

Homemade beef burger

Ingredients:

- 1,200g minced meat
- 20g salt
- 15g fresh crushed black pepper
- 7g garlic powder
- 100ml ketchup
- 80ml dijon mustard
- 50ml vegetable oil
- 50ml water
- 30g fresh chopped parslip or lovage

- 1. mix all ingredients together
- 2. in metal ring form 200g burgers
- 3. place on BBQ grill

Barbecue glazed chicken wings

Ingredients:

- 1kg chicken wings
- 120ml ketchup
- 120ml sweet chili sauce
- 80ml brown sauce
- 20g salt
- 20g black pepper
- 10g chili flakes
- 50ml soy sauce
- 20g crushed dried coriander
- 30ml honey

- 1. mix all glazed ingredients
- 2. mix chicken wings with glaze
- 3. put in fridge overnight
- 4. roast in oven or grill

Honey and Ginger Chicken Wings

Ingredients:

- 1kg chicken wings
- 150ml dijon mustard
- 100ml honey
- 50g fresh choppped ginger
- 30g fresh orange zest
- 30g chopped chili
- 20g salt
- 20g black pepper

- 1. mix all glazed ingredients
- 2. mix chicken wings with glaze
- 3. put in fridge overnight
- 4. roast in the oven or grill

Jameson-Style Barbecue Baby Pork Ribs

Ingredients:

- 2kg pork ribs
- 2l water
- 2 chopped carrots
- 5 chopped celery sticks
- 1 head of garlic, cut in half
- 1 onion, cut in quarters
- 300ml ketchup
- 200ml soy sauce
- 300ml Jameson
- 80g cajun pepper
- 60ml Tabasco
- 50ml Walchester sauce
- 100ml Frank's sauce
- 400ml Coca-Cola
- 2 cinnamon sticks
- 100g fresh ginger
- 5 cardamom seeds
- 30g five spices

- 1. mix all ingredients together in large metal container
- 2. add ribs (ensure all ribs are fully submerged)
- 3. cook in low temperature until tender (I recommend 2-2.5h in 65C)
- 4. sieve sauce into pot
- 5. reduce by ~75% (until thick like cream)
- 6. when ribs are cold, portion, glaze in sauce and reheat in grill/oven

Barbecue Chicken Drumstick

Ingredients:

- 20 chicken drumsticks
- 90g smoked paprika powder
- 40g salt
- 30g black pepper
- 30g fresh chopped garlic
- 20g fresh chopped ginger
- 20g onion powder
- 10g crushed dried coriander
- 20g chili flakes
- 200ml oil
- 20g fresh chopped thyme
- 10g fresh chopped rosemary

- 1. mix all ingredients for marinate together
- 2. add chicken and place in fridge for 12 hours
- 3. roast in oven or grill

Pesto Chicken Fillet

Ingredients:

- 960g chicken fillets
- 200g fresh basil
- 200g rocket leaves
- 130ml oil
- 100ml olive oil
- 15g salt
- 10g black pepper
- 20g roasted garlic/30g peanuts (optional)

- 1. mix all pesto ingredients in mixer at high speed
- 2. marinate chicken and place in fridge for 12 hours
- 3. wrap in cling film so the pesto doesn't become black
- 4. roast in oven/grill