours.
2. On the barbecue in a part that's about medium heat place the pork chops and cook for about 7 to 8 minutes each side, basting with any marinade until nice and golden and cooked through. Why not serve with a nice crunchy Waldorf salad.

Barbecue Ribs

2 kg or 2 to 3 whole pork ribs racks

2 tsp. Garlic powder

1 tsp. Onion powder

2 tsp. Paprika

2 tsp. Salt

1 tsp. Cracked black pepper

½ tsp. Ground cumin

1 tsp. Chili or Cayenne powder (optional)

2 tbsp. Olive oil

Preheat oven to 180°C.

Peel off tough membrane that covers the underside/bony side of the ribs. With a knife cut into the membrane then it should peel off in one piece. Place on a baking sheet or tray lined with foil.

Combine together garlic powder, onion powder, paprika, salt, pepper, cumin and chili or Cayenne. Sprinkle seasoning over ribs and drizzle with oil. Rub the seasoning all over the ribs on both sides. Cover tray with foil and bake for 2 hours.

Remove ribs from the oven, spread the ribs on the barbecue and brush over with the barbecue sauce see recipe. Until there all nice and caramelised and sticky.

Tandoori Chicken

250g Greek yoghurt

Juice of 1 lime

1 Clove of garlic, crushed

1 Tbsp. Freshly grated ginger, or use from a jar.

1 Tsp. Garam masala

1 Tsp. Ground turmeric

Salt

Good pinch of cayenne pepper

1Kg Chicken legs or Chicken breasts

In a large bowl, whisk together yoghurt, lime juice, garlic, ginger, garam masala, and turmeric and season with salt and cayenne.

Add chicken and toss until fully coated. Cover and let marinate on the side for at least 2 hours.

When ready to cook, preheat oven to 180°C and line a baking sheet with some kitchen silver foil and place a wire rack on top. Place the chicken legs or breasts on the wire rack and bake the chicken legs for 15 minutes, then flip over and bake 15 minutes more. If you cooking chicken breast bake for 10 minutes, flip over and bake for 10 minutes more. To finish place the chicken on the barbecue and cook on each side for about 3 to 5 minutes, until the skin is nice and crispy.

Serve with a carrot salad, chutneys, pickles and maybe some soft flat breads.

Bar-B-Q Chicken Breasts

60 ml Balsamic vinegar

3 Tbsp. Extra-virgin olive oil

1 Tbsp. Brown sugar

3 Cloves of garlic, crushed

1 Tsp. Dried thyme

1 Tsp. Dried rosemary

4 to 6 Chicken breasts

Salt and black pepper

In a medium bowl, whisk together balsamic vinegar, olive oil, brown sugar, garlic, and dried herbs, and season generously with salt and pepper.

Make a few slashes in the chicken breasts with a sharp knife then add the chicken to the bowl and rub the marinade all over. Cover and let marinate for at least for 20 minutes or up to 2 hours on the side.

Place the chicken breasts on a medium heat part of the barbecue and cook for about 6 to 10 minutes each side depending on how thick the breasts are, basting with any leftover marinade, until cooked though.

Spicy Asian Chicken drumsticks Marinade

80 ml Extra-virgin olive oil

80ml Soy sauce

85ml Honey

60ml Chilli sauce, if you don't like thing to hot, don't add so much or none at all.

Juice of 1 lime

4 Cloves of garlic

1 Tbsp. Freshly grated ginger, or from a jar will do.

2 Tsp. Chinese five spice powder

1 Kg Chicken drumsticks

In a large bowl, whisk together oil, soy sauce, honey, chilli sauce, lime juice, garlic, ginger and five spice powder. Add chicken drumsticks to the marinade and toss to coat. Cover and marinate for 2 hours on the side.

Preheat oven to 180°C and place a wire rack over a kitchen silver foil covered baking sheet. Remove the drumsticks from marinade and place on wire rack. Bake until golden and crispy, about 30 minutes, flipping the drumsticks over, half-way through.

In a small saucepan over medium heat, add any leftover marinade. Bring to a boil, then reduce heat to low and let simmer until thickened, about 10 minutes.

Place the chicken drumsticks on the barbecue and brush the sauce over the drumsticks and cook until nice and caramelised, 2 to 3 minute on each side.

Serve with Asian salad.

Barbecued lamb with mint dressing.

1 Tbsp. Soft light brown sugar

Juice and zest 1 lemon

125ml Olive oil

6 Tbsp. Balsamic vinegar

3 Garlic cloves, crushed

2 Tsp. Dried Oregano

4 Tbsp. Chopped mint

Half boneless leg of lamb

Make the marinade: mix the sugar, lemon juice and zest with the olive oil, balsamic and some seasoning. Stir to dissolve the sugar then mix in the garlic, oregano and mint. Reserve some of the marinade to use as a dressing for the lamb later.

