

COOKING GUIDE & BARBECUE RECIPES

FOR EVERDURE 4 & 6
BURNER BARBECUES

FOR OUTDOOR USE ONLY

INTRODUCTION

Congratulations on your purchase of an Everdure barbecue. We are certain you will enjoy both the stunning curves and style of your barbecue and its superb cooking performance. To help you get started, we've compiled a list of cooking tips and exciting recipes to help you get the most out of your barbecuing experience. Each segment is divided into the main cooking areas of the barbecue with corresponding recipes suited to each section. The recipes suit both the beginner and the seasoned professional.

Visit our website (www.everdure.com) for product upgrades, promotions and new recipes and feel free to contact us if you have any comments or suggestions – we'd love to hear from you.

Enjoy your barbecuing experience with Everdure.

USING YOUR GRILL PLATE & HOTPLATE

One of the oldest conventional cooking methods involve cooking food over open fire and smoke. Since the early ages, the basic principles haven't changed, but the methodology and equipment has evolved over time. Today, the two major trademarks of any barbecued/grilled food are fully engrained in our minds: 1) the smoky aroma and flavour and 2) the grill marks on the food. How to achieve both is discussed in this segment.

GETTING STARTED

Prior to using the barbecue for the first time, it's recommended to cure all cooking surfaces. Wash the hot plates and grill plates with a gentle detergent to remove all factory residues, grease and dust. Rinse with hot water and dry. Ignite the burners and set on low for three minutes. When warm add a little vegetable oil or oils with a high smoke point (do not use olive oil for this purpose) to the cooking surface and wipe well with a cotton cloth. Do this again and allow the oil to burn gently away. Wipe clean, turn off the barbecue and allow it to cool down. The process of curing plates helps prepare it for cooking and prolongs the life of the cooking plate and only needs to be done once. This curing procedure applies only to cast iron and vitreous enamel cooking plates.

NOTE: Stainless steel cooking plates are non-porous and therefore the full curing process is not necessary. Simply clean well with a gentle detergent to remove all factory residues, rinse and dry.

SOME BASIC COOKING PRINCIPLES

Best barbecuing results will be achieved by selecting a cooking location that is protected from direct wind and breezes. If that's not possible position the barbecue side on, to the direction of the breeze. Ensure that the Barbecue is as level as possible and lock the wheels in position. For Cast Iron and Vitreous enamel surfaces, allow 10 minutes with the burners on high to heat the required cooking surface. For stainless steel allow 5 minutes and then turn down to low. Add a little vegetable oil to the cooking surfaces and spread with a clean cotton cloth (this is after the plates have been cured).

Cooking times for certain foods will vary depending on thickness and portion amounts. The weather and temperature conditions will also factor into cooking times. Below is a general quick guide to some basic foods and their cooking times.

Food	Size/Weight	Preference	Approx Cooking Time
Beef Eye Fillet	20mm	Medium	14 minutes (7 min / side)
Lamb Cutlet	15mm	Medium	12 minutes (6 min / side)
Chicken Breast Fillet	220g	Well Done	18 minutes (9 min / side)
Whole Flat Mushroom	80mm diameter	Well Done	10 minutes (5 min / side)
Snapper fillet	180g	Well Done	16 minutes (8 min / side)

During cooking, guide any rendered fats and oils into the central drainage hole (for the flat plate) and onto the foil covered drip tray below. Use a flat spatula or tongs to remove any unwanted food particles from the cooking surfaces.

When the cooking is completed, remove the foods and turn off the barbecue, both at the gas control knob and at the gas bottle. Carefully scrape the surface clean and let cool until warm. Wipe excess oils and fats away with some kitchen paper towelling.

The succeeding methods and recipes are suited for use on cast iron, vitreous enamel and stainless steel grill plates.

THE QUICK AND EASY GUIDE TO PERFECT

How to Grill the Perfect Steak

Nothing tastes better than the perfectly cooked steak. The process seems tedious but in fact is very simple. Here are some techniques on how to cook steak to the desired **doneness** (the degree to which one prefers one's steak – refer to your glossary):

Choose the correct cut Always select the correct cut of beef for grilling; your butcher will advise you if you have any doubts.

Remove excess fat Trim away some of the excess fat in cuts like sirloin or porterhouse, T-bone and rump steak.

Remove from the refrigerator Bring the temperature of the steak to room temperature, ensuring that it remains covered with plastic film.

Pre heat the hot plate for 10 minutes (5 minutes for the stainless steel plates) until it sizzles when a few drops of water are splashed onto it.

Oil the steak, not the plate Using a brush, lightly coat both sides of the steak with Jingilli Extra Virgin Olive Oil (vegetable oil if using the stainless steel plates), season with salt and pepper and place onto the hot grill.

Know when to turn Using tongs, turn the steak only when a good golden crust has formed and the first side is well sealed.

Cooking it to perfection When a good brown colour has formed on the bottom of the steak, move it to a cooler spot on the grill to let it finish cooking through to your desired rareness. Do not turn it over onto the first cooked side. The first side cooked is always the side presented up on the plate.

Use only tongs Never use a fork to turn the steaks as they pierce the meat and allow the precious juices to escape.

Keep warm and rest Always allow the finished steaks to rest for 5 minutes by placing them in a warm place loosely covered with a little foil. This allows the juices to settle and prevents them from escaping too quickly when cut.

Options

To achieve a wonderful smoky flavour, try this technique. When the steak is 1 minute from being ready to turn, place that cooked side directly onto the hot grill plate for 1 minute. Then place the uncooked side of the steak back onto the hot plate and do the same again when it's one minute from being ready.

Feeling for rareness.

Practice is the best solution to knowing when a steak is cooked to one's requirement. Touching a steak with a pair of tongs and feeling the resistance will let you know straight away how well it is cooked.

Touching a rare steak will feel soft and loose whereas a medium cooked steak will have a little resistance and slight bounce. A well done steak will feel quite firm and will not push in when pressed.

How to Grill the Perfect Sausages

Cooking times will vary Different sized sausages will require different cooking times but all sausages need to be fully cooked to achieve a good firm texture.

Use medium heat Best results are achieved when the sausages are grilled on medium heat. Fast hot grilling can cause sausages to split and lose most of their moisture.

Pre heat the hot plate for 10 minutes (5 minutes for stainless steel plates) until it sizzles when a few drops of water are splashed onto it.

Oil the sausages, not the plate Using a small sharp knife, separate the sausages (if necessary) and place into a dish. Lightly brush with a little vegetable oil and place onto the hot plate.

Turn every 2 minutes Using tongs only, give each sausage a quarter turn every two minutes. Grill until cooked through and evenly browned all over.

Scrape any fats and juices away Some sausages release a high amount of liquid during the cooking process which can flare up if cooked on the grill plate. It is best to grill on the hot plate and direct the flow of any liquid into the drain hole with the use of a scraper.

Options

To achieve a wonderful smoky flavour, try this technique. When the sausages are several minutes from being ready, place them onto a pre heated grill plate and finish cooking while turning every minute until slightly charred.

How to Grill the Perfect Mushroom

Flat mushrooms are best for grilling buttons and caps are more suited for stir fries and casseroles.

Pre heat the hot plate for 10 minutes (5 minutes for the stainless steel plates) until it sizzles when a few drops of water are splashed onto it.

Remove the stem using a small sharp knife, cut away the stem flush with the gills and brush the mushroom all over with a little olive oil. (use vegetable oil if grilling on the stainless steel plates)

Place the mushrooms gill side down onto the hot plate and grill for several minutes. Using tongs turn them over so that their gills are facing upwards and grill until they fill up with their own juices.

Season well with freshly cracked pepper and salt flakes and present on grilled sour dough immediately.

