



***SUMMER BBQ WORKSHOP***  
***AT THE OLD VICARAGE, SHIRLEY***  
***ON TUESDAY 29TH JUNE 2010***



***Simple BBQ Recipes***

***ROSEMARY COALS***

*Instead of making a marinade with rosemary for grilling, place the herb right on the coals. The smoke enhances food in the same way burning wood chips does. Once the coals are uniformly grey and ashy, loosely cover them with fresh rosemary branches (be careful not to burn your hands). Almost any meat or vegetable will benefit from this savoury smoking.*



## ***RASPBERRY AND ALMOND CRUMBLE TART***

*Serves 10*

### **INGREDIENTS**

375g pack of dessert pastry

A little plain flour

750g/1lb 10oz raspberries

140g/3oz golden caster sugar

Little crème de cassis

#### ***For the Crumble topping***

140g/5 oz cold butter, diced

100g/4oz ground almonds

140g/5oz plain flour

175g/6oz light muscovado sugar

Handful of flaked almonds

### **METHOD**

- 1) Preheat the oven to 200°C/180°C fan/gas mark 6 or the baking oven if using the aga.
- 2) Line a 23cm flan tin with the dessert pastry and chill in the fridge.
- 3) Place the raspberries, golden caster sugar and crème de cassis in an oven proof dish and place in the oven for 5 minutes. Remove, cool, drain some of the liquid through a sieve and reserve.
- 4) Put the pastry case into the oven briefly until starting to puff up, if this happens simply press down with the back of a spoon.
- 5) Rub the topping ingredients, except the flaked almonds, together until crumbly. When the pastry case is cooked, lower the oven temperature slightly to 180°C/160°C fan/gas 4. Spoon the raspberries evenly over the case and spread over the crumble topping. Finally scatter flaked almonds and bake for 20 mins. Leave the tart until just warm, then turn out and serve with the raspberry syrup and crème fraiche or ice-cream.



## ***TRIO OF SUMMER SOUPS***

***Chilled cucumber soup with salmon and basil shots***

*(recipe available online [www.ruddmoncrieff.com](http://www.ruddmoncrieff.com))*

***Pea and Mint shots (recipe available online as above)***

## ***JAZZY CHILLED GAZPACHO SHOTS***

***Serves 4***

### **INGREDIENTS**

1 Onion  
½ Cucumber, peeled and deseeded and finely chopped  
1 large pepper, deseeded and finely chopped  
50ml (2 fl oz) olive oil  
50 ml (2fl oz) red wine vinegar  
3 garlic cloves, peeled  
2 sprigs of fresh tarragon  
600ml (1pt) tomato juice, chilled  
10/12 ice cubes  
Seasoning  
Celery salt, to serve  
Sprigs of mint to garnish

### **METHOD**

1. Put the onion, cucumber and red pepper in the food processor with the oil, garlic and tarragon. Whizz until smooth. Add tomato juice and 10/12 ice cubes and process until ice has broken down.
2. Add sugar and seasoning and whizz again to mix. Pour into shot glasses, sprinkle with celery salt and garnish with mint leaves.

## **BBQ CHICKEN SKEWERS WITH GREMOLATA**

*A simple to cook, easy to prepare, fast food that tastes delicious!*

Serves 4

### **INGREDIENTS**

4 boneless chicken breasts  
Juice of 1 lemon, plus a tsp grated lemon zest  
3 thick slices of lemon, cut into quarters  
2 fl oz (55ml) olive oil  
1 clove garlic, peeled and crushed  
1 dsp chopped fresh oregano  
1 tsp white wine vinegar  
2 bay leaves, torn in half  
Salt and pepper

#### ***For the gremolata***

1 clove garlic, peeled and finely chopped  
1 heaped tsp grated lemon zest  
1 tbsp chopped fresh parsley

Wooden skewers (soaked in water for at least 30 mins before you start cooking – to prevent *burning*).

