

BEER BRAISED RIBS

These sticky, tender ribs have a classic smoky flavour and beer infused taste. Serve with with a baked potato or salad for a memorable dish that is sure to be a hit at your next barbeque!

Serves 6



- ½ cup packed brown sugar
- 1 teaspoon pepper
- 34 teaspoon salt
- 6 pounds pork baby back ribs
- 1/4 cup honey
- 1 bottle (12 ounces) dark beer
- 1/4 cup cider vinegar
- 1 bottle (18 ounces) barbecue sauce

- Mix the brown sugar, pepper and salt; rub over ribs. Place ribs bone side down on a rack in a large shallow roasting pan. Drizzle with honey. Pour beer around ribs. Spoon some of the beer mixture over ribs.
- 2. Cover tightly with foil and bake at 325° for 1 hour. Reduce heat to 250°; bake 2 hours longer or until tender.
- 3. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Drain ribs. Grill, covered, over medium heat for 10-15 minutes or until browned, turning and basting occasionally with barbecue sauce.



This simple yet delicious combination makes a mouth-watering dish! If you have time, try marinating the chicken overnight for an infusion of flavour. Serve with a pitta and salad for a healthy BBQ meal!

Serves 4

- 3 tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon vegetable oil
- 1 teaspoon lime juice
- 1 clove garlic, chopped
- 4 skinless, boneless chicken breast fillets

- 1. In a shallow container, blend soy sauce, honey, vegetable oil, lime juice and garlic. Place chicken breasts into the mixture, and turn to coat. Cover, and marinate in the refrigerator at least 30 minutes.
- 2. Preheat barbecue for high heat.
- 3. Lightly oil barbecue cooking grate. Discard marinade, and grill chicken 6 to 8 minutes on each side, until juices run clear.

LAMB KOFTAS

What makes lamb koftas such a flavourful dish to cook on your BBQ, is the amazing blend of spices which make each bite a party in your mouth! Serve on rice, with a salad, tzatziki for a dish to impress!

Serves 4



- 1 pound ground lamb (or ground beef)
- 3 garlic cloves
- ½ inch piece ginger, peeled
- 2 shallots, peeled
- 3 tbsp fresh parsley
- 1 tbsp fresh mint
- 2 tsp cumin & coriander
- 1 tsp cinnamon, ground black pepper, salt

- Add all the ingredients, except the ground lamb, to a food processor and pulse until the garlic and ginger are finely minced.
- 2. Add the spices to the mixture and knead.
- 3. Take a handful of the meat mixture and form into ball.
- 4. Do this with the remaining mixture then thread onto the skewers.
- 5. Place on your hot BBQ and cook for about 6 minutes, turn it over and cook another 6 minutes or until the meat is no longer pink. Enjoy!



SPICY CHORIZO SKEWERS

These easy to make and extremely tasty prawn and chorizo skewers bring a touch of spice to your barbeque selection!