Barbecued Chermoula Lamb Racks with Pickled Zucchini, Lemon and Basil

A spicy combination with beautiful flavours and contrasting textures. This is equally at home when presented to the family, or as part of a big night dinner party with special friends. The green basil salad is unusual and will be loved by all.

Preparation time	15 minutes
Cooking time	20 minutes
Serves	6

Chermoula (makes about 300mls)

3 heaped tablespoons	cumin seeds
2 heaped tablespoons	coriander seeds
2 small	birds eye chillies (seeds and membrane removed)
2 cloves	garlic (crushed)
2 tablespoons	freshly ground ginger
1 tablespoon	smoked sweet paprika
60 ml	lemon juice
180ml	Jingilli Extra Virgin Olive Oil
To taste	salt & pepper

Method

Dry pan roast the cumin seeds and coriander seeds on the wok burner until fragrant, then crush in a mortar and pestle. Place the ground spice and all the remaining Chermoula ingredients into a food processor and turn into a smooth paste. Transfer to a clean jar and refrigerate.

2 x 8 chops	lamb racks (trimmed and frenched)
6 tablespoons	Chermoula

6 medium	zucchini (washed and cut into long thin strips)
½ bunch	basil leaves (picked and torn)
¼	preserved lemon
30 ml	French white wine vinegar
60 ml	Jingilli Extra Virgin Olive Oil
To taste	seasoning

Method

Brush the chermoula mix over the trimmed lamb racks (or individual cutlets) and set aside until required. Carefully cut the zucchini into long thin strips and place into a glass bowl. Add the torn basil, chopped preserved lemon, white wine vinegar, Jingilli Extra Virgin Olive Oil and seasoning. Let this mixture marinate for at least 20 minutes until the zucchini softens.

Heat the grill plate on high for 5 minutes and lightly oil using a clean cotton cloth. Turn down to low and place the lamb racks on the hot bars. Some lamb fat will come out and cause small flare ups, so move regularly to new spots on the grill, turning from time to time. When cooked to your desired rareness, remove and rest in a warm area.

Place a portion of the pickled zucchini onto a warmed serving plate and top with the sliced Chermoula roasted lamb racks. Finish with a good drizzle of Jingilli Extra Virgin Olive Oil.

☺ **QUICK TIP:** Remove the lamb from the refrigerator twenty minutes before it's to be cooked and bring up to room temperature prior to grilling. Trim away as much fat from the lamb as possible, to reduce the chance of fat flare up.

Chicken and Sage Rolls with Prosciutto & Spinach

Chicken tenderloins, seasoned with fresh sage, parmesan and pepper, rolled with prosciutto and flame grilled. Presented with baby spinach dressed with a sweet apple flavoured balsamic.

Preparation time	10 minutes
Cooking time	10 minutes
Serves	4

Ingredients

12 small	chicken tenderloin fillets
to taste	freshly ground black pepper
24	fresh sage leaves
6 thin	prosciutto slices (cut each into two long strips)
4 cups	washed and spun baby spinach
½ cup	pine nuts (toasted)
½ medium	red onion (sliced thin)
2 tablespoons	apple balsamic vinegar
2 tablespoons	Jingilli Extra Virgin Olive Oil

Method

Combine together the baby spinach, roasted pine nuts and sliced red onions. Whisk the apple balsamic vinegar with the Jingilli Extra Virgin Olive Oil and a little seasoning. Set both aside until required.

Place two sage leaves onto each chicken tenderloin, lightly season with pepper and wrap well with the thin prosciutto.

Heat the grill plate on high for 5 minutes and lightly oil using a clean cotton cloth. Turn down to low and add the chicken rolls. Grill turning several times for 10 minutes or until just cooked.

Dress the baby spinach salad mix and toss lightly, place onto 4 plates and top each with 3 chicken rolls.

😊 **QUICK TIP:** For a moist succulent result, remove the chicken rolls from the hot plate several minutes before they are fully cooked. Place them in a warm place covered with foil. Make them all the same size to ensure they have the same cooking times.

Barbecued Tasmanian Salmon Fillets with a Spicy Asian Salsa

Preparation Time	20 minutes
Cooking time	12 minutes
Serves	6

Ingredients

60 ml	Jingilli Extra Virgin Olive Oil
2 teaspoons	Screaming Seeds 7 Seas Spice or Masterfoods Greek Seasoning
6 x 180g portions	Tasmanian salmon

For the salsa

1 tablespoon	lite soy
½ teaspoon	sambel olek
1 tablespoon	grated fresh ginger
1 clove	garlic (crushed)
1 tablespoon	palm sugar (shaved)
1 tablespoons	sesame seed oil
2 tablespoons	Jingilli Extra Virgin Olive Oil
1	lime (zest and juice)
3 medium	tomatoes (seeded and diced)
3	green onions (shallots) sliced into 5mm pieces
½ cup	coriander (chopped)
1 tablespoon	fish sauce

Method

Coat the Salmon portions with the Jingilli Extra Virgin Olive Oil, and then sprinkle with the 7 seas spice mix. Chill until required.

Combine in a bowl, all the remaining ingredients and mix well. Check the seasoning and hold until required.

Heat the grill plate on high for 5 minutes and lightly oil using a clean cotton cloth. Turn down to low and add the salmon portions. Do not move for 3 minutes, and then turn 90° to form a trellis pattern on one side. Grill for another 3 minutes then carefully turn over and repeat the same process for 6 minutes. This will result in a perfectly medium rare portion of salmon. However, grill more or less to suit your desired rareness.

Present with the Asian salsa mix and a bowl of steamed Jasmine scented rice.

🕒 **QUICK TIP:** The Salmon portions can be cut into fingers and will cook in several minutes. Under cooked Salmon will flake beautifully and results in a delicious moist taste.

Capsicum and Zucchini Bruschetta with Basil Oil

A simple delicious starter that gives a beautiful smoky flavour and looks fabulous finished with the basil oil. Basil infused oils are available at most good delicatessens.

Serves	4
Preparation time	10 minutes
Cooking time	8 minutes

Ingredients

2 medium	red capsicums
3 small	zucchini
1 medium	red onion
60ml	Jingilli Extra Virgin Olive Oil
½ cup	sweet basil leaves (torn at the last moment)
½ cup	flat leaf parsley (roughly chopped)
4 slices	sour dough
1	garlic clove
20ml	basil infused olive oil

Method

Quarter the capsicums; remove the seeds and inside membrane and brush with a little olive oil. Slice the zucchini into 5mm strips and brush with a little olive oil. Peel and quarter the red onion, separate the layers and brush with a little olive oil.

Heat the grill plate on high for 5 minutes and lightly oil using a clean cotton cloth. Keep on high and place the red capsicum sections on the heat, skin side down. Grill until it's blistered and quite black, then remove and place into a plastic bag to steam. When cool enough to handle, remove and dispose of the charred skin and set the flesh aside. Cut into 20mm strips and place into a bowl.

Turn down the barbecue to low, re-oil the plate and grill the red onions and zucchini on both sides until just brown slightly. Add to the capsicums and fold in the torn basil leaves, parsley, Jingilli Extra Virgin Olive Oil and seasoning.

Brush the sour dough slices with a little Jingilli Extra Virgin Olive Oil and grill on both sides until grill lines form. Be careful not to burn the bread slices. Turn 90° and form a criss cross pattern on both sides. Rub all 4 slices with the garlic clove.

Place the sour dough slices onto warm serving plates, top with the grilled vegetable mixture and drizzle with a little basil oil around the sides.

☺ **QUICK TIP:** The zucchini and red onions can be placed onto bamboo skewers and grilled. If using wooden skewers, soak them in water for 30 minutes to prevent them from burning.