### **METHOD**

- 1) Chop chicken into 5 chunky pieces and place them in a bowl, along with the lemon juice, zest, oil, garlic, oregano, white wine vinegar and seasoning. Cover and leave to marinate overnight or for as long as you can, preferably a few hours.
- 2) To cook the chicken, thread half a bay leaf on to the first skewer, followed by a quarter of slice of lemon, then a piece of chicken until you have used all 5 pieces of chicken, finishing off with lemon and another bay leaf. Make sure you have packed everything as tight as possible together. Repeat with the other skewers
- 3) Then place on your hot bbq, basting them as you go along with the marinade juices. They will take about 10 mins roughly until they are cooked through and charred.
- 4) Whilst they are on the BBQ (or if you prefer grill), mix the gremolata ingredients together and have it ready. When the chicken is cooked, transfer to a serving plate and keep warm.
- 5) Place the remainder of the marinade, plus the basting juices, in a saucepan and boil to reduce to a syrupy consistency, which will take a couple of mins. Then pour over the chicken and sprinkle with gremolata all over just before serving. Serve on a bed of rice, salad or herb rosti or garlic potatoes, alternatively serve with warm homemade crusty bread to dip into the juices.



## ***ROAST FILLET OF BEEF WITH HORSERADISH BUTTER***

*Serves 6*

### **INGREDIENTS**

1 beef tenderloin 1kg/2lb 4 oz  
1 tbsp olive oil  
½ tsp coarse sea salt or flakes  
1 tsp ground pepper  
4 tbsp chopped fresh herbs (thyme, sage, parsley)

#### ***Horseradish butter***

100g 3½oz unsalted butter  
3 tbsp grated fresh horseradish or a tsp of creamed horseradish  
Salt and pepper

### **METHOD**

1. Put the meat in a shallow dish and brush all over with the olive oil. Sprinkle with sea salt, coarsely ground pepper and herbs, rubbing well. Cover and leave to marinate in the fridge for 2 hours approx.
2. To make the horseradish butter, mash the butter with a fork until soft then add the remaining ingredients, mixing well. Scrape the mixture onto a piece of cling film and form into a log. Wrap tightly and chill. Preheat BBQ. Push some of the coals to one side to make slightly cooler, oil the BBQ rack.
3. Cook the meat for 8 minutes, giving it a quarter turn every couple of mins. Until brown and crusty on the outside. Move to the cooler part and cover with the lid. Cook for another 15 minutes (rare), 20 minutes (medium) and 25 minutes (well done).
4. Transfer the meat to the board. Cover with foil and leave for 5 minutes, carve slices and place a little horseradish butter on top. Serve with white beans and summer vegetables.



## ***COFFEE MARSALA CUPS WITH FLAKED ALMONDS***

***These are very quick to make ahead of time and can be chilled for up to eight hours.***

*Serves 4*

### **INGREDIENTS**

100ml Dark Roast Espresso made with hot water  
2 tsp sugar  
3 tbsp marsala/sherry (plus extra for serving)  
16-20 Biscotti/Cantuccini Biscuits, roughly broken  
250g tub Mascarpone  
75g golden caster sugar/vanilla sugar  
½ grated zest of an orange  
300ml double cream  
Milk (if needed)  
A handful of toasted flaked almonds

### **METHOD**

- 1) Stir the sugar and marsala into the coffee until the sugar dissolves. Leave to cool.
- 2) Divide the biscuits between 4 cups or dishes and pour the coffee on top.
- 3) Beat the mascarpone with a wooden spoon until smooth. Mix in the vanilla sugar, orange zest and cream until the mixture just falls off your spoon. If it is too thick, add a splash of milk. Spoon over the biscuits and scatter with the almonds and a little grated orange.
- 4) Chill or you can serve straightaway. Just before serving splash a little marsala over each pudding.



## ***BARBECUE-BAKED STUFFED PEPPERS***

*This works really well as an accompaniment to fish and meat BBQ dishes it is also very good for using leftover rice for a midweek supper!*

*Serves 4*

### **INGREDIENTS**

4 red peppers  
Olive oil  
Cooked basmati rice  
1 packet of diced feta  
Chopped mint  
4 Spring onions  
4 Cherry tomatoes, halved  
½tsp ground coriander  
Cinnamon  
Seasoning

### **METHOD**

- 1) Cut the tops of the peppers and remove the seeds and membrane. Rub all over with olive oil and season.
- 2) Mix the cooked rice with diced feta, chopped mint, chopped spring onion, halved cherry tomatoes and ½ tsp each of ground coriander and cinnamon and season.
- 3) Spoon into the peppers, then wrap tightly in foil and cook on a gentle bbq heat for 15-20 mins, turning until the peppers have softened.



