Caramelised Sweet Potato and Toasted Cashew Dip

Difficulty: Easy



Ingredients

500 g sweet potato cut into 1cm thick slices

2 long red chillies

1 garlic clove (unpeeled)

1 tablespoon extra-virgin olive oil

1 teaspoon sea salt

½ teaspoon freshly ground black pepper

1 cup unsalted cashews

100 grams feta, plus extra to garnish

1 lemon, zested and juice

2 tablespoons olive oil

Fresh mint leaves, to garnish (optional)

Serves 6 - 8

Method

Prepare the barbecue for ***direct cooking over medium heat (180°C - 230°C)***, and pre-heat as directed, with a Weber Stainless Steel Grill Pan or Frying Pan.

In a large bowl, add the sweet potato slices, chillies and whole garlic clove. Add the olive oil, and season with the salt and pepper. Toss to evenly coat all the ingredients.

Place the sweet potato slices and whole chillies on the cooking grill, then add the whole garlic clove to the pan. Cook the sweet potato, chillies and garlic over ***direct medium heat*** for 6 to 8 minutes per side, or until the sweet potato has caramelised and cooked through, the chillies have blackened, and the garlic clove has caramelised. Once all the ingredients have cooked, remove from the barbecue and set aside.

Add the cashews to the grill pan or frying pan and cook for 5 minutes over ***direct medium heat***, stirring occasionally. Once golden and toasted, remove the cashews from the barbecue. If desired, roughly chop approximately 1 tablespoon of the toasted cashews, set aside to garnish the dip.

Discard the stems and seeds of the chillis. Peel the garlic clove. In a food processor add the chilli flesh, garlic flesh, grilled sweet potato, feta, cashews, lemon juice and olive oil. Blitz the dip ingredients, and if the mixture is too thick, loosen with hot water until desired consistency reached. Season with extra salt and pepper to taste. Spoon the dip into a serving bowl. Refrigerate until required or serve immediately.

Best served at room temperature. When ready to serve, garnish with extra feta, the chopped cashews and fresh mint leaves. Serve with toasted bread, flatbread, crackers or veggie sticks.

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Grilled Cauliflower Steaks with Tahini Dressing

Difficulty: Easy



Ingredients

1 cauliflower head

3 tablespoons olive oil, divided

½ cup raw almonds

¼ cup currants

½ cup fresh mint leaves

½ cup Greek (or plain) yoghurt (optional)

Weber Barbecue Seasoning

TAHINI DRESSING

4 tablespoons extra-virgin olive oil

2 tablespoons fresh lemon juice

2 teaspoons tahini

2 teaspoons honey or maple syrup

½ teaspoon Dijon mustard

Sea salt, to taste

Freshly ground black pepper, to taste

Serves 6 - 8

Method

Sit the cauliflower on a bench, stalk side up. Cut three steaks from the cauliflower, approximately 1 cm thick, you will need a section of the stalk to keep the steaks together. Reserve the left-over floret for another use. Brush both sides of the steaks with 1½ tablespoons of olive oil and season all over with the seasoning. To make the dressing; whisk together all of the tahini dressing ingredients together in a small bowl or jar.

Prepare the barbecue for ***direct cooking over medium heat (180°C to 230°C)***, and pre-heat as directed, with a perforated grill pan or Weber Ware frying pan.

Once the barbecue has preheated, add the almonds to the pan and toast for 4 minutes over ***direct medium heat***, stirring occasionally. Remove from the barbecue once toasted.

While the almonds are toasting, place the cauliflower steaks onto the barbecue and cook over ***direct medium heat*** for 10 minutes. After 10 minutes, using a metal spatula, flip and continue to cook for a further 10 minutes.

If the steaks are not yet tender, brush the steaks, using the remaining 1½ tablespoon of olive oil, flip and cook for 4 minutes. Brush one last time with the oil, flip and cook for a final 4 minutes, or until the steaks are tender.