RECIPES USING YOUR HOT/FLAT PLATE

Chorizo Larded Beef Fillet with Black Olive Butter

This is a great method for adding extra flavour and seasoning into a steak. The disk of flavoured butter, melts and forms a delicious glaze on top when it is served. Present this with a simple green salad, some crusty bread and a good red!

Preparation time	20 minutes
Cooking time	14 minutes (for medium)
Serves	4

Ingredients

4 x 150g	beef eye fillet medallions
4 x 8mm slices	chorizo sausage
1 clove	garlic (crushed)
1 small sprig (50mm)	rosemary
2 tablespoons	Maille Dijon mustard
2 tablespoons	Jingilli Extra Virgin Olive Oil (EVOO)
4 slices	black olive and lemon balm butter

For the Black olive and lemon balm butter

Combine together $\frac{1}{2}$ cup finely chopped stoned Kalamatta olives, 250g unsalted butter, $\frac{1}{4}$ cup coarsely chopped lemon balm and some freshly ground pepper. Wrap in alfoil, forming a 30mm thick round stick and refrigerate until firm.

Method

Using a small sharp knife cut a small pocket through the side of the steaks and carefully insert a slice of chorizo and a quarter tablespoon of the mustard into each steak.

Combine together the one tablespoon of mustard, garlic, chopped rosemary and olive oil. Brush over the steaks and set aside until required.

Heat the hot plates on high for 5 minutes, lightly oil the surface carefully and add the fillets. Grill for 7 minutes then turn down the plates to low and turn over the steaks. Grilling a further 7 minutes will result in a perfect medium steak; however cook more or less for your desired rareness. Remove and let rest for 5 minutes in a warm place.

Place the hot fillet steaks onto warmed plates and top each with a 10mm disk of the flavoured butter, letting it half melt before presenting it to the table. Serve with a dressed green salad and some good crusty bread.

☺ **QUICK TIP:** If using a stainless steel plate, heat initially on high for 5 minutes, then turn to low before adding the steaks to the plates. Also change the extra virgin olive oil to vegetable, canola or camellia tea oil in the recipe, as olive oil will darken the stainless steel plates. Do not over crowd the hot plate as the steaks may stew in their own juices. Turn the steaks only using a pair of tongs and avoid piercing with a fork or knife.

Grilled Spanish Chicken with Yoghurt, Lime and Spice

Highly fragrant and quite irresistible. This can be prepared the day before, then when ready simply grill and present in some flat bread with a little rocket or baby spinach.

Preparation time	10 minutes
Cooking time	12 minutes
Serves	4

Ingredients

400g	chicken thigh fillets (trimmed and diced into 25mm cubes)
100g	chorizo sausage (cut into thin slices)
2 tablespoons	cumin seeds
1 tablespoon	coriander seeds
1 teaspoon	sweet smoked Spanish paprika
1 clove	garlic (crushed)
2	green onions (shallots / spring onions)
1	lime (juice only)
1 cup	Greek style yoghurt
50ml	Jingilli Extra Virgin Olive Oil

Method

Alternate the diced chicken pieces and the sliced chorizo onto water soaked bamboo skewers or steel skewers and set aside until required.

Place a small saucepan onto the wok burner and set on low. Dry grill the cumin seeds and coriander seeds until quite fragrant. Remove and grind fine in a mortar and pestle.

Place the spice mix into a blender along with the paprika, garlic, green onions, half the limejuice and yoghurt.

Process quickly until just blended then coat the chicken kebabs. Refrigerate for several hours or until required.

Heat the hot plate on high for 5 minutes, lightly oil the surface carefully and add the chicken. Turn down the heat to low and grill on all sides for 12 minutes or until just cooked. Present on steamed rice or in some flat bread with a little rocket or baby spinach.

☺ **QUICK TIP:** This cooking method is well suited when using either the cast iron plate, the vitreous enamel plate or the stainless steel plates. If using stainless steel, do not use olive oil but instead use a vegetable, canola or Camellia Tea Oil which all have a high smoke point. Using Olive oil on the stainless steel plates will darken the surface. Using thigh fillets instead of breast fillets gives a very moist result and even sized pieces will grill evenly. Cooking directly onto a sheet of baking paper reduces the chance of the yoghurt burning and makes the clean up easier.

Thai Fish Cakes with Roasted Chilli Bean Dipping Sauce

For best results, use a powerful food processor which blends the fish mixture quickly. These fish cakes are delicious served with this wonderful aromatic dipping sauce.

Preparation time	5 minutes
Cooking time	6 minutes
Serves	6 to 8

Ingredients

450g	firm white fish fillets (fresh only)
2 tablespoons	cornflour
2 tablespoon	fish sauce
1	egg (beaten)
1 cup	coriander leaves
2 - 3 tablespoons	Red Thai curry paste
100g	snake beans (cut into thin rounds)
2	green onions (cut into small rounds)
50 ml	vegetable or canola oil

Method

Chop the fish in a food processor for 20 seconds or until just blended.

Add the cornflour, fish sauce, egg, coriander and curry paste. Process for another 10 seconds or until well combined.

Transfer to a mixing bowl, and then fold in the sliced snake beans and green onions. Using wet hands, form even sized flat patties.

Heat the hot plate on high for 5 minutes, lightly oil the surface carefully and add the patties. Grill for 3 minutes, turn the heat to low, turn the fish cakes and cook for a further 3 minutes until golden on both sides. Drain on paper toweling and serve with the roasted chill bean sauce.

NOTE if using a stainless steel hot plate, heat on high for 5 minutes, then turn down to low before starting the cooking process.

Roasted chilli bean dipping sauce

Ingredients

1 cup	coconut cream
3 tablespoons	roasted chilli bean paste (nam prik Pao)
1 tablespoon	palm sugar (shaved)
¼ teaspoon	salt
2 teaspoons	Screaming Seeds Spice Co. Bengal 5 spice or Masterfoods Thai Seasoning
1	lime (zest and juice)

Method

Place a small saucepan onto the wok burner and bring the coconut cream to the boil. Add the roasted chilli paste, palm sugar, salt, Bengal 5 spice and limejuice. Stir until blended and sugar is dissolved and serve warm.

☺ **QUICK TIP:** Making these extra thin will result in a lovely crisp disk with a deep golden colour. A quick method would be to place rissole shaped balls onto the hot plate and then pressing them into a flat shape with an oiled spatula.

A Guide to Successful Roasting on the Barbecue

Roasting is a cooking method that utilizes dry heat, in the case of a barbecue, an open flame as the main heat source. Roasting usually causes caramelization of the surface of the food, which is considered a flavour enhancement. Roasting on a barbecue is quite different from roasting in an oven in that control is required to reduce the heat loss when using the former. Below is an outline of how to get the most out of roasting on your Everdure barbecue.

Setting Up Procedures

Position the barbecue into an area out of the wind if possible.
 Ensure that the barbecue is as level as possible.
 Open the roasting hood.
 Remove the grill plate and vaporiser plate.
 Remove the baking dish if present.
 For a four burner barbecue, place the hot plate over the two centre burners.
 For a six burner barbecue, place the hot plate over the two centre burners.

Roasting Procedure for a Four Burner Barbecue

Prepare the selected food items that you intend to roast and place them into a suitable roasting pan.

Place the roasting rack directly on top of the hot plate. With the roasting hood open, ignite all four burners and turn to high. Close the hood and pre heat the barbecue for 10 minutes or until the temperature gauge reaches 180°C.

Once you reach this temperature, open the hood and carefully place your pan with items for roasting directly onto the roasting rack. The height of the rack will place the food in the optimum heat zone and eliminates the risk of foods burning on the bottom of your pan.

