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Heat Beads® Recipe Book

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Asado Style Beef Ribs

Julian Wu

In Argentina, they love their asado (barbecue), and in great quantities. An asado is a marathon event that can go on all day and late into the night where a wide variety of meats are eaten in great quantities. The Argentinians will eat nearly every part of the cow except for the moo, but just because they do, doesn't mean you have to.

One of the most popular asado items are grilled beef ribs. Usually, Argentinian hosts will allow half a kilo of meat per guest, but of course, your mileage may vary.

Ingredients:

- 3kg beef short ribs cut into 5cm lengths
- brine (6 tbsp salt dissolved in 1L of water)

Chimichurri

- 1 bunch flat leaved parsley, stems removed
- 6 cloves garlic, peeled
- 1 cup olive oil
- ½ cup lemon juice
- 1 tsp salt
- 1 tsp black pepper
- ½ tsp chili flakes



Method:

Firstly, the night before you cook prepare the chimichurri.

Combine ingredients and puree them in a blender or food processor. This should make approximately 2 cups of chimichurri. Set aside 1 cup to serve with the cooked ribs, and use the remaining cup to marinate the ribs. Make sure they are well covered and refrigerate overnight.

When you are about to cook, take the ribs out of the refrigerator and season them with black pepper, and let them reach room temperature while you prepare your Heat Beads® coals.

When the coals are ready, place the ribs on the hottest part of the grill and sear them on one side until they are nicely browned. Turn and baste the ribs with the brine and grill until the other side is browned too. Then move the ribs to a cooler part of the grill and continue to turn and baste the ribs frequently until they are done. This should take 16-20 minutes.

Serve the grilled ribs with the reserved chimichurri sauce, a green salad, and a hearty red wine.

Serves 6-8

Char-Grilled Scotch Fillet

Carole Pyne

This recipe is a family favourite!

Ingredients:

- 4 scotch fillets

Marinade

- 1 cup brown sugar
- pinch of sea salt
- freshly ground black pepper
- ¼ cup sweet chilli sauce

Sauce

- ½ cup of olive oil
- 2 peeled garlic cloves
- juice of 1 lemon
- ¼ cup balsamic vinegar
- pinch salt
- pinch pepper
- handful of parsley



Method:

To make the marinade, mix together brown sugar, sea salt, freshly ground pepper and sweet chilli sauce.

Pat dry beef and rub this mixture into the meat. Rest while barbecue gets hot.

Sear on both sides and then reduce the heat and cook slowly. Meanwhile, make this yummy sauce to serve with the beef.

Sauce

Blend all sauce ingredients together in a blender and serve as a sauce with the beef. Delicious!

Enjoy!

Serves 4



Tucson T-Bones

Steven Raichlen



Ingredients:

The Rub

- 2 tsp ground ancho chili powder
- 2 tsp coarse salt
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp freshly ground black pepper
- 1 tsp mustard powder



The Steaks

- 4 x 340gm T-bone steaks (each at least 3cm thick)
- ½ cup best quality extra virgin olive oil
- 4 jalapeños, thinly sliced (do not seed)
- 4 cloves garlic, peeled and thinly sliced
- ½ cup fresh cilantro leaves, chopped

Method:

In a small bowl, combine the chili powder, salt, oregano, cumin, garlic powder, black pepper and mustard powder. Set up your grill for direct grilling and preheat to high. Toss the mesquite chips on the coals.

Season the steaks generously on both sides with the rub. Brush and oil the grill grate. Arrange the steak on the grate, placing it on a diagonal to the bars. Grill for about 2 minutes, then rotate the steak a quarter turn to create an attractive crosshatch of grill marks; grill for 1 or 2 minutes more. Turn the steak over and grill for about 2 minutes, then rotate a quarter turn and finish cooking to the desired doneness. The internal temperature when read on an instant read meat thermometer should be 140 to 145° F for medium rare.

Transfer the steaks to a warm platter or plate and keep warm.

Meanwhile, heat the olive oil almost to smoking in a frying pan placed on the grill plate. Add the jalapeños, garlic and cilantro and cook until fragrant and just beginning to brown (approx. 2 minutes). Spoon this mixture over the steaks and serve at once.



