



*The Aussie Barbie Book*



## *Introduction*

This Australia Day, join the team at JAZ by hosting your very own summer BBQ, complete with six tasty recipes to see you celebrate the day in true Aussie style. From fresh salads to seafood, succulent lamb cutlets to classic mini quiches (and of course our favourite 'fab Pav' for dessert), we hope our collection finds you happy and well-fed, amongst good family and friends!

Aussie, Aussie, Aussie!



# *Starters to Kick Off*



# Tim's Mini Quiches



## Ingredients

- 2 eggs
- 500g ham diced
- 500g of tasty cheese, grated
- 1 small onion finely chopped
- salt and pepper, to taste
- fresh parsley (chopped)
- 3-4 pre-made frozen puff pastry sheets

## Method

1. Preheat your oven to 180°C.
2. Lightly grease 2 patty cake pans (12 cup) with cooking spray or butter.
3. In a bowl, mix the eggs, ham, onion, cheese, salt, pepper, and parsley with a fork until mixed together well.
4. Using a glass or pastry cutter, cut circles out of the defrosted puff pastry and place into the greased patty cake trays (you can use muffin trays but the patty cake ones fit better).
5. Spoon the mixture into the pastry.
6. Bake in the oven for 15 - 20 minutes or until golden brown.





# *Salad Bar*



# Deanna's Watermelon and Feta Salad



## Ingredients

- 1/2 a fresh watermelon
- 1/2 cup of pomegranate seeds
- 1 cup of feta cheese, crumbled
- a small handful of fresh mint leaves (if you're not a fan of mint, fresh basil is a great substitute!)
- 1 small red onion
- 1 lime
- olive oil, to dress
- salt and pepper, to sprinkle

## Method

1. Slice the watermelon in half lengthwise, and peel it with a serrated knife.
2. Cut it into quarters, then slice each quarter into triangles.
3. Roughly chop 1 small red onion, and set aside.
4. Arrange half of the watermelon slices on a pretty platter, and simply scatter on half of the pomegranate seeds, feta, red onion and mint.
5. Squeeze half of the lime over it all, and repeat with the remaining watermelon slices, pomegranate seeds, feta, onion and mint.\*
6. Squeeze the remaining lime juice over and give a good drizzle of olive oil.
7. Serve immediately!

**\* Hint:** Get creative with your presentation, but ensure all the ingredients are layered or consistently spread out. This will not only ensure your salad is presented beautifully, but that each of your guests gets a full and flavoursome taste!

**BBQ Pairing:** To make for a healthy summer feast, pair your watermelon & feta salad with some grilled pork tenderloins. Remember to keep them tender and juicy to maximise all the flavours!





## Sandy's Raw Broccoli Salad



### Ingredients

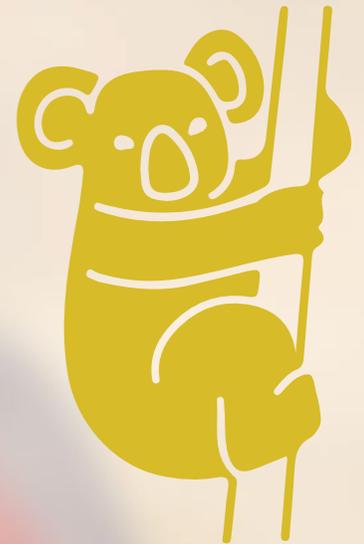
- 1 large fresh broccoli
- 100g bacon
- 1 small red onion
- 1/2 cup dried cranberries
- 3/4 cup sunflower seed kernels

### Dressing

- 1 cup light mayonnaise
- 1/2 cup sugar
- 2 tsp white vinegar

### Method

1. Cut bacon into small peices and cook in a frying pan untill crunchy. Set aside to cool.
2. Dice broccoli into bite size peices and place in a large bowl.
3. Chop onion into small peices and add to the bowl along with the bacon, cranberries and sunflower seed kernels.
4. Whisk together mayo, sugar and vinegar. Toss dressing in with broccoli salad an hour or two before serving. Refrigerate until ready to serve. Stir before serving. Enjoy!