Turn down the two centre burners to low but maintain the other two burners on high until the food starts to brown. Baste the food with oil every 15 minutes, taking care not to burn yourself and using a reasonable amount of speed. Lifting the hood each time releases some heat which takes the barbecue 10 minutes to recover, back to the ideal cooking temperature.

If the temperature on the gauge rises above 200°C, turn down the burners each side of the two centre burners. If the temperature drops below 180°C, simply turn up the burners. The weather temperature and wind conditions will affect the performance of the barbecue, so you will need to make adjustments accordingly.

When you have completed the roasting process, firstly turn off all the burners and then open the hood. Carefully remove the roasting pan and allow the barbecue to cool down enough for cleaning. Clean as per instructions given in the cleaning guide section of the instruction book.

Roasting Procedure for a Six Burner Barbecue.

Prepare the selected food items that you intend to roast and place them into a suitable roasting pan.

Place the a roasting rack directly on top of the hot plate. With the roasting hood open, ignite all six burners and turn to high. Close the hood and pre heat the barbecue for 10 minutes or until the temperature gauge reaches 180°C.

Once you reach this temperature, open the hood and carefully place your pan with items for roasting directly onto the roasting rack. This height of the rack will place the food in the optimum heat zone and eliminates the risk of foods burning on the bottom of your pan.

Turn down the two centre burners to low but maintain the other four burners on high until the food starts to brown. Baste the food with oil every 15 minutes, taking care not to burn yourself and using a reasonable amount of speed. **Lifting the hood each time releases some heat which takes the barbecue 10 minutes to recover, back to the ideal cooking temperature.**

If the temperature on the gauge rises above 2000°C, turn down the burners each side of the two centre burners. If the temperature drops below 180°C, simply turn up the burners. The weather temperature and wind conditions will affect the performance of the barbecue, so you will need to make adjustments accordingly.

When you have completed the roasting process, firstly turn off all the burners and then open the hood. Carefully remove the roasting pan and allow the barbecue to cool down enough for cleaning. Clean as per instructions given in the cleaning guide section of the instruction book.

Roasting Hints and Tips

A 1.5 kilogram chicken will take approximately 1 hour and 20 minutes to roast. Once the top becomes golden brown, use a carving fork and carefully turn it over. Finish roasting this side until golden brown.

The best method of knowing how well an item is cooked is by using a probe thermometer. This takes the guess work out of testing when the meat is cooked. Below is a temperature guide for poultry and red meats.

Poultry must be cooked to 82°C which will be fully cooked, yet juicy and moist.

Beef and Lamb barbecued to 60°C will be rare.

Beef and lamb barbecued to 70°C will be medium

Beef and lamb barbecued to 77°C will be well done

Marinading various meats adds flavour and also tenderizes. Dry rubs add flavour to meats without adding extra liquid.

Basting meats while roasting adds flavour and helps to seal and colour the roast. Be careful not to use any marinading liquid once the cooking process has finished. Uncooked marinades contain harmful bacteria and must be discarded.

Placing a combination of thickly sliced onions, fresh herbs and olive oil under a roast, gives it a wonderful flavour, adds moisture and produces a delicious thick chutney style sauce at the end.

RECIPES USING YOUR ROASTING HOOD

Barbecued Greek lamb with Garlic, Oregano and Lemon

The use of good herbs using a mixture of fresh and dried is important to obtain a classic flavourful Greek taste. It's preferred in Greece to cook the lamb until it's very well done.

Preparation time	20 minutes
Cooking time	40 minutes
Serves	6

Ingredients

900g	trimmed boned butterflied lamb leg
2 cloves	garlic (crushed)
1 tablespoon	freshly chopped rosemary leaves
1	lemon (zest and juice)
60ml	Jingilli Extra Virgin Olive Oil
2 tablespoon	dried Greek oregano
1 tablespoon	fresh thyme leaves

Ingredients for the salad

2 medium	vine ripened tomatoes(halved, eyes removed and cut into quarters)
½ medium	red onion (cut into 10 mm dice and opened up)
1	telegraph cucumber (cut into 10 mm dice)
1	red capsicum (washed, halved, cleaned of seeds and cut as above)
½	green capsicums (prepared as above)
½ cup	marinated goat's milk feta
½ cup	kalamatta olives

Method

Trim from the lamb, as much fat as possible. Combine together the garlic, rosemary, lemon zest and juice, olive oil, oregano and thyme. Season well with sea salt and freshly cracked pepper, then brush all over the lamb. Cover and refrigerate until required.

Place the roasting dish above the two centre burners and turn just those two on high. Heat for 5 minutes, then while leaving the barbecue on high, place the butterflied lamb straight onto the hot roasting dish skin side down.

Grill for 20 minutes, (basting from time to time with the left over marinade), or until a rich golden crust has formed on one side. Remove excess lamb fat with several layers of paper towelling. If the lamb is browning too fast, turn the burners down to low. Turn over and cook the other side until golden brown and well cooked. Baste the top several times during the cooking process.

When cooked and rested for 10 minutes, slice and present with a Greek style salad made up of tomatoes, red onions, cucumbers, capsicums, cubes of feta cheese and Greek olives. Dress with red wine vinegar and Jingilli Extra Virgin Olive Oil.

☺ **QUICK TIP:** Ask your butcher to trim the lamb as flat and even as possible, so it cooks nice and even. Cut 1 cm deep score marks into the skin side to help even cooking and even flavouring of the lamb.

Caponata

This lovely mix of cooked vegetables, originated from Sicily and now has many versions. Some other recipes include baby capers, pitted green olives, chopped tomatoes and is often served cool or warmed.

Prep time 10 minutes
Cooking time 30 minutes
Serves 6

Ingredients

40ml Jingilli Extra Virgin Olive Oil
 3 egg plant (diced into 2cm pieces)
 1 red onion large (diced as above)
 2 cloves garlic (crushed)
 4 large zucchini (diced into 2cm pieces)
 4 red capsicums (diced as above)
 100ml red wine vinegar
 2 cups tomato puree
 1 teaspoon sugar
 100g raisins
 ½ cup roasted pine nuts

Method

Place the roasting dish above the two centre burners and turn the two gas burners on high. Heat for 5 minutes, add the Jingilli Extra Virgin Olive Oil and cook the eggplant well until golden. Set this aside in a bowl and turn the burner down on low. Now add the garlic, cooking for only 20 seconds, then add the onion and cook well, adding more oil if needed.

Add the zucchini and cook until just soft, then add both the onion and zucchini to the eggplant. Cook the red capsicums well and add to the eggplant.

Warm the roasting dish and add the vinegar, stirring well to deglaze the dish and dissolve most of the sediments. Add the tomato puree, sugar and raisins then cook slowly until just thick.

Combine all of the ingredients and simmer together for 5 minutes. Season well and serve hot, warm or cold.

☺ **QUICK TIP:** Flame grill the egg plant and zucchini on the grill plate to produce a smoky flavour and an attractive grill pattern. Seasoning vegetables with salt flakes prior to grilling increases flavour and reduces bitterness.

Braised Red Vegetables with Smoked Spanish Paprika

This is a great mix of 'easy to get' every day vegetables that are flavoured with sweet Spanish smoked paprika and a good Jingilli Extra Virgin Olive Oil. It can be served with all types of seafood or red meats.

Preparation time	10 minutes
Cooking time	30 minutes
Serves	6 to 8

Ingredients

8 medium	roma tomatoes
4 medium	red capsicums
3 medium	red onions
1 tablespoon	sweet Spanish smoked paprika
60 ml	Jingilli Extra Virgin Olive Oil
To taste	freshly ground black pepper & Sea salt flakes
1 cup	Continental parsley (coarsely chopped)

Method

Place the roasting dish above the two centre burners and turn all the burners on high for 5 minutes. Turn all the burners down to low, close the hood and prepare the vegetables.