Beer Can BBQ Chook

Angela Clark

Dear RRR,

You are probably going to get a whole lot of these, but for what it's worth... you could even try a duck. Also something for your vegetarian friends at the end.

Ingredients:

- 1 whole free range or organic chicken
- 2 tsp olive oil
- 1 large can beer – the Germans make the big cans, like DAB
- cherry wood chips (optional)

Rub

- 1 tsp mustard
- 1 tsp granulated onion
- 1 tsp paprika
- 1 tsp salt
- ½ tsp garlic
- ½ tsp ground coriander
- ½ tsp ground cumin
- ½ tsp freshly ground black pepper



Method:

In a small bowl combine the rub ingredients.

Lightly spray or brush all over with the oil, and season inside and out with the rub.

Open the beer can and pour off half of the beer. Set the half-full can on a flat surface and slide the chicken over the top so the can fits inside the cavity. Transfer the bird to the grill, keeping the can upright. Carefully balance the bird on its two legs and the can. Roast for 1¼ to 1½ hours.

Carefully remove the chicken and the can from the BBQ, being careful not to spill the beer – it will be hot. Let the chicken rest for about 10 minutes before lifting it from the can. Discard the beer. Cut the chicken into serving pieces.

Eat!

To make it even better, try soaking some cherry wood chips in the remaining beer for a few hours beforehand and place them in the Weber with the roasting chook for an extra smoky flavour.

Asian Style Lemon Grass Chicken

Julian Wu



Ingredients:

- 1 free-range chicken (approx 1.6kg)

Rub

- 1 cup of coriander leaves
- small bunch (about 5-6 stalks) of spring onions
- thumb-sized knob of ginger, chopped
- ½ stalk of lemongrass, chopped
- ½ cup olive oil
- juice of 3 lemons/limes/seville oranges
- ¼ cup soy
- 4-5 cloves garlic, chopped (about 1 heaped tbsp)
- ½ tsp salt
- ½ tsp cumin
- ½ tsp curry powder (or more to taste)



Method:

Put rub ingredients in a blender and blend to a paste. Taste and then adjust seasonings to your taste.

Marinate chicken in rub for at least 2-3 hours and barbecue “on a throne” till done.



Tea Smoked Duck

Julian Wu

There is a traditional Chinese dish where the duck is smoked with a mixture of tea leaves, rice and brown sugar. I've tried doing a version on my Weber with reasonably successful results. Traditionally the duck is steamed first, then smoked in a wok, then deep fried to crisp the skin, but in my version I have taken a few liberties, and give it about an hour and a half or so on the Weber, then finish it off by grilling it over the Heat Beads® coals to give a crisp finish to the skin.

Ingredients:

- 1 duck approx 1.5-2kg

Rub

- 1 tbsp five spice powder or ground Szechuan pepper
- 2 tbsp salt
- 1 tsp brown sugar

Smoking Mixture

- ½ cup black tea leaves
- ½ cup brown sugar
- ½ cup raw white rice
- 1 cinnamon stick, crumbled
- also required: 2 sheets of good heavy-duty aluminium foil



Method:

The night before you cook - butterfly the duck, by placing it breast side down and cutting along one side of the backbone with poultry shears, then open it up and flatten it out by pressing down over the breast bone firmly with the heel of your hand.

Take the duck and give it a rinse, then dry it inside and out with a paper towel. Coat the duck on both sides with the rub and massage it into the skin and refrigerate overnight.

The next day prepare your Weber for indirect grilling. While the Heat Beads® BBQ Briquettes are lighting, prepare the smoking mixture. Combine the smoking mixture ingredients and wrap in a double layer of aluminium foil. Use a fork to prick a few holes in the top of the parcel so the smoke can escape (but take care not to pierce the bottom otherwise the mixture will leak and make a mess of your barbecue) Take the duck out of the fridge and let it come to room temperature about 45 minutes before you start to cook.

