



**ORIGIN LPG**

# SUMMER BBQ RECIPES



## BBQ THAI FISH CAKES WITH CUCUMBER

### SERVES

20

### PREP

15 MINS, 1 HR  
REFRIGERATION

### COOKING

10 MINS

400g white fish fillets, chopped

400g peeled green prawns

2 tbs Thai red curry paste

1 green shallot, finely chopped

$\frac{1}{3}$  cup finely chopped fresh coriander leaves

1 egg, lightly beaten

1 tbs fish sauce

1 tbs sesame oil

### DIPPING SAUCE

$\frac{1}{2}$  cup sweet chilli sauce

1 tsp lime zest

2 tbs lime juice

2 Lebanese cucumbers, sliced into 20 rounds

2 tbs chopped roasted peanuts

Place fish and prawns in a food processor. Process until mixture is a coarse paste. Place mixture into a bowl and add curry paste, shallot, coriander, egg, fish sauce and sesame oil. Stir to combine.

Lightly spray the barbecue hot plate with oil and heat over medium heat. Drop tablespoons of mixture into rounds on the hot plate. Cook for 3-4 minutes on each side or until golden and cooked through.

Combine sweet chilli sauce, lime zest and juice in a bowl. Top each fish cake with a slice of cucumber and secure with a cocktail stick. Serve with the sauce and sprinkle with chopped peanuts.

### TIP

You can make these a day in advance.



# CHERMOULA PRAWNS

**SERVES**

**30**

**PREP**

**15 MINS**

**COOKING**

**5 MINS**

**1 tbs** cumin seeds

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**1 tbs** coriander seeds

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**1 tsp** dried chilli flakes

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**1 tbs** sweet paprika

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**2 tsp** soft brown sugar

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$\frac{1}{3}$  **cup** olive oil

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**30** large green prawns,  
peeled, leaving tail on

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**2 tbs** chopped fresh dill

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**2** lemons, cut into wedges

Heat a small frying pan over medium heat. Add cumin and coriander seeds and cook for 1-2 minutes or until fragrant. Crush using a pestle and mortar or with the end of a rolling pin in a sturdy bowl.

Combine with chilli, paprika, sugar and oil in a large bowl. Season with sea salt and freshly ground black pepper.

Add prawns and gently toss to coat with the mixture. Heat barbecue over high heat. Cook the prawns for 1-2 minutes on each side or until cooked through.

Sprinkle prawns with dill and serve with the lemon wedges.



## HOISIN CHICKEN CUPS

**SERVES**  
**10**

**PREP**  
**10 MINS**

**COOKING**  
**5 MINS**

**500g** chicken breast fillet,  
chopped

$\frac{1}{4}$  **cup** hoisin sauce

**2 tbs** lime juice

**1 tbs** sesame oil

**230g** can sliced water  
chestnuts, chopped

$\frac{1}{4}$  **cup** chopped fresh  
coriander leaves

**2** heads baby cos lettuce,  
leaves separated

**1** Lebanese cucumber,  
halved lengthways and sliced

Combine chicken, hoisin  
sauce, lime juice and sesame  
oil in a bowl.

Heat barbecue over medium  
heat. Cook chicken for 4-5  
minutes, turning, or until  
golden and cooked. Add  
chopped water chestnuts  
and sprinkle with coriander.

Place cucumber into the  
lettuce leaves and fill with  
the hoisin chicken.

**TIP**

If you like chilli, slice some red  
or green chillies and sprinkle  
over the chicken.



## MIDDLE EASTERN LAMB BURGER WITH HUMMUS

### SERVES

4

### PREP

15 MINS

### COOKING

10 MINS

500g lean lamb mince

2 tbs finely chopped fresh coriander

1 tsp ground cumin

$\frac{1}{4}$  tsp dried chilli flakes

1 garlic clove, crushed

1 small red onion, thinly sliced

$\frac{1}{4}$  cup lemon juice

1 stick celery, sliced

1 Lebanese cucumber, sliced

$\frac{1}{4}$  cup flat-leaf parsley leaves, coarsely chopped

2 tbs olive oil

4 slices Turkish bread, halved and grilled

$\frac{1}{3}$  cup hummus

2 tsp sumac

Combine mince, coriander, cumin, chilli and garlic in a bowl. Season with sea salt and freshly ground black pepper. Form into 4 patties. Place in fridge for 30 minutes.

Place onion in a medium bowl and pour over lemon juice. Place celery, cucumber and parsley on top and set aside without tossing.