Wash, remove the eye and quarter the roma tomatoes, Place into a mixing bowl and prepare the red capsicums. Wash and cut them in halves and remove the seeds and inside membrane. Cut into 20mm wide strips and add them to the bowl. Peel the red onions, cut them into 10mm thick slices and add them to the bowl.

Add the sweet Spanish smoked paprika, seasoning and the Jingilli Extra Virgin Olive Oil to the vegetables and combine well. Place all the ingredients into the roasting dish and cook for 30 minutes. Stir from time to time and if it's cooking too quickly, turn off the two centre burners. Remove when cooked, fold in the freshly chopped parsley and present hot.

☺ **QUICK TIP:** This mix can be served directly from the roasting dish as it will keep it perfectly warm. Cooking with the hood down will produce a delicious smoky flavour and lifting the hood will slow the cooking process down.

Moroccan Spiced Asparagus Salad with Tomato, Cherry Bocconcini and Spinach Dip

A delicious middle-Eastern flavour combining crunchy spiced asparagus spears, ripe tomatoes and fresh baby bocconcini. Goes well with a little baby spinach dip and can be presented on grilled sour-dough.

Preparation time	5 minutes
Cooking time	5 minutes
Serves	6

Ingredients

2 bunches	fresh green asparagus spears
1 medium	brown onion (diced small)
30 ml	Jingilli Extra Virgin Olive Oil
1 tablespoon	Screaming Seeds Marrakech Magic Spice Mix or Masterfoods Tuscan Seasoning
3 medium	ripe tomatoes (cut into slices)
24	cherry bocconcini
30ml	Jingilli Extra Virgin Olive Oil
To taste	salt flakes and freshly cracked black pepper
6 tablespoons	spinach dip

Method

Place the roasting dish above the two centre burners and turn just those two burners on high. Heat for 5 minutes, then turn down to low. Add 30ml of the Jingilli Extra Virgin Olive Oil to the roasting dish and add the diced onions. Fry for one minute then add the Marrakech Magic spice mix. Cook for 30 seconds then add the washed and trimmed asparagus spears.

Cook for only 3 minutes (so it's still a little crunchy) then transfer into a mixing bowl and carefully toss with the tomato slices and cherry bocconcini. Season with the Jingilli Extra Virgin Olive Oil, salt and pepper

Serve as an entrée with a spoon full of some baby spinach dip.

© **QUICK TIP:** This is a very quick dish to prepare so have all the correct utensils on hand and all the ingredients ready. This produces a beautiful bouquet during the cooking process and can be presented warm or cold.

USING YOUR ROTISSERIE*

*optional accessory

Rotisserie / Spit Roasting

Rotisserie cooking is generally more suited to larger pieces of meats or poultry. However smaller items will work fine if attached to the rods correctly.

Most foods cooked on a rotisserie are self basting and this method results in foods that are highly flavoured, very moist (when cooked correctly) and visually attractive.

The types of foods most suitable for spit roasting are all poultry of small to medium size with the Maximum weight not exceeding 2 kg. Boned and rolled lamb legs and shoulders not exceeding 2 kg. Beef butt fillets, small standing rib roast, rolled pork loin and veal neck.

Setting up the Barbecue for Spit Roasting

Place the barbecue in the most wind protected position and on a level surface.

Open the hood and remove the hot plate, grill plate and vaporizer.

Position the roasting dish in the centre of the barbecue above the two centre burners. You may want to line the roasting dish with a double layer of aluminium foil to hold the fat that comes out. This makes it easier and safer to remove later.

Slide the 240 volt rotisserie drive onto its bracket and connect to mains power.

Turn the 4 outside burners to high and the two centre burners on low and heat up for 15 minutes. Heat up until the hood temperature gauge indicates 177°C (the red hand position is in the exact centre).

The barbecue is now ready for the loaded spit rod to be installed.

Setting up the Spit Rod/Rotisserie (To Spit Roast a Chicken)

Ensure that the spit rod, holding skewers and locking screws are all clean.

Carefully slide the spit rod through the very centre of the chicken, lengthways and position the chicken in the middle of the rod. It's most important that it's in the very centre, fully balanced and not lop sided. This ensures even cooking and helps the motor to turn evenly and smoothly.

Slide the two holding skewers along the rod and into the chicken. Position the wings and legs of the bird as close as possible to its body. The sharp points of the skewers will hold them in the preferred position. Once the bird is in the centre of the rod, with the two skewers fastened, tighten the two locking screws.

Prepare an oil based marinade with herbs and seasoning of your choice and lightly brush this all over the chicken.

Using heat proof gloves, open the barbecue hood and carefully insert the rotisserie rod into the left side bracket first. The rounded end of the rod will slide in here, then insert the other end (4 sided section) into the motor drive slot.

Ensure that the chicken is positioned over the very centre of the roasting dish. Turn on the power and

switch on the motor. If all is turning smoothly, close the hood and continue until fully cooked.

Cooking Techniques

Temperature control is the most important factor in achieving success with barbecue spit roasting. Wind and outside temperatures will affect the efficiency of the cooking process.

Keep a close eye on the temperature gauge. If the temperature goes over 200°C, turn the two centre burners off and if needed, turn the outer burners to low.

You can successfully roast a range of vegetables in the roasting dish while you are roasting the poultry or meat. If doing so, ensure that the gas burners underneath the roasting pan are turned off or kept on low. Turn these foods carefully from time to time, until fully cooked.

Cooking times will vary depending on type and weight of foods cooked, but times are similar to foods cooked in a standard oven.

A 1.3 kg chicken will take 1 hour & 15 minutes

A 1.8 kg boned and rolled lamb leg will take 2 hours (cooked medium)

The best method of knowing how well an item is cooked is by using a probe thermometer. This takes the guess work out of testing when the meat is cooked.

Here is a temperature guide for poultry and red meats.

Poultry should be cooked to 82°C which will be fully cooked yet juicy and moist.

Beef and Lamb barbecued to 60°C will be rare.

Beef and lamb barbecued to 70°C will be medium

Beef and lamb barbecued to 77°C will be well done

Basting the foods during the cooking process adds flavour, colour and moisture. Heat will escape from the barbecue while you baste, so do it quickly and carefully. It may take 10 minutes for the barbecue to come back up to the desired temperature.



Everdure Rotisserie

- Available for 4 Burner (AC4RO) and 6 Burner (AC6RO) models.

RECIPES USING YOUR ROTISSERIE

Spit roasted lamb with rosemary and garlic

Purchase a boned and rolled 2 kg lamb leg from your local butcher and you'll be able to feed 8 hungry adults. The aromas from this will drive your neighbours wild with envy and the whole meal can be cooked at the same time, altogether.

Preparation time	20 minutes
Cooking time	2 hours 15 minutes (for medium)
Serves	8

Ingredients

1 x 2 kg	Boned and rolled lamb leg
6 x 6 cm pieces	rosemary sprigs
3 cloves	garlic (cut into halves)
60 ml	Jingilli Extra Virgin Olive Oil
¼ teaspoon	freshly ground black pepper
½ teaspoon	sea salt flakes
8 x 50 mm	white skin potatoes
4 medium	fennel bulbs (washed and cut into halves)
1 medium	butternut pumpkin (skinned, deseeded and cut into 8 portions)
8 small	red onions (peeled & left whole)

Method

Set up and preheat the barbecue to 175°C as per 'setting up the barbecue for spit roasting' instructions from the rotisserie/spit roasting section.