Place the duck on the grill, skin side up between the two baskets of coals over a foil drip tray and place the foil packet with the smoking mixture on top of the coals and barbecue at a moderate heat for 1-1½ hours with the lid on. Test for 'doneness' by moving the leg around. If the duck is near ready, you will feel the leg joint begin to relax and you should be able to move the leg around freely. Take the lid off and flip the duck over so the skin side is over the Heat Beads® coals and grill for a few minutes to crisp up the skin if necessary.

In China this would be served with peppercorn salt, which is equal quantities of Szechwan peppercorns and salt toasted in a wok or fry pan then ground to a powder with a mortar and pestle.

Char-Grilled Greek Lamb

Terry Haining



Ingredients:

- 1 boned butterflied leg lamb
- 1 tbsp chopped mint
- 1 tsp chopped basil
- 1 tsp oregano
- 1 tsp parsley
- 1 clove garlic, crushed
- ¼ cup mint sauce
- ¼ cup olive oil
- 1 tbsp tomato paste
- 125g fetta



Method:

Marinate lamb for 24 hours in all ingredients except fetta.

Cut pockets in lamb and insert cubed fetta.

Cook lamb on grill until done to your liking. Do not overcook.

Serve with Greek salad and crusty bread.

Butterfly Lamb

Tony Grigg



Ingredients:

- 1 leg of lamb, butterflied

Marinade

- bunch of mint
- bunch of coriander, well bashed and chopped
- 400g can chickpeas
- 250g natural yoghurt
- 2 cloves garlic, finely chopped

Roast Vegies

- carrots
- red onion
- potato
- baby squash
- ground cumin
- ground coriander seeds
- sea salt
- cracked black pepper



Method:

Have your butcher bone and butterfly a nice leg of lamb.

Mash half the chickpeas and combine with balance of marinade ingredients. Score the skin of the leg and rub well with marinade. Place in a large zip lock bag with the marinade (keep about half of it for the sauce – see below) and the leg, refrigerate til ready to cook (overnight if possible).

Light Weber in the usual way and have ready a Heat Beads® BBQ foil drip tray. Cut carrots, red onion, potato, baby squash – and any other roast-able vegies you like – into small chunks. Place into drip tray, sprinkle with ground cumin and ground coriander seeds, sea salt and black pepper and remainder of whole chickpeas.

When Weber is ready, put the vegie tray between the charcoal buckets on the lower level and place leg on upper grill so that juices will drip onto vegies. Cook lamb to your liking and then let rest for 10-15 mins. Vegies should be just right by now, also. I make a sauce with white wine and the balance of the marinade and a little seasoning to taste. Enjoy.

Lip-smacking Lime and Chilli Lamb Cutlets

Phillip Cunningham



Ingredients:

- 3 tbsp lime juice
- 1 small red chilli, de-seeded and finely diced
- 1 tsp caster sugar
- ½ tsp salt
- 2 tbsp olive oil
- 12 trim lamb cutlets

Method:

Whisk together the lime juice, chilli, sugar, salt and olive oil. Brush this mixture liberally onto the lamb cutlets and marinate for 30 minutes.

Place the lamb onto a hot barbecue and cook for 4-5 minutes, rotating once or twice.

Turn over and cook for a further 3-4 minutes. Use the remaining marinade for basting during cooking.

Serve with a tossed salad.

Makes 12



Heat Beads® Best Spit Roast Recipe

Leonidas Koronakos



Ingredients:

- 15kg whole lamb
- black pepper
- salt
- 15 cloves of garlic
- a bunch of oregano
- ½ cup oil
- ½ cup lemon juice
- also required: 3x 4kg bags of Heat Beads® BBQ Briquettes, spit, knife, wire (to tie the lamb onto the spit)



Method:

Prepare and light up the spit with the 3 bags of Heat Beads® BBQ Briquettes half an hour earlier than you plan to start cooking.

Using your knife, remove any excess fat from inside the lamb.

Grind half of the oregano into a small bowl, also adding the salt and black pepper. Evenly season the inside of the lamb and then skew the lamb onto the spit and secure it with the wire. Place the remaining amount of oregano on the inside of the lamb along with 10 cloves of garlic. With the remaining seasoning distribute evenly on the outside of the lamb. Place the remaining cloves of garlic into each leg of lamb and now it is ready to cook for approximately 4 hours.