Roughly chop the almonds. Serve the cauliflower steaks with the chopped toasted almonds, currants, mint leaves, yoghurt and tahini dressing.

RECIPE TIPS

To cook any leftover cauliflower, lightly coat with olive oil, salt, pepper and roast the florets for 30 minutes over ***indirect medium heat (190°C to 230°C)***. Alternatively, grill them over direct medium heat for 25 minutes, turning as needed.

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Miso Maple Roasted Pumpkin with Toasted Walnuts

Difficulty: Easy



Ingredients

¼ Jap/Kent pumpkin- approx. 1 kg

1 tablespoon miso paste

1 tablespoon maple syrup

1 tablespoon sesame oil

1 teaspoon sea salt

½ teaspoon freshly ground black pepper

¼ teaspoon ground cinnamon

¾ cup walnuts

Fresh parsley leaves, to garnish

Method

Prepare the barbecue for ***indirect cooking over medium heat (190°C-230°C)***, and pre-heat as directed.

Deseed the pumpkin and cut into 4 cm thick wedges. In a small bowl combine the miso, maple syrup, sesame oil, salt, pepper and cinnamon. Spoon 2 teaspoons of the miso ingredients over the walnuts, toss to coat and set aside until required. Pour the remaining miso dressing over the pumpkin slices.

Roast the pumpkin wedges over ***indirect medium heat***, with the lid closed for 40 to 60 minutes, or until softened. Reserve any of the leftover miso liquid from the dish and brush on the pumpkin halfway through. When there is 20 minutes remaining of the roasting time, place the walnuts on a small square of foil, folding up the sides to create a small boat. Add the walnuts packet to the barbecue, in the indirect zone. Continue to roast until the walnuts are golden and toasted the pumpkin is cooked through.

Serve the pumpkin wedges with the walnuts on top and garnish with parsley.

Serves 6 - 8

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Grilled Halloumi Salad

Difficulty: Easy



Ingredients

DRESSING

2 lemons

2 tablespoons olive oil

1 small garlic clove, crushed

Sea salt and Pepper

1 tablespoon honey

SALAD

1 red capsicum, de-seeded and cut into 2 -3 cm thick strips, lengthwise

1 red onion, skin removed, cut into 1cm-thick rounds

1 ear fresh corn, husk and silk removed

300 grams halloumi, cut into 1.5 cm-thick slices

1 ciabatta loaf, cut into 1.5cm-thick slices

Olive oil

Sea salt

Freshly ground black pepper

100 grams baby spinach leaves, washed, dried

100 grams rocket, washed, dried

Method

Prepare your barbecue for ***direct cooking over medium-high heat (200ºC - 230ºC)***, and pre-heat as directed.

Lightly brush the capsicum, onion, corn, halloumi, and bread with oil. Season the capsicum, onion, and corn evenly with salt and pepper. Barbecue the onion over ***direct medium-high heat***, with the lid closed, for 8 minutes, flipping halfway through. At the same time, barbecue the corn and capsicum for 16 minutes, rolling every 4 minutes so all sides are lightly charred.

Once the vegetables are cooked, remove from the barbecue. Place the capsicum in a bowl and cover with cling film. Barbecue the halloumi and bread for a couple of minutes on each side, and remove once they have grill marks.

Halve and grill the lemons, then juice and add the rest of the ingredients for the dressing.

Once the vegetables are cool enough to handle, removed the charred skin of the capsicum slices, if desired. Cut the onion rounds into quarters. Cut the kernels off the cob. Cut the halloumi and bread in half on the diagonal to create triangles.

Place the spinach and rocket in a large salad bowl. Add the capsicum, onion, corn kernels, halloumi, and bread. Add the dressing and toss to coat. Serve immediately.