## ***WHITE BEAN SALAD AND SUMMER VEGETABLES***

### **INGREDIENTS**

1 bunch spring onions, finely chopped  
2 garlic cloves, crushed  
1 red chilli finely chopped  
2 x 400g drained cannellini beans  
1 can of butter beans  
6 tbsp olive oil  
2 tbsp white wine vinegar  
1 bunch of asparagus  
Seasoning  
Parsley

### **METHOD**

1. Mix the spring onions, garlic cloves, chilli together. Add all the beans.
2. Whisk olive oil and white wine vinegar together and plenty of seasoning add to the bean mixture.
3. Oven roast the asparagus with a little olive oil and coarse sea salt for 5-6 minutes.
4. Warm the bean mixture slightly just before serving and scatter lots of fresh parsley on the top finishing with the asparagus draped over the top!



## ***RACK OF LAMB WITH MINT AND BALSAMIC MARINADE***

***Serves 4***

### **INGREDIENTS**

4 racks of lamb, each with 4 cutlets  
Oil for brushing

#### ***Marinade***

8 tbsp balsamic vinegar  
Grated rind and juice 1 lemon  
150ml/5fl oz sunflower oil/rapeseed oil  
4 tbsp chopped fresh mint  
2 garlic cloves  
2 tbsp light muscovado sugar  
Salt and pepper

### **METHOD**

1. Mix the balsamic, lemon rind and juice, oil, mint, garlic, sugar and salt and pepper together. Place the lamb in a dish and turn over a few times so that the meat is covered on both sides with the marinade.
2. Cover and leave to marinate in the fridge for a few hours or preferably overnight.
3. Preheat the bbq and oil the barbecue rack. Thread the rack with a metal skewer to make it easier to turn.
4. Remove the lamb from the marinade and reserve the liquid for basting.
5. Place on the preheated bbq for approximately 15 minutes on each side, basting frequently.
6. Transfer the lamb from the bbq to a chopping board and remove skewers , then cut the cutlets and serve with seasonal vegetables and garlic potatoes.



## **GARLIC POTATOES WITH FETA**

*These are deliciously simple and work as an excellent accompaniment to any of the BBQ given here.*

Serves 4-6

### **INGREDIENTS**

Bamboo skewers or metal skewers  
4 large garlic cloves, peeled  
1 tsp sea salt  
1 tbsp finely chopped fresh rosemary  
½ tsp freshly ground black pepper  
4 tbsp olive oil  
850g/1lb 14oz salad potatoes  
40g/1½oz crumbled feta cheese  
1 tbsp chopped parsley

### **METHOD**

- 1) Using a pestle and mortar, crush the garlic cloves with the sea salt until smooth and creamy, if necessary, push through a sieve to remove any fibrous shreds that could burn. Add the rosemary and pepper, and pound to a paste.
- 2) Whisk in the olive oil, then pour the mixture into a large bowl and leave to stand.
- 3) Slice the potatoes in half crossways, steam over boiling water for 7 mins until they are only just tender. Spread out on a clean tea towel to dry. Add to the garlic mixture in the bowl and toss to coat.
- 4) Arrange the potatoes cut-side down on a board, reserving the remaining garlic mixture in the bowl. Thread onto the pre-soaked skewers.
- 5) Oil the bbq rack, cook the potatoes over the hot coals, cut side down for 3-4 mins turning when each side is striped from the grill.
- 6) Brush the upper side with the garlic oil as you turn. Move to the cooler side of the BBQ and cook for a little longer (5 mins), turning and brushing with the garlic oil, when tender remove and arrange on a large platter and sprinkle with feta and parsley. Serve whilst still hot!