If you want to make lamb kababs then cut the meat into nice large chunks or you can cook the leg of lamb whole. Open out the meat and lay it in a deep tray. Pour the marinade on top then turn to coat all over in the mix. Cover with cling film and leave for 1 to 2 hours on the side.

Remove the lamb from the tray and shake off any excess marinade back into the tray. Insert a large metal skewer so that it goes from one corner to the opposite one. Do the same with another skewer in the opposite direction, so the skewers are a cross pattern through the leg. This makes it really easy to turn the meat on the barbecue. Or if you're making kababs place a chunk of lamb on your skewer then maybe a piece of onion and pepper between the pieces of lamb and fill up your kabab skewer.

Heat the barbecue and in a place where it's a medium heat. Place the leg of lamb on the barbecue skin side down and cook for about 8 to 10 minutes. Turnover and cook on the other side for 8 to 10 minutes for pink lamb or longer if you prefer it more done. If you've got kababs place on the barbecue and cook for about 6 to 8 minutes on each side, depending on how well you liked them cooked. When cooked, rest for 5 to 10 minutes before taking out the skewers.

When serving slice the lamb into nice thick pieces and serve with the reserved marinade for pouring over. Serve with a classic Greek salad and some nice crusty bread.

Turkish grilled lamb Kofta kebabs

500g Lamb mince

1 Onion, finely chopped

1 tsp Ground cumin

2 tsp Ground coriander

2 Fat garlic cloves, crushed

25g Pistachio nuts, chopped

1 Tbsp. chopped mint

Salt and black pepper

Oil for brushing

1. Mix together all the ingredients until well blended. Divide into eight balls, then roll each ball on a board with a cupped hand to turn them into ovals. Thread onto four metal skewers and mold them in place, place them in the fridge for 30 minutes, for them to set a little. When ready brush with oil.
2. To cook place on a hot barbecue and cook for 3-4 mins on all sides. Don't turn until they are well sealed or the meat will stick to the bars.
3. Remove and rest for 5 minutes. Serve the koftas with yogurt sauce and salad, in a flat bread.

Yoghurt Sauce

- Small pot of Greek yogurt
- 1 Tbsp. Extra virgin olive oil
- 1 Clove garlic, crushed
- *½ Tsp. Ground cumin*
- *Juice of ½ lemon*
- *Salt and black pepper*

Mix all the ingredients in a small bowl and chill till needed.

Warm the flatbreads, add some red cabbage salad on the flatbread, place the lamb koftas on the salad and dribble the yoghurt sauce on top. If you like you can add a few drops of a hot chilli sauce as well. Then wrap the flat bread around the whole thing. You can use shop flatbreads or see the recipe to make your own.

Cooking steak on the barbecue.

Best barbecue steaks.

The best cuts of beef steak to use for barbecuing are fillet, T-bone, ribeye, rump and sirloin. Look for cuts with a little fat marbled through the meat, as this helps to keep the steak moist.

Remove your steak from the fridge about 30 minutes to an hour before hand. When the barbecue is ready to cook on. Brush both sides of the steak with oil to prevent it from sticking to the barbecue.

Wait until just before cooking to season your steak, as salt draws out the flavour-some juices from the meat, making it tough. Season one side with salt and pepper, then cook the steak, seasoned-side down first, place them on a medium-high heat to seal in the flavour. Season the other side just before turning over.

Turn steak only ONCE during cooking, do not poke it or keep turning it over as this will allow the juices escape, which can make the meat tough.

Cook the steak on the barbecue, using long-handled tongs to turn the steak, until cooked to your liking. Cooking times vary depending on thickness.

After cooking, transfer the steak to a plate and cover with foil. Set aside for 5 minutes to rest. Heat pushes the juices to the centre of the steak. Resting it after cooking allows the meat to relax, and the juices then distribute evenly throughout the steak, making it succulent and tender.

How do we know when the steak is done?

The time needed to cook a steak varies depending on its thickness, and how you like it. Don't be tempted to cut into a steak to see if it's done. This allows the precious juices to escape, making the meat tough. So use the guide below to get the steak that is just right for you.

For steak 1.5cm-thick:

Rare – 1-1½ minutes each side

Medium – 2-3 minutes each side

Well done – 3-4 minutes each side

For steak 2-3cm-thick:

Rare – 2-3 minutes each side

Medium – 4-5 minutes each side

Well done – 5-6 minutes each side

Cooking sausages on the barbecue.

Sausage can be tricky on the barbecue, they spit and drip a lot of fat so they can get burnt on the outside and raw in the middle. Here a tip that should give you a nicely cooked sausage all the time.

Before the barbecue, take the sausages and place them in a sauce pan of cold water. Bring to the boil and simmer for about 5 minutes. Then refresh under plenty of cold water. When cold, drain them and dry them off.

