

1. Chicken Satay

Ingredients

Bamboo skewers
 750 Grams Chicken thigh fillets
 2 Tablespoons soy sauce
 1 1/2 Tablespoons honey
 2 Tablespoons turmeric
 1 clove garlic crushed
 1 Can peanut sauce
 Small can coconut cream
 Olive Oil

Method

1. Soak bamboo skewers for 30 minutes
2. Slice chicken into 1 cm wide strips
3. Combine soy sauce, honey, turmeric, garlic and oil in a ceramic bowl. Add chicken pieces.
4. Turn to coat well.
5. Cover.
6. Refrigerate for 1 hour
7. Thread chicken onto skewers.
8. Cook satay sticks on char grille
9. Pour peanut sauce into saucepan, and half coconut cream and warm through.
10. Serve hot.

2. Pepper Sauce

Ingredients

1 can green peppercorns in brine
(Use the French peppercorns. You can get them in any supermarket in the herb section. They're in a dark small can with green writing)
 2 tablespoons butter
 3 tablespoons brandy
 1 cup thickened cream

Method

1. In a frypan, melt the butter
2. Drain the peppercorns from the brine and add to butter.
3. Using a fork mash most of the peppercorns,
4. Cook for 1 or 2 minutes
5. Add brandy and cook further 1- 2 minutes.
6. Add cream and stir through until sauce is hot.
7. Pour over your favourite steak



3. Fish Parcels

Ingredients

- 6 pieces of white fish fillets (Snapper, Ling, Perch are all good to use)
- 1 Lemon (thinly sliced)
- White wine
- Sweet Paprika
- Aluminium foil

Method

1. Wash fish and pat dry with paper towel.
2. Cut foil into squares so that it can be double over the fish.
3. Place a slice or two of lemon on the foil,
4. Place one fish fillet on the lemon,
5. Add one tablespoon of white wine,
6. Sprinkle some sweet paprika on top.
7. Use foil to create a 'parcel'.
8. Place on preheated BBQ for 6-8 minutes depending on thickness of fish.
9. Do not turn.

4. Char Grilled Vegetables

1. Best vegetables for char grille:
2. Zuchini
3. Capsicum
4. Mushrooms

5. Tomatoes with Basil and Balsamic

Can accompany any BBQ dish.

1. Four ripe Roma or truss tomatoes
2. Fresh basil – chopped finely
3. Balsamic vinegar to taste
4. Brown sugar to taste
5. Slice tomatoes and place on hotplate and cook through
6. Add balsamic and
7. Add half teaspoon of brown sugar.
8. Cook through
9. Add basil.



6. Butterfly Garlic and Thyme Chicken

One chicken
Fresh Thyme
Two cloves garlic crushed
Butter
Three table spoons olive oil

Method

1. Butterfly chicken by cutting through on the opposite side to the breast.
2. Cut butter into small cubes and push underneath skin of chicken.
3. Mix olive oil , garlic and thyme in bowl,
4. Add chicken and liberally coat with mixture.
5. Cook on preheated hotplate or char grille.
6. Cover chicken with foil tray to avoid flames.

7. Desert

Suprise!