Serves 6

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Corn Ribs

Difficulty: Easy



Ingredients

4 cobs of corn, husk removed

Olive oil

Weber Barbecue Seasoning

Garnish

2 tablespoons butter, melted

Fresh red chilli, thinly sliced

Fresh coriander and parsley, chopped

Fresh lime wedges

A sprinkle of paprika

Serves 4 - 6

Method

Prepare your barbecue for ***direct medium/high heat (200°C - 230°C)***, and pre-heat as directed.

Top and tail your corn to flatten the ends, if needed. Halve your cobs of corn by snapping with your hands. Place a cob half on one of its flat ends, then use a chef's knife to slowly cut through the core, splitting the cob half lengthways. Repeat for all your cob halves.

Take your split corn halves and place them flat side down on the board. Use your chef's knife to cut lengthways again, through the corn cob to create 'quarters'. Repeat for all your split corn halves.

In a bowl, oil your corn pieces and sprinkle with 6 teaspoons of Weber Barbecue Seasoning. Mix well.

Barbecue your corn, kernel side down, for about 4 minutes, or until caramelised. Turn the corn ribs and cook for a further 1 - 2 minutes, until tender.

Remove from the barbecue and transfer to a serving platter. Sprinkle with paprika and add fresh garnish ingredients.

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Roast Potatoes

Difficulty: Easy



Ingredients

6 medium potatoes, cut to an even size (quarters for medium potatoes)
Olive oil
Weber Herb seasoning

Method

Prepare your barbecue for ***indirect medium heat (190°C - 230°C)***, and pre-heat as directed.

Season cut potatoes with olive oil, and Weber Herb seasoning.

Place potatoes into the indirect zone of your barbecue and close the lid.

Roast for approximately 45 minutes, until tender and good colour is achieved.

Serves 4 - 6

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Grilled Seasonal Vegetables

Difficulty: Easy



Ingredients

Seasonal vegetables

Lemons, halved

Olive oil

Salt and pepper

Method

Vegetables taste so much better when they've been grilled. Below is a quick guide for direct grilling seasonal vegetables. Remember not to chop your vegetables into pieces that can easily fall through the grill!

To prepare your vegetables, simply coat in olive oil, salt and pepper and you're ready to go. Prepare your barbecue for ***direct high heat (190°C - 230°C)***, and pre-heat as required.

Try grilling a halved lemon flesh side down on the grills and then squeeze the juice over your grilled vegetables for a delicious dressing.

Broccolini: cook for a total of 4 minutes, turning once halfway through the cooking time.

Asparagus: cook for a total of 4 minutes, turning once halfway through the cooking time.

Bok choy: Halve or quarter your bok choy, leaving the base intact to hold it together. Cook for a total of 4 minutes with the cut face of the boy choy on the grills. Turn once halfway through the cooking time.

Green beans: cook for a total of 4 - 8 minutes, turning once halfway through the cooking time. Using a grill basket can really help with turning the beans and keeping them on top of the grill.

Lemon: Grill flesh down for at least 3 minutes until lemon is nicely caramelised and soft, be careful not to squeeze the juice out of the lemon when taking off the grill.

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Grilled Pineapple

Difficulty: Easy



Ingredients

GLAZE

3 tablespoons brown sugar

1 lime juiced and zested

1 teaspoon fresh ginger grated

½ teaspoon cinnamon powder

6 slices fresh pineapple, about 15 mm thick each

Cracked black pepper

Vanilla ice cream

Method

Prepare the barbecue for ***indirect cooking over medium heat (180° to 230°C)***, and pre-heat as directed.

Combine the glaze ingredients in a small saucepan. Place over medium heat on the stove top, and cook until thickened, 1 to 2 minutes, whisking until smooth. Keep the glaze warm or reheat when ready to serve.

Season both sides of the pineapple slices with the pepper. Cook over ***direct medium heat*** for 2-3 minutes on each side.

Serve each pineapple slice with ice cream and glaze drizzled over the top.

Serves 6

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