Using a sharp small bladed knife, cut 6 incisions into the lamb roll at regular intervals. Insert half a garlic clove and a sprig of rosemary into each cut.

Place the rolled lamb and all the vegetables into a large bowl. Add the Jingilli Extra Virgin Olive Oil, the seasoning and mix well.

Attach the rolled lamb carefully to the centre of the spit rod and lock in with the 4 pronged skewers, as per the instructions for 'setting up the spit rod'.

Attach the lamb to the barbecue, as per instructions, close the hood and roast, basting occasionally with the juices collecting in the roasting dish.

After 45 minutes, turn off the two centre burners and place all the vegetables into the roasting dish and close the hood. Roast for a further hour and a half, basting and turning the vegetables as required. If the vegetables are cooked and the lamb not quite, remove the vegetables and keep warm. For the lamb to be medium, the internal temperature should be 70°C (use a probe thermometer to check this).

When cooked to your satisfaction, turn off the barbecue and carefully remove the spit rod and lamb. Remove the lamb from the rod and rest in a warm position for 5 minutes. Carve and present on warm plates with the roast vegetables.

☺ **QUICK TIP:** When basting the lamb, use a long handled silicon basting brush. Avoid plastic bristled brushes as they can melt and the hairs may fall out. Tie several large rosemary sprigs together with some butchers string and use that as a basting brush to add extra flavour.

Spit Roasted Free Range Chicken

A delicious and satisfying method of cookery, with succulent flavours that will become a family favourite. A range of vegetables can be roasted in the bottom roasting dish, while the chicken slowly rotates above and turns golden brown.

Preparation time	10 minutes
Cooking time	1 hour 15 minutes
Serves	4 main portions

Ingredients

1 x 1.3 kg	free range chicken
60 ml	Jingilli Extra Virgin Olive Oil
2 tablespoons	lemon thyme leaves
1 tablespoon	dried oregano leaves
1 medium	lemon (zest only)
½ teaspoon	freshly cracked black pepper
½ teaspoon	sea salt flakes

Method

Set up and pre heat the barbecue to 175°C as per instructions from the rotisserie / spit roasting section.

Place the whole free range chicken onto the spit rod, secure well as mentioned in the handbook and prepare the marinade.

Combine together the lemon thyme leaves, dried Greek oregano, lemon zest, seasoning and Jingilli Extra Virgin Olive Oil.

Brush the chicken all over with the marinade, keeping some aside for basting during the cooking process.

Attach the chicken to the barbecue as per instructions in the 'setting up the barbecue for spit roasting' section, close the hood and roast, basting occasionally until fully cooked. It should be perfectly roasted after 75 minutes. With the help of a probe thermometer, the chicken will be fully cooked when the internal temperature reaches 82°C.

Turn off the barbecue, carefully remove the spit rod and chicken then rest it in a warm position for 5 minutes. Carve and serve immediately.

☺ **QUICK TIP:** Do not serve any left over marinade with the chicken. It will contain dangerous bacteria that could cause serious food poisoning. Deep cuts made into the thick part of the chicken thighs will help to cook the chicken evenly.

USING YOUR WOK/SIDE BURNER

The Basic of Wok Cooking

Having a wok or side burner on a barbecue adds a new dimension to outdoor cooking. Use it to prepare sauces, or stir fry fresh vegetables. Either way, the only limit is your imagination.

Wok selection, curing and usage

A wok is a wide round pan with smoothly curved sides and base. The base can be curved or flat and woks can be made from carbon steel, cast iron, stainless steel, aluminium alloy and various other metals. The carbon steel woks are the most popular in the world, as they are inexpensive, heat up quickly and evenly and if looked after, will last a life time. These can be found in the kitchens of all Asian restaurants and eating houses around the globe. Select the size that suits your needs. A 35 cm diameter wok will sit perfectly onto the Everdure wok burner. This size allows you to cook small meals as well as larger ones.

To season a wok: Before being used for the first time all new carbon steel woks need to be seasoned. Wash the new wok with hot soapy water and a good steel scourer to remove the grease applied by the manufacture. They do this to prevent the woks from getting surface rust while in storage. You may need to wash it several times initially. Dry the wok well and place onto gentle heat. Bring it up to a high temperature, then carefully rub the inside with a clean cotton cloth dipped in peanut oil. It will give off some smoke but this is fine. Repeat this process several times until a dark sheen appears inside the wok. Turn off the heat and allow the wok to cool. The wok is now seasoned and ready for use.

Cleaning the wok: When you have finished cooking in the wok it needs to be cleaned. Using a plastic spatula, remove any loose food particles and place them into a bin. Wash the wok with a gentle detergent and hot water using a sponge scourer or a standard wok brush. (these have a wooden handle and stiff natural bristles). Do not use a steel wool pads or any other harsh abrasive! Dry well and place back onto a heat source and rub with a lightly oiled cloth. Turn off the heat and allow the wok to cool. It is now ready for further use or storage.

Wok accessories: Most woks come with a domed lid with a top centre handle. The lid enables you to steam foods in the wok. The wok ladle or spatula is an essential tool to use with the wok. It has a long handle with its working edge, shaped to fit the same curve of the wok sides. Soup ladles, long handled wire scoops and draining ladles are also very useful to complete the wok accessories set.

Wok Seared Prawns with Chilli, Lime and Soy

The use of chilli paste with Soya bean oil (nam prik pao) gives this a beautiful flavour. Sear the prawns in a wok on high heat and cook only until just cooked. Remove from the wok burner and transfer to a bowl, then quickly add the soy, olive oil, coriander and lite soy. Serve steaming hot!

Serves	4
Preparation time	5 minutes
Cooking time	6 minutes

Ingredients

20	peeled and deveined green (raw) prawns
2 tablespoons	chilli bean paste (nam prik pao)
1 teaspoon	sambal olek
1	lime (juice and zest)
2 tablespoons	lite soy
2 cups	coriander (coarsely chopped)
50 ml	Jingilli Extra Virgin Olive Oil
To taste	salt flakes

Method

In a bowl, combine together the chilli bean paste, sambal olek, lime zest, olive oil and half the coriander. Mix in the prawns, coat well and set aside.

Place the wok onto the wok burner and turn on to high heat. Add a splash of Jingilli Extra Virgin Olive Oil and add all the prawns, cooking and tossing well for 6 to 8 minutes. Shorten the time a little if the prawns are smaller, but do not over cook them.

Remove the wok from the wok burner and then add the lite soy, lime juice, olive oil, coriander and salt. Toss well and serve immediately.

☺ **QUICK TIP:** A carbon steel wok and a charn (wok ladle) are two essentials for any serious barbecue cook with a wok burner. Use the burner on high and heat the wok before adding any oil.

Indian Spiced Chicken Risotto with Mushrooms and Basil

A simple spiced risotto that is great to serve either as an entrée or a main meal. It will only take 7 minutes to cook in a **pressure cooker** and comes out wonderful. Try a green leaf salad dressed with equal parts of apple balsamic and EV olive oil and a few toasted pine nuts. The Screaming Seeds spice's can be found in good delicatessens.

Preparation time	10 minutes
Cooking time	7 minutes
Serves	4

Ingredients

2	chicken thighs (sliced)
1000ml	vegetable stock
2 tablespoons	Jingilli Extra Virgin Olive Oil
80g	unsalted butter
2 cloves	garlic (crushed finely)
2 tablespoon	Screaming Seeds Kashmiri Krush Spice Mix or Masterfoods Mild Moroccan Seasoning
250g	Swiss brown mushrooms (sliced)
100ml	dry white wine
1 medium	onion (finely chopped)
2 cups	Arborio rice
2 cups	baby spinach leaves
½ bunch	basil (leaves only)
1 cup	grated quality Parmesan

Method

Place a saucepan with the vegetable stock onto the wok burner and turn on to high heat. When it boils, remove to the hot plate which can be set to low heat and keep warm.