Now the sausages are cooked through and nice and juicy inside, so very lightly brush them with a little oil and brown them on the barbecue on all sides.

Using a rotisserie on your barbecue.

Roasting meat over an open fire was the first way, meat was roasted and you can achieve this with a rotisserie on your barbecue. You get succulent roast meat because as the spit turns the roast baste itself in all its own juices.

The best way to cook a joint or whole chicken in a rotisserie to make up a marinade rub with anything you like, spices, herbs garlic, ginger etc. Then add a small amount of liquid such as lemon, lime, vinegar, wine etc. Mix them all together and make a runny paste then rub all over the joint and leave to marinate for an hour. Or if you can make a wet marinade and injected into the joint. Place on your spit, brush with a little oil and cook over the barbecue for the times for each joint. Place a drip pan under the joint to catch anything dripping from your joint. This will help oil dripping onto the coals and causing flames that might burn the joint.

Lamb, 1 hour per Kg.

Pork, 1 hour and 20 minutes per Kg.

Beef, 40 minutes per Kg.

Chicken, 1 hour and 30 minutes to 2 hours, depending on size.

These are just guides lines for pink Lamb and rare Beef if you like them cook more just add on a further 20 to 30 minutes at the end of the cooking time. Pork and Chicken must be well done, so the juices run clear.

Check the food at various times during the cooking process, baste with any of the left over marinade every 30 minutes or so, or juices that have gathered in the drip pan.

Cooking times will vary depending on the type and size of meat and the amount of heat produced by your barbecue.

Once your meat is cooked, cover with silver kitchen foil and allow the meat to rest for 10 minutes before slicing and serving.

Cooking fish on the barbecue.

You can cook all sorts of fish on the barbecue.

Salmon, Mackerel, Trout, Tuna, Sardines, etc. Fish is best cooked plain and simple with just a little salt and pepper and a squeeze of lemon juice and a little drizzle of good olive oil. But you can make up some nice herby butters. See recipe.

Tips for cooking fish on the barbecue;

How to barbecue a whole fish

Check the fish has been fully cleaned and scaled, and remove the head if desired. If the fish is thick then slash the flesh about 3-6 times down both sides of the body at the thickest part down to the bones.

Rub oil and salt all over the fish and add to an oiled fish basket or you could wrap in silver foil if you wished. Alternatively, place directly onto the medium hot part of the barbecue, you must have clean barbecue bars as this will help to stop the fish from sticking.

Cook the fish for 6-8 minutes on each side, depending on the thickness of the fish. The fish is cooked when the flesh comes easily away from the bone near the head which is the thickest part of the fish.

Cooking fillets of fish on the barbecue.

Brush the skin side with oil and a little salt and place skin side down on a medium hot part of the barbecue. The skin will protect the fish fillet as it cooks.

Leave the fish fillet alone and as it cook you will see the fish turning opaque. When the fish fillet is nearly turn opaque all the way through, brush the top with oil and season with salt and pepper and turn it over using a fish slice or spatula and just cook for a minute or two more on the other side. How to barbecue whole sea bass

Cooking Tuna steaks

Some people like their tuna very rare but you can cook it just how you like. Have the tuna at room temperature and just brush with oil and sprinkle with salt and pepper. For rare tuna place the tuna on a medium hot part of the barbecue and just cook for a minute. Turn over with a fish slice or spatula and cook the other side for the same time.

If you want it cooked all the way through then watch the tuna steak turn opaque half way through, oil the top, turn over with a fish slice or spatula and cook for the same time on the other side, until it's cooked as you like it.

Bar-B-Q Homemade Burgers.

500g Mince Beef, Lamb, Turkey white breast or leg brown meat

2 Tbsp. Bar-B-Q sauce, see recipe

1 Medium onion, finely chopped

2 Cloves of garlic, finely chopped

1 Tsp. Salt

1 Tsp. Black pepper

4 Burger buns

Dijon mustard

Tomato ketchup

4 Tomatoes (cut into rings)

½ Onions (cut into rings)

2 Pickled gherkins

1 Lettuce

4 Slices of cheese (any preferred brand)

In a large mixing bowl, place the mince beef, lamb or turkey, onions, garlic, salt, pepper and the Barbecue sauce. Mix well together, until the Barbecue sauce is evenly distributed through the mince.

Divide the mince into four portion then with your hands roll into a ball, then gently flatten out to create a circular shape.

Cook the burgers for about 3 to 4 minutes on one side, turn over and give it the same time for a pink burger, or for at least 6 minutes on each side for well done. If making Turkey burgers they must be cook well done. While the second side is cooking, a few minutes from the time the burger will be cooked lay a slice of cheese on the burgers so that it melts slightly.

Heat the burger buns on the barbecue for no more than 2-3 minutes and spread the Dijon mustard on the bottom bun. Place the burger on the bun and add lettuce, tomatoes, sliced gherkin and onions, then place the other bun half on the top. Serve on the side tomato ketchup, mayonnaise etc.