Mix the lemon juice with the oil and baste the lamb with the lemon and oil juice 15 minutes prior to carving the meat. Kali oreksi!!

Homemade Baked Glazed Ham

Lisa Davenport



Ingredients:

- 5-6kg pickled leg of pork, uncooked
- 440g can pineapple syrup
- 6 glace cherries

Ham Glaze

- 2 cups soft brown sugar
- ½ cup canned pineapple syrup
- 2 tsp mustard powder

Method:

With a sharp knife, cut the rind around the pork and down the centre to free it on all sides, ensuring that you have cut right through the rind to the fat.



Prepare the barbecue with Heat Beads® BBQ Briquettes. Place the prepared leg of pork on the barbecue and cook with the lid on for 2 hours to blister the skin.

Remove the skin. This skin is delicious to eat when broken up and served with drinks. Score the fat to form diamonds 2.5cm across and continue cooking with the lid on.

To make the glaze, combine all the glaze ingredients and heat them until the sugar dissolves.

Half an hour later, decorate the ham with the pineapple rings and glace cherries, using toothpicks to secure them. Liberally glaze and continue cooking. Smoke with hickory wood chunks after the glaze has been added. Glaze 2-3 more times during the last hour of cooking.

When ready, serve the hot meat sliced with salad or vegetables. Cold leftover ham makes beautiful sandwiches.

Leg of Crackling Pork

Ingredients:

- 5-6kg leg of pork, uncooked
- oil
- salt and pepper to taste

Method:

If not already scored, the pork should be scored in a diamond pattern, ensuring you cut right through the rind, but not too deeply into the fat.

Prepare the barbecue with Heat Beads® BBQ Briquettes. Rub the oil and salt over the roast. Season it with pepper and place it on the barbecue.

Cook it with the lid on for 3½ hours, or until the meat is well cooked. Do not lift the lid during the first hour of cooking time as this may prevent the skin from crackling.

Serve the pork sliced with vegetables or salad; and partner it with apple sauce, gravy, or baked fruit.

We have found that you can almost guarantee crackling on your pork by following the 3 golden crackling rules:

1. Cook with a very hot fire
 - For a small pork roast, no extra fuel will be required
 - For an average pork roast, use 10% more fuel
 - For a huge leg of pork (over two drip trays), use 20% more fuel
2. When you buy the pork, make sure that it has white skin (not yellow or brown)
3. The pork should have a good layer of fat under the skin



Easy Pork Chops with Apple Butter

Ann Prince



Ingredients:

- 4 pork chops
- olive oil
- juice of ½ lemon
- 2 garlic cloves, finely chopped
- sea salt
- freshly ground black pepper

Apple Butter Puree

- 2 Granny Smith apples
- 25g butter
- caster sugar, to sweeten



Method:

Make light incisions in a criss-cross pattern on one side of the pork chops.

Brush the chops with olive oil and place on a plate scored side upwards.

Squeeze over the lemon juice and push the garlic into the incisions. Leave for about 20 minutes.

For the apple puree, peel and chop the apples into small pieces. Melt the butter in a saucepan over a moderate heat. Add the apples, cover the pan and cook down until the apples have softened. Sweeten with sugar to taste. Using an electric stick blender, process the apples until smooth.

Alternatively, push the apples through a sieve. If necessary, add a dash of water to thin down the apple sauce. Leave on one side while you fry the chops.

Heat the BBQ to a moderate heat and season the chops with salt and freshly ground black pepper. Cook the chops, scored side upwards for about 5-7 minutes on one side – until slightly charred and crisp. Flip the chops over and cook for a further minute. By this time, the chops should be tender and cooked through. The shorter cooking time helps stop the garlic from burning. Remove from the BBQ and serve.

Christmas Ham

Tony Grigg



Ingredients:

- 1 leg of pickled pork
- brown sugar
- fine breadcrumbs
- port
- also required: Weber Kettle BBQ, Heat Beads® BBQ briquettes, redgum chunks



Method:

Ask your butcher to prepare a leg of pickled pork about 4-5 kg and let it hang in the cool room for a couple of days prior to you picking it up (this allows the pork to dry a little).