Place the pressure cooker onto the wok burner and turn on to high heat. Add the olive oil and a third of the butter. As soon as the butter melts, add the chopped garlic and cook for 20 seconds. Turn down to low heat and combine in the chopped onion and Screaming Seeds Kashmiri Krush.

Cook for a minute than add in all the sliced mushrooms and chicken flesh. Seal the chicken, than add in the rice and stir well. Add the white wine to the cooker and stir well, then add all the stock and bring it to the boil.

Seal with the lid, bring it up to pressure and cook for 7 minutes. Adjust the heat so a steady gentle stream of steam comes from the steam release valve. Remove from the heat, release pressure, open and stir in the remaining butter and parmesan cheese. Stir in the basil and baby spinach and present in warm bowls.

☺ **QUICK TIP:** For added flavour the chicken pieces can be flame grilled on the grill plate and then placed into the pressure cooker. Present this with some Nan bread lightly grilled over the grill plate and served hot.

Seared Spicy Beef Salad with Green Tea Noodles and Asian-style Dressing

A very healthy and delicious salad offering contrasting textures and exciting flavours. Swap the beef for chicken, seafood or mushrooms and it works just as well. The green tea noodles are made with a combination of buck wheat, green tea powder and wheat flour.

Serves	6
Preparation time	10 minutes
Cooking time	6 minutes

Ingredients

The marinade

400g	beef eye fillet (sliced into thin strips)
1 teaspoon	freshly crushed garlic
1 tablespoon	freshly grated ginger
2 tablespoons	dark soy
1 teaspoon	Sambal Olek
1/2 teaspoon	Sesame Seed Oil
1 tablespoon	shao hsing cooking wine
2 tablespoons	Jingilli Extra Virgin Olive Oil

The vegetables & green tea noodles

4 cups	Hakubaku organic green tea noodles (cooked)
4 cups	shredded iceberg lettuce
1 cup	diced tomato
1 cup	diced cucumber
1 cup	bean sprouts
1 cup	coarsely chopped coriander
1/2 cup	grated carrot
1/2 cup	chopped peanuts

The dressing

2 tablespoons	fresh lime juice
2 tablespoons	light soy
2 tablespoons	Jingilli Extra Virgin Olive Oil (EVOO)
1 tablespoon	Fish Sauce
1 teaspoon	Sesame Seed Oil
1 teaspoon	Sambal Olek
1 tablespoon	freshly grated ginger

☺ **QUICK TIP:** Wok sear the beef strips in small batches to reduce the chance of them stewing. If you grill a large portion of beef fillet and intend to slice it, let it rest in a warm place for 5 minutes to allow the juices to settle.

Method

Place the thin beef strips into a bowl and add all the marinade ingredients. Combine well, cover and refrigerate until required. Cook the green tea noodles as per packet instructions.

Place all the vegetable and noodle ingredients into a large mixing bowl and using a gentle hand, combine well. Prepare the dressing by combining all the ingredients well.

Using a carving fork, place it into the noodle mix and turn gently until you have formed a neat round stack around the tongs. Place onto a serving plate.

Place a wok onto the wok burner and turn on to high heat. Add a little olive oil and quickly sear the beef strips, tossing continuously until medium rare or to your desired rareness.

Place the seared beef strips on the side of the noodle mix and cover noodles well with the dressing mix. Finish with some extra chopped peanuts and coriander leaves.

Sherried Mushroom Medley on Sour Dough Croutons

A combination of our best mushrooms sautéed with a little garlic and sweet brown onions. Flavoured with Spanish Sherry vinegar and presented on flame-grilled sour dough.

Preparation time	10 minutes
Cooking time	15 minutes
Serves	4

Ingredients

30 ml	Jingilli Extra Virgin Olive Oil
1 clove	garlic (crushed)
1 small	brown onion (sliced)
250g	mushrooms sliced (mix of button, Swiss brown, shiitake and oyster)
20 ml	De Soto Spanish Sherry Vinegar
to taste	sea salt flakes and freshly ground pepper
½ cup	continental parsley (chopped)
4 slices	sour dough bread
30 ml	Jingilli Extra Virgin Olive Oil

Method

Place a heavy based frypan onto the wok burner and turn on high. Once the pan is hot (allow 4 minutes) add the olive oil. Quickly add the crushed garlic, stirring well and cook for 10 seconds without colouring. Add the sliced onions and cook for a further 2 minutes.

Combine in the button, Swiss brown, oyster and shitake mushrooms and cook while continuously tossing gently. After several minutes, add in the sherry vinegar and stir well. Season with the salt and pepper and finish with the coarsely chopped continental parsley.

Heat the grill plate on high for 5 minutes and lightly oil using a clean cotton cloth. Turn down to low, brush the sour dough slices with the Jingilli Extra Virgin Olive Oil and grill on the grill plate until golden and marked with a criss cross pattern on both sides.

Place the grilled sour dough onto warmed plates, top with the mushroom mix and serve immediately.

☺ **QUICK TIP:** Use a high flame setting so the mushrooms continuously sear in the pan. Keep a close eye on the sour dough to ensure it doesn't burn over the flame.

CLEANING AND MAINTENANCE

CLEANING YOUR COOKING PLATES

Cast Iron and Vitreous Enamel Plates (Hot/Flat Plate and Grill Plate)

Warm the plates gently on low and scrape away any excess food particles using a heat resistant non metal scraper. Remove any excess oils and fats with kitchen paper towelling. Using a stiff standard wok brush and warm soapy water, brush all the cooking surfaces clean. Remove the soapy water with a damp cloth until all soap residue has been removed. Wipe all surfaces clean and dry using a clean cloth. Place some vegetable oil onto the cooking surface and wipe well with a clean cloth. Turn off the gas at both the gas control knob and at the gas bottle.

Stainless Steel Plates (Hot/Flat and Grill Plate)

Warm the plates gently on low and scrape away any excess food particles. Remove excess oils and fats with kitchen paper towelling. Using hot soapy water and a kitchen sponge scourer, scrub away all food particles. Rinse with a damp clean cotton cloth several times until surface is clean and grease free. Place some vegetable oil (do not use olive oils as it will leave a permanent dark stain on the plates) onto the cooking surface and wipe well with a clean cloth. Turn off the gas at both the gas control knob and at the gas bottle.

Vapouriser

Carefully remove the grill plate from the barbecue and set to one side. Turn on the two burners underneath the vapouriser and set on high for 5 minutes. Turn the gas off and scrape away any excess food particles. Using hot soapy water and a sponge scourer, scrub away all remaining food particles. Rinse well using a clean damp cotton cloth and dry when finished. Replace the grill plate and turn off the gas at the bottle.

After Roasting

Once the barbecue has cooled down enough to handle safely, open the hood and prepare the cleaning items. Half fill a small bucket with warm soapy water. Dampen a clean cotton cloth with this and wipe the inside of the barbecue well, wringing out and wiping several times. Rinse the cooking surfaces with a clean damp cloth, dry well and coat with a little vegetable oil.

ABOUT BARBECUE TOOLS

Essential utensils for the barbecue

There seems to be an enormous range of utensils available for the barbecue enthusiast, yet the technique of barbecuing is one of the oldest and certainly one of the simplest. Everyone seems to have their own version of what is best to use and it is quite a personal thing. In terms of sheer practicality however, the items below are on top of the essential utensils list.

Barbecue tongs; Long handled ones are good but not ones so long, that they become difficult to handle and operate. Barbecue tongs are designed to keep your hands away from the direct heat zone and those that are 30 cm in length are ideal. A heat proof non slip silicon handle adds extra comfort and safety.