## *On the Barbie*



# Brock's BBQ Lamb Cutlets



## Ingredients

- 2 tsp wholegrain mustard
- 2 tsp dried oregano
- 2 tsp dried mint
- 8 lamb cutlets, frenched  
lemon wedges, to serve

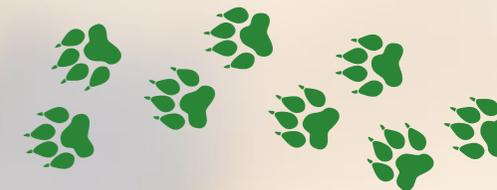
## Method

1. In a large bowl, combine oil, mustard and dried herbs. Season lamb cutlets to taste and add to marinade, turning to coat. Cover and chill for 20 minutes.
2. Heat char-grill pan or barbecue plate on high. Cook cutlets 2-3 minutes each side, until cooked to taste.
3. Transfer to a plate and loosely cover with foil.
4. Rest 5 minutes before serving.





# Zoe's BBQ Seafood Platter with Aioli



## Ingredients

- 1/4 cup olive oil
- 2 tsp finely grated lemon rind
- 1/4 cup lemon juice
- 2 tbs finely chopped fresh chives
- 1 kg cleaned calamari hoods, halved lengthways
- 1 kg medium green king prawns, peeled, tails intact, deveined
- 2 (200g each) firm white fish fillets, quartered
- 2 (200g each) salmon fillets, quartered
- 2 tbs roughly chopped fresh flat-leaf parsley leaves
- Lemon wedges and aioli (see below) to serve

## Aioli

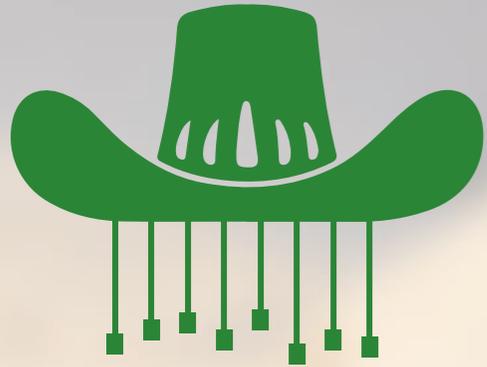
- 2 garlic cloves, crushed
- 1 tsp sea salt or rock salt
- 2 egg yolks
- 1 cup extra virgin olive oil
- 1 tbs lemon juice
- 2 tsp wholegrain mustard
- 1 tbs water

## Method

1. Whisk oil, lemon rind, lemon juice and chives in a jug. Score inside flesh of calamari hoods in a criss-cross pattern. Cut into pieces. Place calamari and prawns in a glass bowl. Place white fish and trout in another glass bowl. Pour half the oil mixture over calamari mixture. Toss to coat. Pour remaining oil mixture over fish mixture. Toss to coat. Cover bowls. Refrigerate for 15 minutes.
2. Preheat a lightly greased barbecue plate on medium-high. Cook calamari mixture, in batches, tossing, for 3 to 4 minutes or until just cooked through. Transfer to a bowl. Cover to keep warm. Add fish mixture to barbecue plate. Cook for 3 to 4 minutes each side or until cooked through.
3. To make the aioli, process garlic, salt and egg yolks in the small bowl of a food processor until well combined.
4. With the food processor on low speed, slowly add oil through feed tube, processing to form a thick mayonnaise. Transfer to a bowl.
5. Stir in lemon juice and mustard. Add water according to taste. Cover surface with plastic wrap and refrigerate until required (best to leave for at least four hours).
6. Add lime, chives capers or parsley to the aioli to give it extra flavour.
7. Place seafood on a platter. Season with salt and pepper. Top with parsley. Serve with lemon wedges and aioli.



# *The Grand Final*



## Cam's Fab Paw



### Ingredients

- 1 tbs of cornflour
- 6x egg whites
- 1 1/3 cups caster sugar
- 1 tsp of vanilla extract
- 1 tsp of white vinegar
- 200ml of pure cream
- 250g strawberries
- 1/2 a mango
- 1 passionfruit

### Method

1. Preheat oven to 200°C. Draw a 25cm wide circle on a sheet of baking paper. Place pencil-side down, on a baking tray. Dust lightly with 1 teaspoon cornflour.
2. Using an electric mixer, beat egg whites in a large bowl until soft peaks form. Add sugar, 1 tablespoon at a time, beating constantly until thick and glossy. Add remaining 3 teaspoons cornflour with the last tablespoon of sugar. Fold through vanilla and vinegar.
3. Spoon meringue onto baking paper. Shape into a circle, using the pencil mark as a guide, with a slightly higher edge and a low centre. Reduce oven to 100°C. Bake for 1:15 to 1:30 hours or until dry and crisp. Turn off oven and open oven door. Cool completely in oven (pavlova may sink during cooling).
4. Slide pavlova onto a serving plate. Spread with cream and top with sliced strawberries, diced mango and drizzle with passionfruit. Serve immediately





*Dig in!*

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