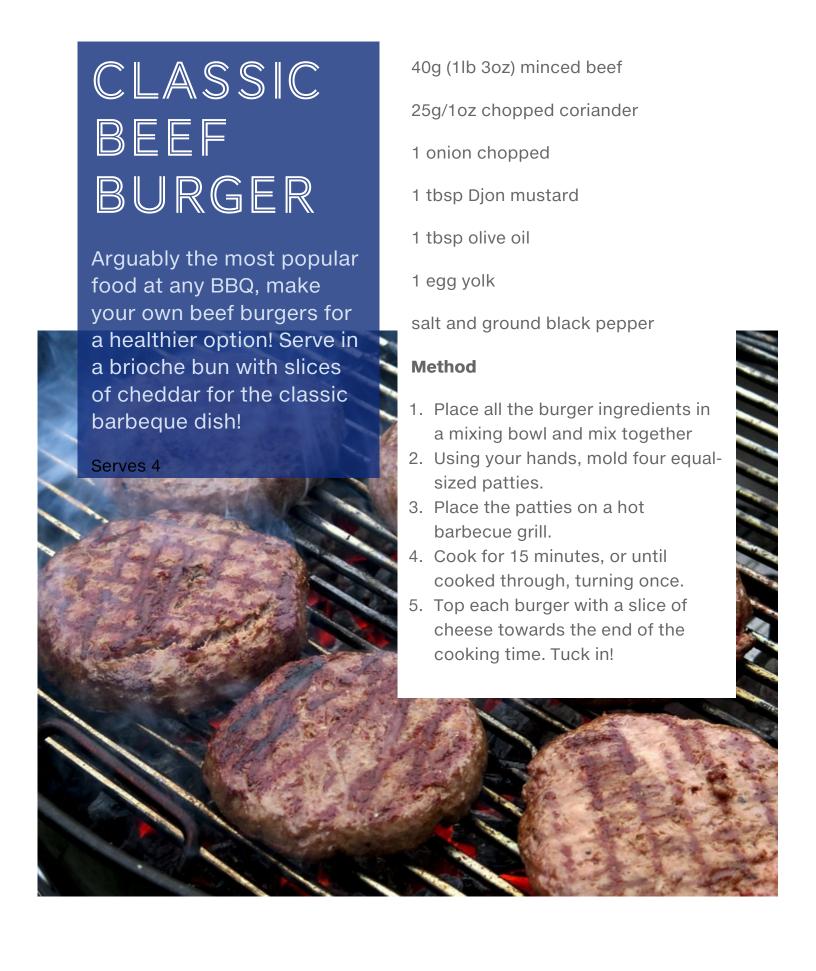
Serves 6

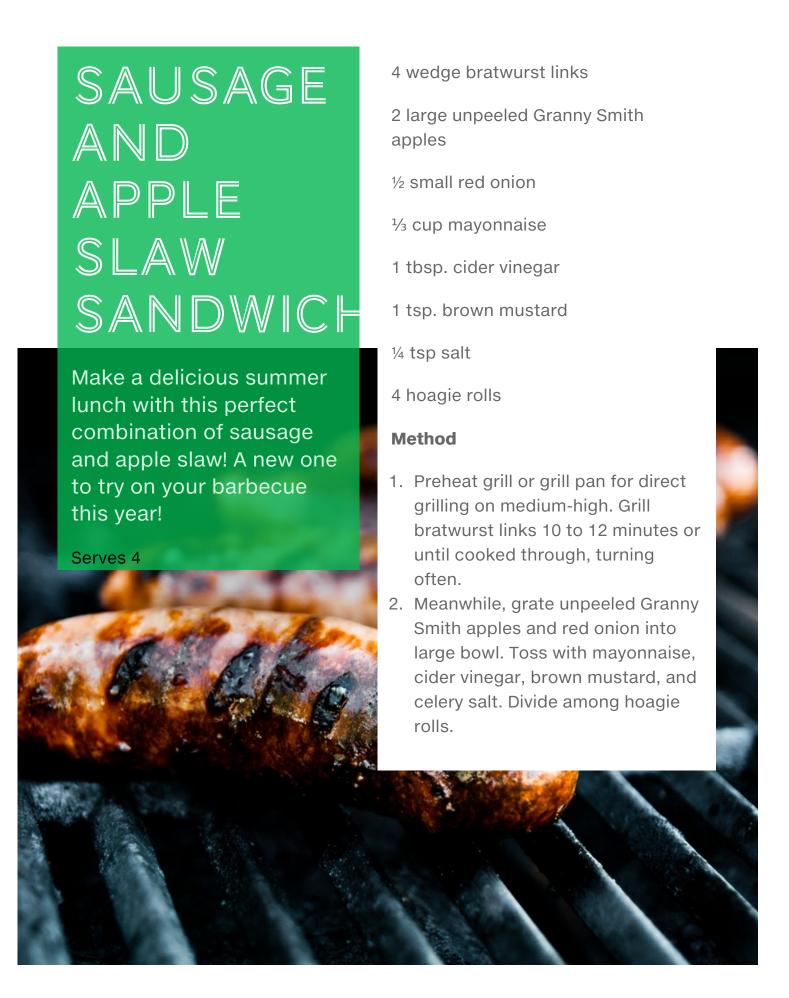


- 4 tbsp olive oil
- ½ juice and zest of lime
- 1 clove garlic, crushed
- 1 teaspoon chilli flakes
- 2 peppers
- 4 chorizo sausages
- 1 tablespoon maple syrup

Lime wedges

- 1. Soak 12 bamboo skewers for 15 minutes.
- 2. Mix lime juice and zest, olive oil, garlic, and dried chilli flakes in a bowl. Add the prawns, toss to coat, cover and marinate in the fridge for about 30 minutes.
- 3. Place the chorizo into a bowl and coat with maple syrup.
- 4. Thread the peppers, chorizo and lime on to the skewers.
- 5. When the BBQ has reached medium, heat grill the skewers for 3 minutes on each side until the prawns are pink and the chorizo is sizzling.
- 6. Remove from the barbecue and drizzle with maple syrup!





CHICKEN SOUVLAKI

Quick and easy to make! This flavourful dish is

guaranteed to be a crowd



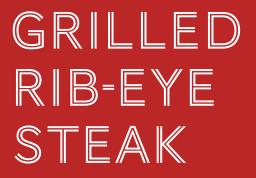
- 1 lb. boneless, skinless chicken breasts
- 3 tbsp. olive oil
- ½ tsp. ground coriander, oregano

Kosher salt, ground pepper

- 1 pt. tomatoes
- 2 clove garlic
- 3 tbsp. fresh lemon juice
- 4 piece pita bread

low fat Greek yogurt

- 1. In a large bowl, toss the chicken with 1 tablespoon oil, coriander, oregano and 1/4 teaspoon each salt and pepper. Thread onto skewers.
- 2. Place the tomatoes and garlic on a large piece of kitchen foil. Drizzle with oil and sprinkle with 1/4 teaspoon each salt and pepper. Fold and seal the foil
- 3. Place the pouch and skewers on the grill and cook, shaking the pouch and turning the kebabs occasionally until the chicken is cooked through for about 10 minutes. Just before removing from the grill, brush the chicken with 1 tablespoon lemon juice.



With a juicy flavour, rib-eye steaks are perfect for grilling on your barbecue. You can use the leftovers for sandwiches!

Serves 4

4 1-inch-thick boneless rib-eye steaks

½ c. balsamic vinegar6 tbsp. olive oil

⅓ c. chopped Vidalia onion

1 tbsp. chopped fresh thyme

1½ tsp. Sea Salt

½ tsp. black pepper

- Combine vinegar and olive oil together in a large baking dish.
 Add onion, thyme, salt, and pepper.
- Marinate steaks and refrigerate for 1 hour; turn occasionally.
- 3. On a hot barbecue shake onion bits from the steaks and grill until medium-rare for about about 5 minutes, or longer if desired. Serve steaks, thinly sliced, after resting for 10 minutes.



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