Preheat barbecue to medium high heat. Brush the patties with oil and cook for 4-5 minutes on each side or until cooked. Toss remaining oil into the salad.

Serve burgers on top of toasted Turkish. Top with hummus and some of the salad. Sprinkle with sumac.

### NOTE

Sumac is a red Middle Eastern spice with a lemon flavour.



## BEEF SOUVLAKI AND GRILLED TOMATO SALAD

### SERVES

4

### PREP

20 MINS

### COOKING

10 MINS

**600g** beef porterhouse steak, cut in cubes

$\frac{1}{3}$  **cup** olive oil

**1 tbs** dried Greek oregano

**2** garlic cloves, crushed

**500g** cherry tomatoes

**2** Lebanese cucumbers, cut into cubes

**80g** feta, crumbled

$\frac{1}{3}$  **cup** Kalamata olives, pitted and torn

**2 tbs** red wine vinegar

Lemon wedges, to serve

Combine cubed beef, 2 tablespoons of oil, oregano and garlic in a medium bowl. Season with sea salt and freshly ground black pepper. Thread beef onto 12 metal skewers. Toss tomatoes with remaining oil and set aside.

Preheat barbecue to high. Cook beef for 5-6 minutes, turning, or until golden and cooked to your liking. Toss cherry tomatoes in 1 tablespoon of oil and cook on hot plate or piece of foil until slightly charred and soft.

Combine grilled tomatoes, cucumber, feta and olives and pour over remaining oil and vinegar. Serve with beef skewers and lemon wedges.

**SERVING SUGGESTION**  
Warm pita breads and minted yoghurt.



## SMOKY PORK CUTLETS WITH GUACAMOLE AND BBQ CORN SALAD

### SERVES

4

### PREP

20 MINS

### COOKING

10 MINS

4 fresh corn cobs

250g cherry tomatoes,  
quartered

1 cup baby rocket leaves,  
chopped

2 tbs brown sugar

$\frac{1}{4}$  cup Worcestershire sauce

$\frac{1}{2}$  tsp smoked paprika

1 tbs olive oil

1 garlic clove, crushed

4 lean pork cutlets

1 ripe avocado, mashed

1 red chilli, chopped

3 limes

Preheat barbecue to medium high heat. Lightly spray corn with oil and cook, turning, for 10-12 minutes or until slightly charred and cooked. Cut corn kernels from cobs and combine with tomato and rocket.

Meanwhile, combine sugar, Worcestershire sauce, paprika, oil and garlic in a bowl. Add cutlets and cover with mixture. Cook for 4-5 minutes each side or until just cooked, brushing with marinade.

Juice 2 limes and mash with avocado. Sprinkle with chopped chilli. Cut the remaining lime into wedges and serve with the pork cutlets, corn salad and guacamole.

### TIP

Drizzle corn salad with olive oil and a tablespoon of white wine vinegar.



## GRILLED EGGPLANT, HALOUMI, CHICKPEA AND POMEGRANATE SALAD

### SERVES

4-6

### PREP

20 MINS

### COOKING

15 MINS

$\frac{1}{4}$  cup olive oil

1 tbs honey

1 garlic clove, crushed

600g eggplant,  
cut into wedges or slices

400g haloumi,  
cut into thick slices

400g can chickpeas,  
rinsed, drained

2 oranges, peeled and  
cut into segments

$\frac{1}{3}$  cup fresh pomegranate  
seeds

$\frac{1}{2}$  cup fresh mint leaves

$\frac{1}{4}$  cup pine nuts,  
lightly toasted

2 tsp sumac

Combine 2 tablespoons of oil, honey and garlic and brush over eggplant. Heat barbecue grill over medium heat. Grill eggplant for 2-3 minutes on each side or until golden and cooked. Place on serving platter.

Cook haloumi on BBQ for 1 minute on each side or until golden and cooked. Place on serving platter with eggplant. Heat chickpeas on the BBQ hot plate or in the microwave and sprinkle over eggplant mixture.

Add orange segments, pomegranate seeds, mint leaves and pine nuts to platter. Sprinkle with sumac.

### SERVING SUGGESTION

Drizzle with 2 tablespoons of pomegranate molasses or red wine vinegar.

### NOTE

If you can't get your hands on a fresh pomegranate then just leave it out of the recipe.

### TIP

Tear open pomegranate and extract the seeds in a deep bowl of water. It stops you getting squirted by the juice!