Prior to the day you wish to cook the pork - say 24 hours ahead - soak in a bucket of water a reasonable quantity of hardwood chunks (about the size of golf balls or a little larger). I've always used redgum but Hickory or Mesquite are also available from your BBQ supplier. They are expensive and the flavour is no better than the old redgum.

On the day!

Set up your Weber, with Heat Beads® to each side, add two or three Firelighters to the top of each pile and you're ready to go - alternatively use Heat Beads® Easy-Lite, just strike a match and you're away! Light with lid off and bottom vents open.

When Heat Beads® are ready (about 45 minutes) lightly rub skin of leg with oil, cover with foil and secure with toothpicks. Prick foil all over to allow smoke to penetrate and just prior to putting it in the Weber, place a generous quantity of wet wood chunks on top of the Heat Beads®. Place a large drip tray underneath to catch juices.

Leave for about two hours. This is a great time to sample some Coopers - not much else to do at this stage. You will create a lot of smoke so if you are in a suburban area don't be surprised if you get a visit from your local Fire Brigade (Don't laugh. It has happened to me.)

After 2 hours lift the leg from the Weber. Add more Heat Beads® to each side, leaving the lid off so they ignite. Take the leg to the kitchen and with a sharp knife remove the outer skin. (Roll this in Glad Wrap and freeze - I will give you a use for it later.)

Make up a glaze of brown sugar, fine breadcrumbs, marmalade jam and port. Score the fat in a diamond pattern and dot with cloves. Liberally smear the leg with the glaze, return to the Weber and cook for a further 90 minutes. Now keep your hands off the ham until Xmas Day!

Barbecued Salmon with Tequila, Chilli and Lime

Greg Bowers



Ingredients:

- 2-3 limes
- 1/3 cup good tequila (reposado or anejo)
- 1/4 cup olive oil
- 2 finely chopped seeded jalapeno peppers
- 2 tsp sugar
- 2 tsp chilli powder
- 1/2 tsp salt
- 1kg fresh salmon fillets
- 1 tbsp butter



Method:

Grate peel from limes, chop finely and place in a bowl. Squeeze half a cup of lime juice and combine with lime peel, chopped jalapenos, sugar, chilli powder, oil and salt

Place salmon and marinade into a large resealable plastic bag. Marinade for a minimum of 1 hour, preferably 4 or more hours.

Place the salmon, skin side down, on the BBQ over medium heat and cook for about 8-10 minutes or until the salmon is done.

While salmon is grilling, pour remaining marinade into saucepan. Add butter and reduce to half.

Pour reduced marinade on salmon and serve with grilled fresh vegetables.

Lime Chilli Prawns

Ingredients:

- green prawns

Marinade

- 2 tbsp olive oil
- 1 clove garlic
- 1 grated knob ginger
- 1 tsp chilli paste
- ¼ cup lime juice

Method:

Mix all marinade ingredients. Stir well and marinate green prawns in sauce for 15-20 minutes (make sure it is kept in fridge while marinating).

Cook on heated hot plate turning only once until chilli prawns are red in colour and firm.

Serve with salad and enjoy.



The Perfect Marinade

Adrian Flint



Ingredients:

- 4 tsp cumin
- ½ tsp cayenne
- 1 tsp hot paprika
- 2 tsp coriander powder
- 1 crushed garlic
- ½ tsp onion powder
- ½ tsp powdered galanga (ginger will substitute)
- juice of 1 lemon or lime
- generous splash of Worcestershire sauce and dark soy sauce
- 3 'glugs' of good red wine



Method:

Mix all dry ingredients, add wet ingredients except red wine and mix to a smooth paste (like a bread dough). Add red wine, stir until smooth and consistency of toothpaste. Coat both sides of rump steak, marinade for 2-3 hours.

Now drink the rest of the red wine while waiting for the meat to absorb the flavours.

Grill to medium rare, enjoy with simple salad and some more good red wine.



Stickiest Tastiest Ribs Marinade

Brendan Sheedy

This recipe was created by putting together all the stickiest and tastiest things I ever had in a bbq marinade and whaddya know? ... I made the stickiest, tastiest bbq sauce ever. There ain't enough hogs on this planet to sate my appetite once I get going with this one!