Salmon burgers

- 600g Skinless salmon, cut into chunks
- 75g White breadcrumbs
- 1 Free-range egg white
- ½ Onion finely chopped
- 1 tbsp. Chopped fresh basil
- salt and freshly ground black pepper
- A little oil for brushing

For the basil and lime mayonnaise

- 200g Mayonnaise from a jar
- 2 Tbsp. Finely chopped fresh basil

- 1 Lime, juice and zest
 - 1 Garlic clove, crushed to a paste
 - Salt and freshly ground black pepper
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- 4 Burger buns, griddled lightly to toast
 - ½ Lettuce,
 - 2 Tomatoes, sliced
 - 2 Pickled gherkins

Place the salmon, breadcrumbs, egg white, onion, basil onto a food processor and pulse until combined, but not pureed, then season with salt and black pepper.

Divide the mixture into four portions and shape each one into a burger shape. Place onto a plate and chill in the fridge for 30 minutes.

For the basil and lime mayonnaise, place the mayonnaise, chopped basil, lime zest and juice, and crushed garlic into a bowl and give it a good mix. Taste and season with salt and pepper.

When the barbecue is hot, brush the salmon burger with a little oil then place the burgers on the bars, cook on each side for 3 to 5 minutes. Don't turn over till it's nice and cooked on the first side as you don't want them to break up. Brush the top with a little oil and turnover using a fish slice or spatula and cook till it's golden-brown all over and cooked through.

To serve, toast the burger buns on the middle side, shred the lettuce up and slice the tomato and gherkin and place on the bottom half of the bun. Add the salmon burger on top, then a nice dollop of the mayonnaise, followed by the burger bun top.

Veggie burgers

Bean and mushroom burgers.

- 1 Tbsp. Dried porcini mushrooms
- 1 Tbsp. Olive oil
- 1 Onion, finely chopped
- 300g Chestnut button mushrooms, chopped small
- ½ to 1 Tsp. of any herb you like
- 400g Can of butter beans, or any beans you like, drained
- 2 garlic clove, crushed
- Breadcrumbs
- A little flour

To make the burgers put the porcini mushrooms into a small bowl and pour over 1 tbsp. boiling water and allow to steep until soft. Meanwhile, put 1 tsp of oil into another saucepan and cook the chopped button mushrooms and onion with the herbs until soft and all the liquid has evaporated. Chop the porcini mushrooms and add to the pan along with the butter beans. Remove from the heat and using a potato masher squish everything together until the butter beans are completely mashed and are thoroughly mixed with the mushrooms. Tip the mixture into a bowl and stir in a crushed garlic clove and season well with salt and pepper.

When cool enough to handle, shape the bean and mushroom mix into 4 burger patties and place on a plate ready for cooking, if the mixture feels a bit wet add breadcrumbs till it's nice and firm.

Dust the burgers with a little flour and brush with oil then place on the barbecue on a medium heat, cook the bean and mushroom burgers for 3-4 mins on each side, as the burgers are already cooked they don't need much cooking. It's best to use a spatula to turn them over as they can break up a little. You can also cook in a frying pan with a little oil.

Serve the burgers with buns and salad with Mayonnaise. Ketchup or Mustard.

Chickpea & coriander burgers

2 x 400g can chickpeas, drained

Zest and juice of 1 lemon,

2 tsp. Ground cumin

½ Bunch coriander, chopped

1 Egg

Fresh breadcrumbs

1 Large red onion, finely chopped

In a sauce pan with a little oil on a low heat, sweat the finely chopped red onion down till cooked through.

In a food processor, whizz the chickpeas, lemon zest, lemon juice, cumin, the coriander, the egg and lots of seasoning. Scrape into a bowl and mix in enough breadcrumbs and the onion in until you have a firm mix. Form 4 burgers, pressing them together firmly and chill for at least 10 mins, but more if possible.

Brush the burgers with oil and place on the barbecue on a medium heat and cook the burgers for 4 to 6 minutes each side. Turn over using a spatula as they can break up a little. You can also cook in a frying pan with a little oil.

Serve with bun, salad, Mango chutney or any Indian pickle you like along with Mayonnaise, Ketchup and Mustards.

Halloumi, watermelon & mint salad

1 Pack halloumi cheese, sliced

500g Watermelon chunks

200g pack fine green beans

Small bunch mint

Juice 1 lemon

1 tbsp. olive oil

Trim the green beans at each end and par-boil for about 3 to 4 minutes, then refresh in lots of cold water. Dry the beans off and with the watermelon and mint together add the lemon juice and olive oil and toss, season well. Place on a plates or a platter.

Slice the halloumi, brush with a little oil and place them on the barbecue and grill a few minutes on each side. Then lay the slices of halloumi on top of the salad. Drizzle with a little more oil if you like.