## BBQ-BAKED WHOLE SALMON WITH HERB CRUST

**SERVES**  
8-10

**PREP**  
20 MINS

**COOKING**  
30-40 MINS

$\frac{1}{2}$  bunch fresh dill, chopped

$\frac{1}{2}$  cup fresh mint leaves, chopped

$\frac{1}{2}$  cup fresh parsley leaves, chopped

2 garlic cloves, crushed

1 large red chilli, seeded, chopped

1.2 kg fresh salmon side, skin on, pin-boned

$\frac{1}{4}$  cup olive oil

$\frac{1}{2}$  cup fresh pomegranate seeds

3 tsp finely grated lemon rind

Combine the dill, mint, parsley, garlic and chilli in a bowl.

Place two large pieces of baking paper wide enough to completely wrap the salmon onto the work bench. Place salmon skin-side down onto the baking paper.

Rub herb mixture into flesh side of salmon. Drizzle with oil and season with sea salt and freshly ground black pepper. Wrap salmon to form a parcel and fold up edges to seal. Wrap in 2 large sheets of foil.

Preheat barbecue to medium. Place salmon on barbecue and close lid. Cook for 30-40 minutes or until just cooked. Check by inserting a sharp knife into the thickest part of the fish and seeing if it is cooked to your liking.

Carefully lift salmon into a serving platter. Sprinkle with pomegranate seeds and grated lemon rind.

### SERVING SUGGESTION

Couscous and green salad.



## SLOW-COOKED LAMB WITH MINT AND LENTIL SALSA

### SERVES

4-6

### PREP

20 MINS

### COOKING

3-4 HOURS

**NOTE** You need a barbecue with a lid to cook the lamb in this way. Alternatively, use lamb chops or cutlets rubbed with garlic and rosemary and grill for a few minutes on each side or until cooked.

**1** lamb shoulder, bone in, fat trimmed

**2 tbs** olive oil

**4** garlic cloves, sliced

**$\frac{1}{4}$  cup** fresh rosemary leaves, chopped

**1 cup** fresh mint leaves

**1 cup** fresh parsley leaves

**2 tbs** finely chopped red onion

**400g** can brown lentils, rinsed, drained

**$\frac{1}{2}$  cup** tomato relish

**125g** cherry tomatoes, chopped

Preheat barbecue to high. Place lamb in a disposable foil barbecue tray. Rub with garlic, drizzle with oil and scatter with garlic and rosemary. Season with sea salt and freshly ground black pepper.

Tightly wrap with 2 layers of foil, making sure that it is well sealed. Place tray in centre of barbecue and lower the lid. Cook for 30 mins on high.

Reduce heat to low and cook for 3-4 hours or until very tender. Check every hour or so to see that the lamb is moist. If it begins to dry, then add  $\frac{1}{2}$  cup of water and rewrap with foil.

When the lamb is cooked, remove the foil, raise the heat to high and cook for another 10-15 minutes to brown the outside of the lamb.

Combine mint, parsley and red onion and lentils in a bowl. Combine tomato relish and chopped cherry tomatoes in another bowl. Serve the lamb with salsa and tomato relish.

### SERVING SUGGESTION

Steamed new potatoes or potato salad.



## ROSEWATER PANNA COTTAS WITH GRILLED MANGO

### SERVES

8

### PREP

15 MINS, 4 HOURS  
REFRIGERATION

### COOKING

5 MINS

2 tbs warm water

1 tbs rosewater

1 tbs powdered gelatine

300ml pouring cream

700ml full cream milk

1 cup caster sugar

2 tsp vanilla bean paste

3-4 mangoes, thickly sliced,  
skin cut off

2 tbs honey

Place water and rosewater in a small bowl and sprinkle over gelatine. Set aside for 5 minutes or until the gelatine has been absorbed.

Place cream, milk and sugar in a medium saucepan and bring to the boil while stirring or until sugar dissolves.

Remove from heat and add vanilla and gelatine mixture. Gently whisk with a fork or hand-held whisk until gelatine mixture fully dissolves. Cool slightly and whisk again to evenly combine milk mixture and gelatine mixture.

Pour through a sieve into 8 x 150ml capacity moulds or ramekins. Refrigerate for 3-4 hours or until set.

When ready to serve, heat barbecue to medium. Lightly brush or spray mango slices with oil. Grill for 1 minute on each side or until the BBQ lines are golden. Place onto a serving plate and drizzle with honey.

Turn out the panna cottas and serve with the mango.

### NOTE

You can grill peaches, pears, plums or figs instead of mangoes.