

ULTIMATE BEEFBURGERS + HONEY GARLIC CHICKENSKEWERS

Yes, we did somehow manage to barbecue and dine outside at our CDWU meeting a few weeks ago, albeit huddled together for warmth and under a parasol to keep the rain off us! In the hope that there will be some good weather to come, here are the straightforward recipes for our 2 main dishes, both of which were deemed to be “very tasty”.

BEEFBURGER

Ingredients

1 kg good quality beef mince.

1 small onion, finely chopped.

2 garlic cloves, finely chopped

2 tsp Dijon mustard

1 tbsp Worcestershire Sauce

(coming from Sheffield, I am by birth obliged to use “Henderson’s Relish”)

Small handful chopped parsley.

1 large dill pickle gherkin, finely chopped.

1 large egg yolk

METHOD

Place all ingredients in a large bowl, season and mix well. Cover and refrigerate for 1 hour.

Using wet (clean!) hands shape the mixture into 8 burgers (can be frozen – place between sheets of baking paper in a rigid freezer container. Defrost in the fridge for 3 – 4 hours).

Heat barbecue, brush burger with oil, cook for 3 – 4 mins each side.

Serve with salad, mayonnaise, in a toasted bun, with melted cheese on top (if you are American) etc. as preferred.



Come Dine With Us continued ...

Honey Garlic Chicken Skewers

Ingredients

Marinade – 1 tbsp vegetable oil.

1 tbsp sesame oil

2 cloves garlic, minced or chopped.

1tsp minced ginger.

3 tbsp dark soy sauce.

3 tbsp runny honey.

Skewers –

2 chicken breasts (approx. 350g) chopped into bite size pieces.

1 red pepper, de-seeded, cut into large chunks.

1 onion, peeled, sliced into squares.

4 mushrooms, cut into pieces.

1 tbsp sesame seeds.

Bunch coriander, roughly torn.

Method

Mix all marinade ingredients into a small bowl.

Place chicken chunks in another bowl, pour on $\frac{3}{4}$ of marinade and mix well. (Retain remainder of marinade for brushing onto skewers during cooking)

Cover and refrigerate min 1 hour (max 24 hours). If using wooden skewers, soak them well in water.

Heat barbecue.

Thread a piece of chicken onto a skewer, followed by a chunk of pepper, onion, more chicken, etc. including mushroom occasionally. Make sure that the onion is speared **through** layers of onion rather than **between** layers – see photo – otherwise it falls off during cooking.

Discard used marinade.

Divide ingredients between 4-5 skewers and cook on BBQ for 8 – 10 mins, turning 3 – 4 times, until cooked through, brushing regularly with the spare unused marinade. There should be no pink in the chicken when cut through. Sprinkle with sesame seeds and coriander. Serve with rice, potatoes, salad or bread, as preferred.

Enjoy!