Spatula; These can come as heavy duty, crank handled, straight, slotted and in various other forms. A good balanced size would be 30 cm long with a crank handle to facilitate easy lifting and turning of foods. The shape of this type also helps to scrape clean a soiled hot plate. A heat resistant silicon end and a non slip handle would round off the perfect spatula.

Basting brushes; The technique of basting on the barbecue is essential and must be performed, as it adds flavour, moistens the foods and helps to produce a wonderful colour and gloss to the foods. Look for brushes that are no longer than 30 cm long, good comfortable non slip grip and brush ends made of silicon which will not melt or fall out. These types can be boiled and sanitized with no ill-effect on the brush itself.

Barbecue Fork; The barbecue fork is used to remove heavy joints of meat from the barbecue, test the doneness of roasts and to hold the meat while it is being carved. There are some forks available now which have a built in thermometer which gives an instant reading of the internal temperature of the meat. A great idea that is very accurate and eliminates the need for guess work on the rareness of grilled foods.

Temperature gauge; This piece of equipment provides total accuracy and peace of mind and is available in various forms. An oven thermometer can be placed into the barbecue and used to test the inner temperature of the unit when roasting or cooking with the rotisserie. A probe thermometer will give the precise temperature of the inside of a roast and let you know its true rareness.

Cleaning brushes; These come in the form of stiff wire brushes, grill brush, handled scourers and sponge scourers. The most user friendly would have to be the inexpensive standard wok brush, made of stiff natural bristles with a wooden handle. These, with the help of a gentle detergent, clean the plates very well, are inexpensive and do not mark or scratch the surfaces.

DEFINITIONS/GLOSSARY

Apple Balsamic; A unique vinegar made from granny Smith apples that are hand pressed, fermented with a balsamic culture and slowly matured in wooden casks.

Arborio Rice; An Italian white rice that is pearly looking, round and forms the foundation of risottos. It's a member of the grass family and has a high content of starch which helps to produce a smooth, glossy creamy risotto.

Bean / Snake bean; These long beans are normally found bundled together in Asian stores, one end looks like the head of a small snake and are also known as the Chinese bean.

Bird's eye chilli; This is a hot chilli so do not be miss led by its size or colour. It is related to the cayenne and Tabasco chillies, can pack a big punch and its colour can vary.

Bocconcini; these come as small balls of mozzarella which are presented in whey. They come in various sizes and the cherry ones (smaller) are excellent in salads.

Butter flied lamb; Normally refers to a leg of lamb that has had all its bones removed and has been trimmed to produce an even sized flat piece of lamb.

Chermoula; is a classic Moroccan paste that has a good content of chilli and is used widely with fish dishes, but goes very well with poultry and veal.

Chorizo; Is a Spanish style sausage mostly produced from pork and paprika. Some have the addition of chilli and garlic.

Coconut cream; made from the extract of coconut flesh. When the coconut milk is left to stand the cream forms around the top. It is commonly used in curries, sauces and various drinks.

Chilli bean paste; or chilli paste with Soya bean oil (Nan prik pao) is available from good Asian grocery stores. It is a delicious combination of sugar, shallot, soybean oil, garlic, chilli, dried shrimp and tamarind.

Doneness; a description of the degree to which an individual prefers their steak. Here are the common types:

Blue or Very rare – steak that is cooked very quickly; the outside is seared, but the inside is warmed more than cooked. The steak will be red on the inside.

Rare - The outside is grey-brown, and the very middle of the steak is red, with the rest of the inside pink.

Medium rare - The outside is grey-brown, the middle of the steak is pink, fading to a grey-brown near the surface of the meat. Unless specified otherwise, upscale steakhouses will cook to this level.

Medium - The very inside is pinkish, fading to grey-brown throughout the rest of the meat. The outside is grey-brown.

Medium well - The meat is mostly grey-brown with a hint of pink. The juiciness of the steak is reduced when cooked to this level.

Well done - The meat is grey-brown throughout; the juiciness and tenderness is reduced, and the meat may seem dry and chewy.

Fish sauce; a pungent salty liquid that is used as a condiment and a seasoning. Made from salted and fermented dried fish or shrimp. It's an absolute must in Thai cookery.

Green onions; are also known as spring onions or shallots. They are used extensively in various stir fries, salads and soup recipes. Trim, wash and clean well before using.

Lemon / preserved lemons; are lemons preserved in salt and are available from good retail grocery stores and delicatessens. The flesh is discarded and only the rind is used.

Limes; are green when ripe and come from one of the smallest of the citrus trees. Their zest and juice imparts a unique tart taste to foods and are very important to the cuisine of Thailand and Vietnam.

Mushrooms; Swiss brown mushrooms are highly flavoured and are available as buttons cups and flats. The large flat Swiss browns are sold as Portobello mushrooms and grill beautiful on the barbecue.

Oregano; the best and most pungent one to look for is the Greek oregano, which is sold in dried bunches in cellophane bags.

Palm sugar; is a dark unrefined sugar obtained from the sap of the Palmyra or sugar palm trees. It comes in block form and must be grated or shaved into the foods. It is sold in all large supermarkets.

Paprika Spanish smoked; There are many types of paprika from all parts of the world. The Spanish ones have beautiful robust aromas and varying degrees of smoky flavours. This quality works so well with barbecuing and the main types are sweet, bitter sweet and hot.

Prawns peeled and deveined; fresh or frozen, raw or cooked, these prawns are peeled clean from their shells and have had their intestinal track removed. It's always best to purchase the green (raw) prawns and barbecue them yourselves.

Prosciutto; is basically salted and air dried hind thigh of pig. It is also known as Parma ham, is usually hung for 12 months and has a delicious salty taste.

Sambal Olek; is fresh chillies that have been ground and cooked down with sugar, vinegar and salt. It comes in a convenient jar and must be stored in the refrigerator. This is used anywhere that chilli is required.

Sesame oil; is not often used as a cooking oil, but more as a condiment or flavouring. It has a rich dark amber colour, nutty sesame flavour and delicious aroma. Often used in Asian marinades and stir fries.

Shoahsing wine (Chinese rice wine); made from a combination of glutinous rice and water that are fermented together. It possesses a beautiful light golden colour and a magical sweet sharp flavour.

Sour dough bread; is bread made not with added yeast, but a starter that has natural wild yeast which raises the bread, as mankind has done for thousands of years. They have a firm texture and grill beautifully on the barbecue.

Soy sauce; light, has a delicate flavour and is more salty than the dark soy. It has a lesser content of caramel or molasses so it will not darken the food as much as the dark soy.

Soy sauce; dark, it's a little thicker, sweeter and less salty than the light soy. When used on various foods a richness of flavour and colour are produced.

Tomatoes Roma; also known as plum, Italian or egg tomato. These have a low weight percentage of water which makes them ideal for drying, roasting or grilling. Choose ripe ones that are fully red in colour which will have the best flavour.

Basic measurement conversion guide

½ cup	=	125 ml	<u>Metric</u>	<u>Imperial</u>
1 cup	=	250 ml (8 fluid ounces)	15 g	½ ounce
4 cups	=	1000 ml or 1 litre	30 g	1 ounce
			125 g	4 ounce
1 teaspoon	=	5 ml	250 g	8 ounce
½ tablespoon	=	10 ml	500 g	16 ounce
1 tablespoon	=	20 ml	750 g	24 ounce
			1 kg	32 ounce

<u>Oven temperatures</u>	<u>Celsius</u>	<u>Fahrenheit</u>
Slow temperature	120	250
Moderate	180	350
Hot	220	425
Very hot	240	475