

NATIONAL BARBECUE WEEK

27TH MAY - 2ND JUNE

JERK CHICKEN & PINEAPPLE SKEWERS

INGREDIENTS



Farmstead Quality Chicken Breast Fillet - Skinless 200-220g	800g
Knorr Jamaican jerk paste	6 table-spoons
Pineapple pieces in juice	400g
Birch wood skewer 180mm	

METHOD



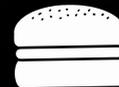
- 1 Dice the chicken and toss in the jerk paste. Leave to marinate in the fridge for at least 20 minutes.
- 2 Heat the grill or barbecue to medium. Thread the chicken onto skewers, alternating with chunks of pineapple.
- 3 Cook the kebabs for 8 minutes each side until cooked through and lightly charred.
- 4 Serve with a Caribbean inspired side salad.



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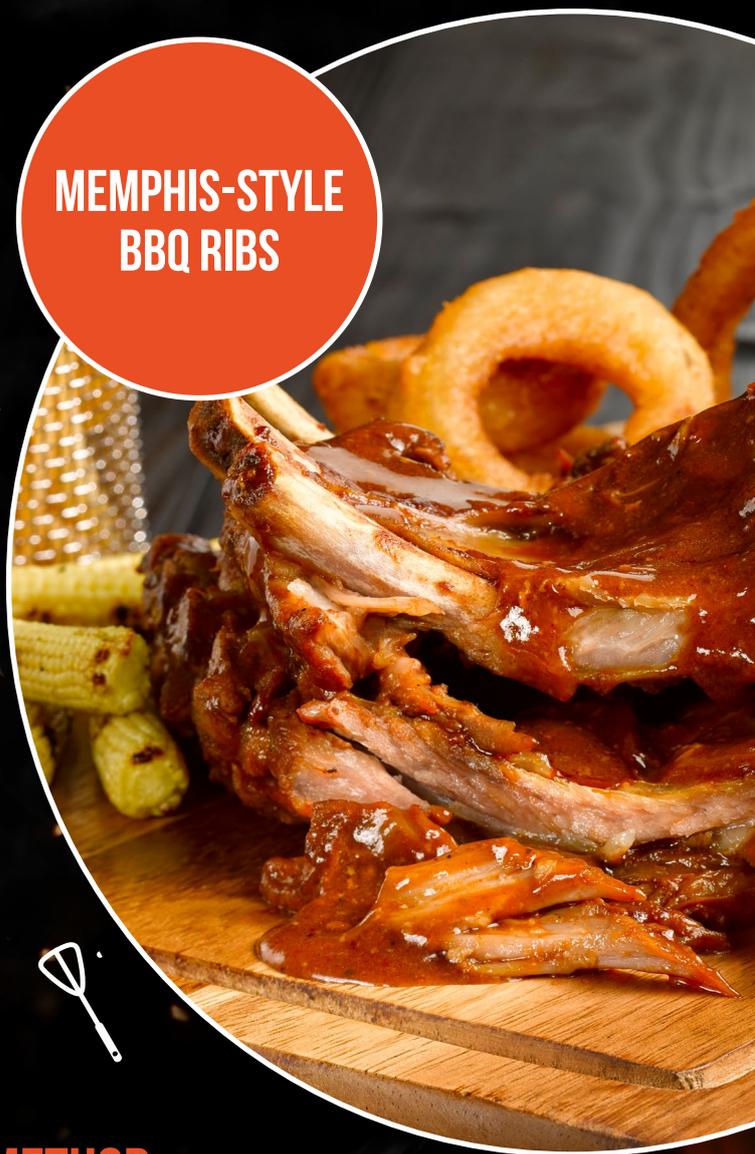


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MEMPHIS-STYLE BBQ RIBS

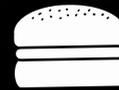


INGREDIENTS

Farmstead Pork Spare Ribs	2
Smoked paprika	10g
Ground fennel seed	10g
Everyday Favourites Ground Black Pepper	1 tbsp
Dark brown sugar	1 tbsp
Salt	1 tsp
Celery salt	1 tsp
Everyday Favourites Cayenne Pepper/Hot Chili Powder	1 tsp
Everyday Favourites Garlic Powder	1 tsp
Everyday Favourites Ground Cumin	1 tsp
Everyday Favourites Extended Life Vegetable Oil	2 tbsp
Onion, roughly chopped	1
Cider vinegar	250ml
Kikkoman soy sauce	200ml
American mustard	200ml
Everyday Favourites Tomato Puree	2 tbsp
Dark brown sugar	50g
Hot sauce	to taste

METHOD

- 1 Combine all the spices until well-mixed. Rub about two thirds all over the ribs. Cover with clingfilm and leave for 4-8 hours in the refrigerator. Keep the remaining rub in an airtight container until needed.
- 2 To make the sauce, gently cook the onion in the vegetable oil until soft and brown – it will take about 20 mins. Puree the onions with all other ingredients in a food processor or blender until very smooth. It should be quite sour, but you can adjust flavour to taste with brown sugar and/or hot sauce.
- 3 When ready to cook, place the ribs on the barbecue over a gentle heat with the lid on for about 2 hours. Using a pastry brush, apply the sauce every 30mins. Add more coals if the grill gets too cold. The ribs are done when they are starting to pull away from the bone and quite black on the outside.
- 4 To cook in the oven, preheat to 140°C, place the ribs on a baking tray and cover with foil. Cook for 2 hours, basting with sauce every 30mins. Remove the foil for last 30mins of cooking.
- 5 Serve with the leftover rub. Fantastic with coleslaw, potato salad, or cornbread.



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