Ingredients:

- 1 cup hoisin sauce
- 3 tbsp tomato paste or tomato sauce
- 2 tbsp molasses or golden syrup
- 1 tbsp Worcestershire sauce
- 1 tbsp Tabasco sauce
- 1 tbsp kecap manis (Indonesian soy sauce)
- 2 tbsp soft brown sugar
- 5 cloves garlic, crushed
- knob ginger, finely chopped
- 1 tsp paprika
- 1 tsp mustard powder
- 2 tbsp pineapple or orange juice



Method:

Mix all the ingredients together, rub it on your favourite bit of hog - most people like ribs - and bbq 'til it's black as a dogs guts!

Easy Vegetable Quiche

Lisa Davenport

Ingredients:

- 3 eggs, beaten
- $\frac{3}{4}$ cup of milk
- $\frac{3}{4}$ cup pastry mix
- 2 cups mixed raw vegetables, cut into pieces
- 1 cup grated cheddar cheese
- salt and pepper to taste

Method:

Combine all of the above ingredients, mixing them well. Pour the mixture into a 20cm pie dish.

Cook the quiche on the barbecue, with the lid on, for 20-25 minutes, or until the egg mixture has set.



Heat Beads®



Treat BBQ Like a Wok

Kerry Tait

Great for vegos and gluten intolerant. You need a nice, heavy BBQ plate which you can heat up and then back the temperature off. Have a clean, dedicated plate for this one - no bits of old sausage should make it into this meal!

Ingredients:

- Indonesian tempeh

Marinade

- finely grated fresh ginger
- tamari or good quality light soy
- fresh red asian chilli (optional)
- sesame oil

Seasonal Vegetables

- zucchini (courgette)
- asparagus
- green beans (especially snake beans for the nutty flavour)
- yellow beans
- red and green capsicum
- yellow baby squash
- snow peas
- broccoli



Method:

Slice up and marinate good quality Indonesian tempeh for a few hours. Experiment with the marinade proportions - the tempeh should be coated but not drowning. Go easy with the sesame oil.

Chop mouth-sized pieces of any combination of seasonal vegetables from the list, putting together contrasting colours:

Hot water soak or par boil some noodles. Vietnamese rice vermicelli is good, so are Japanese udon if you're after a more wintery feel. Or, grab some fresh ones if you're near an Asian grocery.

Have some fresh mung bean sprouts ready to go to add last. Chop and set aside some fresh coriander for garnish. Have some chopped roasted peanuts set aside for garnish.

Ok, here we go.

Fire up the BBQ and oil very lightly with sunflower oil or peanut oil. No canola, it's evil.

Stir fry the tempeh and put to a cooler part of the plate. Reserve the marinade.

Stir fry the veg. Add in the noodles and join tempeh, noodles and veg together, final stir fry on the BBQ plate. Cook the veg fast. Add a little reserved marinade or tiny bit of water to cook quicker or steam on the plate, up to you. Add in the bean sprouts at the last minute, one stir through.

Plate up. Garnish with coriander and dried peanuts.

Grilled Pineapple

John Ryan



Ingredients:

- 1 ripe pineapple
- Rutherglen Muscat
- rock salt
- vanilla ice cream

Method:

Take one ripe pineapple, skin and cut out the eyes. Either core and cut the pineapple into rings or slice the pineapple from the core; marinate in a good Rutherglen Muscat for 4 hours.

Heat the grill to hot and place the pineapple slices on, watching carefully as they will char very quickly. Turn once and ensure you get good grill lines.

Remove from the grill and crack rock salt liberally over. Serve with good quality vanilla ice cream if desired.



Char-Grilled Mango and Honey

Danielle Beckett

Simple yet extremely satisfying, healthy yet indulgent.

Ingredients:

- 4 small mangoes
- 2 tbsp brown sugar
- thick cream
- honey

Method:

Slice mangoes into 4 cheeks and score diagonal cuts through each cheek without breaking the skin.

Sprinkle each cheek with brown sugar and place on a hot bbq grill plate until browned slightly.

To serve, add a dollop of thickened cream and drizzle honey.

May serve 4 (but if you feel like being naughty serves 2)