Lemon & rosemary halloumi skewers

1 Sprig rosemary, chopped

1 Large lemon, halved lengthways

2 Pack halloumi cheese, cut into large chunks

1 Small red onion, cut into 8 wedges

1 Large courgette, cut into 8 pieces

1 Tbsp. Olive oil

Mix olive oil and rosemary in a non-metallic bowl. Grate the zest and squeeze the juice from ½ lemon, then add to the mixture. Season to taste. Stir in halloumi to coat in the marinade. Cover, then leave for 15 mins.

Cut the other ½ lemon into 4 wedges, then cut each wedge in half. Remove the halloumi from the marinade and thread onto Bamboo skewers with red onion, lemon wedges and courgettes. Barbecue for 5-10 mins, turning occasionally and brushing on any leftover marinade.

Dipping sauces for barbecues meats, fish and halloumi.

Sweet 'n' Spicy BBQ Sauce

- 150g Dark brown soft sugar
- 200g Tomato ketchup
- 100ml Red wine vinegar
- 75ml Water
- 2 Tbsp. Worcestershire sauce
- 1 ½ Tbsp. Mustard powder
- 1 Tbsp. Sweet or smoked paprika
- 1 Tsp. Salt
- 1 Tsp. Black pepper
- 1 Tbsp. Hot pepper sauce (optional)

In a sauce pan, combine the mustard, paprika, salt, pepper, hot pepper sauce and the dark brown soft sugar with a little water and mix into a smooth paste. Add the ketchup, vinegar, water and Worcestershire sauce. Blend until smooth.

Bring to a boil and then turn down the heat to low and simmer for about 5 to 10 minutes or until it starts to thicken, remove and leave to cool. You can keep this sauce in a jar in the fridge.

Use this sauce as a dipping sauce or brush over any meat on the barbecue just as its finishing cooking to glaze the meat.

Smoky tomato pepper salsa

1 Small red onion

Small pack coriander

125g Tomatoes

½ Red pepper, deseeded

3 Tbsp. Extra virgin olive oil

2 Tbsp. Red wine vinegar

1½ Tsp Sweet or smoked paprika

Pinch of sugar

Put all the ingredients in a food processor and pulse until chopped, but not too fine. Pour into a serving bowl and add seasoning and a pinch of sugar.

Creamy chili green sauce

Small pack coriander

2 Jalapeño chilies or green chilies (optional)

4 Spring onions

1 Garlic clove

1 Tbsp. White wine vinegar

Juice 1 lime

Good pinch of cumin

4 Tbsp. Mayonnaise

Put all the ingredients in a blender or food processor and mix into a sauce. Add seasoning, then pour into a serving bowl.

Salsa Verde

4 Anchovies fillets

1 Tbsp. Capers

1 tsp. English mustard powder

1 Clove of garlic

1 ½ Tbsp. Lemon juice

6 Tbsp. Extra-virgin olive oil

2 Tbsp. Fresh chopped parsley

1 Tbsp. Fresh chopped basil

Salt and black pepper

To start with, chop the anchovy fillets as small as possible and crush them to a paste in a mortar. Rinse the capers in a small sieve and chop them up very fine and add to the anchovies. Next add the mustard, garlic, lemon juice and some black pepper and mix well. Now add the oil, mix again and check the taste to see how much salt to add. Just before serving, sprinkle in the chopped herbs and again mix thoroughly so that all the ingredients are properly combined.

All barbecues go well with a few side dishes.

Bar-B-Q beans

- 1 Tbsp. olive oil

1 Onion

2 Garlic cloves, chopped

1 Tbsp. white or red wine vinegar

1 Heaped tbsp. soft brown sugar

2 x 400g Tins pinto beans, drained and rinsed

500ml Tomato passata

1 Tsp English mustard

1 tbsp. Worcestershire sauce

Heat the oil in a sauce pan. Fry onion until starting to brown, then add garlic and cook for 1 minute. Add vinegar and sugar and cook until onions are caramelised. Stir in beans, passata, Worcestershire sauce, English mustard and seasoning and simmer for about 10 minutes or until thickened.

Charred spring onions

2 to 3 bunches of spring onions

1 Tbsp. Olive oil

Salt and black pepper

Wash the spring onions and pat dry. Trim off the ends, then place the onions in a shallow tray and pour over the olive oil, season with salt and black pepper and toss them till they all have a light coating of oil. Place the spring onions in a large sheet of kitchen silver foil, try not to bunch them up too much, wrap them up and place them directly on the barbecue.

Cook for about 10 to 15 minutes turning the pack over half way through, the spring onions should have softened and blackened in places, take off the heat and move to a warm spot on the barbecue top to keep warm before serving.

Chili-butter barbecued corn

150g Butter

1 Tbsp. Runny honey

1 Tbsp. Tomato puree

2 Fat garlic cloves, crushed

2 Tbsp. Harissa paste

6 Corn on the cobs

1. Mash together the butter, honey, tomato puree, garlic and some seasoning, beating until quite smooth. At this point, split the mix into two serving bowls as children and some people don't like spice food, before stirring the harissa into just one bowl. Add a pastry brush to each butter mix.

2. Wrap each corn cob in a double layer of foil. Barbecue, turning, for 30-35 mins until tender and a little charred. If you want them more blackened, simply unwrap and throw directly on the barbecue for a few more minutes.

3. Or you could pre-boil the corn on the cobs in boiling water for 30 minutes, brush with a little oil, season with salt and pepper, and then place on the barbecue to char on all sides.

4. Pile onto plates and let everyone butter their own.

Warm herby potato salad

Large bunch of Basil

Large bunch of Parsley

1kg Baby new potatoes

100ml Extra-virgin olive oil

2 Tbsp. White wine vinegar

1 Large clove of garlic

Salt and black pepper

Bring a large pan of salted water to the boil, drop in the basil for 30 secs or until wilted, then fish out with a slotted spoon and set aside to cool slightly. Add the potatoes, cut any large ones in half or quarters and cook until tender.

Meanwhile, squeeze out the basil over the sink, then put in a blender along with the oil, vinegar, garlic and a good pinch of seasoning. Blitz until you have a vibrant green oil.

Drain and steam-dry the potatoes. Chop the parsley, then tip it and the potatoes into a serving bowl. Season and toss in the basil oil. Serve warm but can be eaten cold also.

Baked Potatoes on the Barbecue

- 4 Baking potatoes or sweet potatoes
- 2 Tbsp. olive oil
- 1 tsp Salt

Wash and pierce the potatoes using a fork. Rub the potatoes in olive oil and salt.

Individually wrap each potato in silver kitchen foil, and place on the barbecue for 40-45 minutes, rotating and flipping every 15 minutes. Or just place on a baking tray and bake in the oven for 40 to 45 minutes.

Carefully remove from barbecue, allow to cool before removing the foil and slicing into the potatoes.

Serve with just a knob of butter or any of the other jacket potato toppings recipes.

Jacket potato fillings.

Sour cream and chives

150g Sour cream

Small handful of chopped chives

Salt and pepper

Mix all together in a small bowl. Open the foil and cut the jacket potato in half. With a fork fluff the potato up and place the sour cream on top and let it melt into the potato.

Bar-B-Q beans with cheese

8 Tbsp. Bar-B-Q beans

A splash of chili sauce

4 Tbsp. Crème fraîche

100g Grated cheddar cheese

Open the potato from the foil and cut it with a cross on top. Push the jacket potato together so it opens up. Place 2 tbsp. of the beans on each potato with a splash of chili sauce if you like. 1 tbsp. of crème fraiche on each with a little grated cheese on top.

Horseradish cream

150ml Double cream

3-4 Tbsp. Grated hot horseradish

2 Tbsp. Fresh lemon

50g Butter

In a bowl whisk the cream, horseradish and lemon juice together with lots of seasoning. Open your potatoes and cut in half, mash the potatoes with a fork with a little butter in each. Add the cream mixture on top.

Three cheese's with crispy bacon

100g Soft cheese

1 ball of Mozzarella, grated

50g Mature cheddar, grated

3 Spring onions

2 Tbsp. Milk

150g Smoked lardons of bacon

Heat a small frying pan with a very small amount of oil in it. Add the bacon lardons and fry till all brown and crispy. Remove with a slotted spoon and place on some kitchen dish paper to drain.

Chop up the spring onion, saving a little of the green part for decoration.

Mix soft cheese with mozzarella, mature cheddar, chopped up spring onions and milk, season with a little salt and plenty black pepper.

Cut the potatoes in half, using a fork mash the potato up a bit. Spoon the cheese mix on top of the jacket potatoes, then pop the potatoes under a hot grill to melt all the cheese.

Serve with a sprinkling of bacon lardons and the saved green part of the spring onion.

Soft Flatbread

300g plain flour, extra for dusting & adjusting dough

½ tsp salt

50g butter

185 ml milk

Oil (for cooking)

Combine butter and milk and heat until butter is just melted - on the stove.

Combine the flour, salt, butter and milk.

Sprinkle work surface with flour then knead for a few minutes until it is smooth - it doesn't need much kneading. You can add any other ingredients to flavor your flatbread now and just mix in. Add extra flour if the dough is too sticky.

Wrap with cling film and rest at room temperature for 30 minutes or so. Dust table top with flour, cut dough into 4 pieces, roll into balls, then roll out into about 3mm thick rounds.

Heat ½ tsp. oil in a non-stick pan over medium heat.

Place one flatbread in the pan, cook for around 1 to 1 ½ minutes - it should bubble up, then flip and cook the other side, pressing down if it puffs up. There should be smallish golden brown spots on both sides.

Stack the cooked bread and keep wrapped within a clean tea towel - the moisture helps soften the surface, making them even more pliable.

Add a small amount of oil for each flatbread and continue to cook with remaining pieces.

If you wish you could add chopped herbs or finely chopped garlic etc. to the flatbreads.

You could also add nigella seeds, poppy seeds or sesame seeds, or chopped garlic and fresh coriander for a type of Naan bread.

Herby butter

125g Soft butter

Handful of herbs, Chives, Tarragon, Parsley, Fennel.

Zest of a lemon

Salt and pepper

Chop the herbs up fine, mix into the butter, add lemon zest and seasoning. Goes really nice with fish.

Salads.

You can make lots of different salads using Lettice, tomatoes, cucumber, peppers, spring onions, radishes, beetroot and avocado etc.

But also using vegetables as well. Carrots, celiac, white radish, raw beetroot, red and white cabbage, red or white onion, sugar snap pea, and green beans, the list goes on.

Use fresh soft herb to give you salad a little lift, basil, parsley, tarragon, fennel and coriander.

You can also add some different fruits and nuts or seeds to your salads.

If using root vegetables slice them thinly with a vegetable peeler for best results.

You can also mix them all up to create different salads with some cold rice or pasta if you like. Just use what you got in the fridge to create your own salads for you own taste.

Salad dressings

The basic dressing for any salad is some good extra-virgin olive oil, something acidic like different vinegars or lemon or lime juice. And seasoning, salt and pepper. You can also add mustards, Dejon, Wholegrain and French.

Basic salad dressing

½ Tsp. Dejon mustard

2 Tsp. White wine vinegar

2 Tbsp. Extra-virgin olive oil

A good pinch of salt and pepper

Place all the ingredients in a small bowl and give it whisk. Taste and adjust the seasoning then pour over your salad and give it a good toss so all the salad gets coated with the dressing.

Mayonnaise

Mayonnaise is a good salad dressing ready made in a jar for you. But you can also pepe it up a little with adding herbs or spices to add different flavours. Also

add yoghurt or Crème fraîche with the mayonnaise to make the salad dressing a bit lighter.

Waldorf salad

3 Tbsp. Mayonnaise

3 tbsp. Plain yoghurt

1 Tsp English mustard

½ Lemon juice

½ tsp. Salt

Good pinch of freshly ground black pepper

2 Eating apples, cored and chopped

Handful of red seedless grapes, sliced in half

4 to 5 sticks of celery, thinly sliced

Handful of walnuts

Lettuce

In a medium sized bowl, whisk together the mayonnaise, yogurt, English mustard, lemon juice, salt and pepper, taste and adjust the seasoning. Stir in the apple, celery, grapes, and walnuts. Serve on a bed of fresh lettuce.

Carrot & cumin salad

1 Tsp. Cumin seeds

1Tsp. Black mustard seeds

Zest and juice of a lemon

Thumb size piece of ginger, grated. You can use ginger from a jar.

3 Tbsp. Olive oil

1 Onion, finely sliced

5 Carrots, grated

Small bunch of coriander, chopped

Handful of mint, chopped

In a small frying pan add the olive oil and bring to a medium heat. Add the cumin seed and mustard seeds and heat till they start to pop, remove.

Combine all the ingredients in a large bowl and season to your taste, pour over the oil and seeds with the lemon juice and zest and give it a good toss to combine. Chill in the fridge before serving.

Iceberg with yogurt dressing

150ml Pot natural yogurt

2 Tsp. Mint sauce

1 Tbsp. White wine vinegar

1 Large iceberg lettuce

Mix the yogurt, mint sauce and vinegar with 2 tbsp. water, season with salt and black pepper to your taste. Cover and chill until ready to serve.

Trim the end of the iceberg stalk, then halve and cut each half into 3-4 wedges. Arrange on a platter, drizzle over the yogurt dressing and serve.

Shredded Red Cabbage, Carrot and Mint Salad

Salad

½ Small red cabbage

1 Large carrot

½ Onion

Hand full of mint leaves

Dressing

2 Tbsp. Lemon juice

3 Tbsp. extra-virgin olive oil

Salt and black pepper

Finely shred the red cabbage, cut the carrot up into small sticks, finely shred the onion and roughly chop the mint leaves, mix all up in a large bowl. Mix the dressing and pour over the salad toss all to combined, just before you serve. Goes really nice with Lamb kofta.

Asian Salad

3 carrots, grated

1 red pepper, diced

1 Yellow pepper, diced

3 Celery stalks, diced

½ Medium red onion, diced

2 Tbsp. Chopped parsley

2 Tbsp. Toasted sesame seeds

Hand full of roasted peanuts, almonds, or cashews

For the dressing:

1 Tbsp. Sesame oil

1 Tbsp. Olive oil

Juice of ½ a lemon

1Tbsp. Honey

2 Tsp. Soy sauce

1 Tsp. grated ginger, you can use from a jar.

1 Small clove of garlic, crushed

Salt and pepper to taste

Combine all the dressing ingredients in a small bowl and whisk together. Set aside.

Chop all the vegetables up and place on a large salad bowl. Pour over the dressing and give the salad a good toss to combine everything. Sprinkle the salad with the nuts.

Greek salad.

4 Medium juicy tomatoes

3/4 Cucumber preferred, partially peeled making a striped pattern

1 Green pepper, cored

1 Medium red onion

Greek pitted Kalamata olives

A pinch of salt

4 tbsp. Quality extra virgin olive oil

1–2 tbsp. Red wine vinegar

Blocks of Greek feta

1Tsp. Dried oregano

Cut the tomatoes into wedges or large chunks, sliced some and cut the rest in wedges.

Cut the partially peeled cucumber in half length-wise, with a teaspoon run along the inside of the cucumber and remove all the seeds. Then slice into thick pieces (at least 1/2" in thickness)

Thinly slice the bell pepper into rings.

Cut the red onion in half and thinly slice into half-moons.

Place everything in a large salad dish.

Season very lightly with salt (just a pinch). Pour the olive oil and red wine vinegar into to a small bowl and give it a good mix, then dribble over the salad.

Give everything a very gentle toss to mix; do NOT over mix, this salad is not meant to be handled too much. Add a good handful of the pitted Kalamata olives.

Now dice the feta cheese blocks into nice size pieces and sprinkle on top. Sprinkle the dried oregano, all over.

Crunchy coleslaw

½ White cabbage

3 Carrots

6 Spring onions

2 tsp Sunflower oil

1 tsp White wine vinegar

2 tsp Wholegrain mustard

2 tbsp. Natural yogurt

2 tbsp. Crème fraîche

Juice of ½ a small Orange

1. Cut out and discard the hard core from the cabbage then finely shred it. Mix in a bowl with the grated carrots and chopped spring onions. Season with pepper and a pinch of salt, then chill for 1-2 hours.
 2. Mix together the oil, vinegar and mustard in a bowl. Stir in the yogurt, crème fraîche and orange juice. Set aside.
 3. When ready to serve, pour the dressing over the veggies and toss together. Let it sit for 10-15 mins to blend the flavours.
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Classic Caesar Salad

The Dressing

- 6 Anchovy fillets packed in oil, drained
- 1 Small garlic clove
- Salt
- 2 Large egg yolks
- 2 Tbsp. fresh lemon juice
- 1 Tsp. Dijon mustard
- 2 Tbsp. Olive oil
- 200ml Vegetable or Sunflower oil
- 3 Tbsp. Grated Parmesan
- Freshly ground black pepper
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- 3 to 4 Slices of torn 1" pieces country bread, with crusts, you can use stale bread.
- 3 Tbsp. Olive oil

Romaine hearts, leaves separated

Parmesan cheese for shaving

Preparation

The Dressing. Chop together anchovy fillets, garlic, and pinch of salt. Use the side of a knife blade to mash into a paste, then scrape into a medium bowl. Whisk in egg yolks, 2 Tbsp. lemon juice, and mustard. Adding drop by drop to start, gradually whisk in olive oil, then vegetable oil; whisk until dressing is thick and glossy. Whisk in Parmesan. Season with salt, pepper, and more lemon juice, if desired. You can keep this in a jar in the fridge.

The oven baked croutons. Make your own. Tearing, not cutting the bread ensures nooks and crannies that catch the dressing and add texture. Preheat oven to 170c. Toss bread with olive oil on a baking sheet; season with salt and pepper. Bake, tossing occasionally, until golden, for about 10–15 minutes.

The Lettuce. Use whole leaves; they provide the ideal mix of crispness, surface area, and structure.

Use your hands to gently toss the lettuce with the dressing, then top off with the oven baked croutons and shaved Parmesan, use a vegetable peeler to thinly shave the Parmesan on top for little salty bursts.

Something to finish with for those who have a sweet tooth.

Fruit kababs

You can make fruit kababs for grilling on your barbecue as long as there firm; Pineapple, Peaches or Nectarines, Mango, Watermelon, Apples, Pears, and Red or Green Grapes.

Pick the fruit that you want and chop it up into large chunks, thread the fruit onto Bamboo skewers.

Then mix altogether in a small bowl.

2 Tbsp. Runny honey

½ Juice of a lemon

½ Tsp. Ground cinnamon

Barbecue the fruit kababs on each side for a few minutes each, then brush with the honey mix till they go all nice and caramelised.

Remove from the barbecue and serve with some nice Ice cream.



**Papworth
Trust**