

A blurred background image showing a group of people, including a child in a blue shirt and a woman, at an outdoor BBQ. The scene is bright and sunny, with green foliage visible.

BBQ COOKBOOK

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Thank you for choosing to use a Gasmate barbecue for your outdoor cooking needs.

To help you produce awesome food we have compiled this BBQ cookbook. It contains recipes submitted by Kiwis, just like you.

We hope you find a recipe to fulfil the inner chef in you!

If you would like to submit a recipe for consideration in the next publication (and see your name published in the book), then jump on our easy to use website: www.gasmate.co.nz and click on "Kiwi-BBQ-Recipe Form".

The website also has some cooking videos you can view. Our trained chef steps you through how to cook the perfect steak, burgers, kebabs and how to rotisserie fillets.

Happy cooking... best wishes from Gasmate.



Note the recipes in this book have been ratified as the submitters own recipes and Gasmate accepts no responsibility for recipes that may not quite taste or look as good once the food is cooked.

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Southern Paua Patties

6 fresh paua 1 large onion 2 eggs 3 rashers of bacon 4 slices of bread
½ cup of fresh parsley 2 tsp salt 2 tsp cracked pepper ½ tsp of curry
powder ½ cup flour 1 Tbsp of oil

1. Remove gut and mouths from paua and give a good bash with a beer bottle to tenderise.
2. Using food processor mince paua roughly.
3. Finely chop 1 large onion and add to minced paua.
4. Add salt and pepper and chopped bacon.
5. Tear bread by hand into small segments and add.
6. Stir in curry powder oil and parsley.
7. Add flour to create a reasonably wet mixture.
8. Set BBQ hot plate to low and grease.
9. Gently fry paua in small (2 Tbsp) patties - should take 3 to 5 minutes on low heat.
10. Plate and drizzle with freshly squeezed lemon garnished with coriander.

Mmm simply the best!

Recipe Supplied by

Cory Franklin
Wellington



Bacon & Bananas

🍴 2-4 slices of bacon 🍴 1-2 bananas (sliced longways) 🍴 Butter 🍴 Ricebran oil
🍴 Prenzel Hokey Pokey Topsy Topping

1. Heat BBQ to Medium. Use Oil or Butter on Hot Plate.
2. Cook Bacon to your own taste. Cook Bananas both sides.
3. Serve with Bananas on top of Bacon. Drizzle Prenzel Hokey Pokey Topsy Topping over both. Add this as an extra to your Brunch Menu or have on its own.

Very tasty!

Recipe Supplied by

Tony & Janet Johnson
Manawatu

Rod's Pork Rumble (herbie)

🍴 500g of belly pork 🍴 500g of pre-cooked sausages 🍴 1 packet of frankfurters
🍴 3 pinches of chilli powder 🍴 3 pinches of paprika 🍴 1 Oxo cube 🍴 Pinch of salt
🍴 Selection of breads

1. Cut the belly pork into mouth size cubes and throw them onto a hotplate or wok with a little oil followed by your pre-cooked sausages (also cut into mouth size segments).
2. Then button cut the frankfurters and toss them into the mix.
3. Now it is time for seasoning - add chilli powder, paprika and then quickly crush your oxo cube into the mix stirring it all about. Then finally season with sea salt.

You can also do the same with chicken nibbles or ribs or why not try with the left over roast, better still all of the above.

TIPS: Do not put a lid on it. Keep the quantity of oil to a minimum as pork belly provides the juices and the drier you cook the dish the crispier it will be.

Once cooked, empty onto a heatproof dish or serving platter with a few slices of your favourite continental bread. Serve immediately.

Recipe Supplied by

Rod Hinchco
Auckland



Asparagus with Bacon

🍋 Fresh asparagus 🍋 Bacon 🍋 Lemon juice 🍋 Egg 🍋 Fresh pepper

1. Soak asparagus in lemon juice for 15 mins then wrap a piece of bacon around 3 pieces of asparagus - secure with toothpick (that has been soaked in water) if required.
2. Cook on the BBQ till cooked but still crunchy.
3. While this is cooking fry an egg on the BBQ - don't overcook as it's better if still a little runny. Once both are cooked put the asparagus on a plate and the egg on top.
4. Add a leaf or 2 of fresh spearmint on top for that extra bit of fresh clean flavour.

Recipe Supplied by

Andree Beattie
Auckland

Delicious Duck (or Chicken) Breast Kebabs

🍋 Duck or Chicken Breast 🍋 Soy sauce 🍋 Streaky bacon 🍋 Chinese 5 Spice
🍋 Maple syrup 🍋 Marmalade 🍋 Wooden kebab sticks (soak in water for a few hours first)

1. Dice the breasts. Mix soy sauce, 5 spice and maple syrup to make the marinade. You can use what quantities you like to suit your taste.
2. Soak breasts for approx 10-15 minutes (no longer).
3. Wrap the bacon around each bit of breast and then thread onto the kebab sticks. Baste with the marmalade.
4. Cook on the BBQ, turning often for approx 15 minutes. You may baste a few more times while cooking.

Get your fingers and lips ready to enjoy these delicious kebabs.

Recipe Supplied by

Karyn Kriletich
Auckland



Fish Kebabs

🍯 500g fish - Trevalli or Granddaddy Hapuka are good ones that won't fall off the stick

Marinade: 2 Tbsp vinegar 🍯 2 Tbsp brown sugar 🍯 1 Tbsp honey 🍯 1 Tbsp red wine
🍯 1 tsp garlic 🍯 ½ tsp salt

Other ingredients for the kebabs: capsicum – red, yellow and green

🍯 mushrooms 🍯 cherry tomatoes 🍯 pineapple 🍯 courgette 🍯 anything else you like.

1. Mix ingredients for marinade in a dish.
2. Chop fish into 2cm by 2cm cubes and mix into marinade, leave to soak over night. Soak kebab sticks in water.
3. Chop veges into 2cm squares. Slide on some veg then fish then veg then fish till you have at least one of each veg on the kebab.
4. Place on BBQ and cook till fish is cooked.

Recipe Supplied by

Cushla Wilson
Northland

Tuscan Style Mussels

🍯 50g butter (softened) 🍯 1-2 tsp of Masterfoods Tuscan seasoning 🍯 2-3 cloves of garlic - finely chopped or crushed (fresh is best) 🍯 2 dozen mussels 🍯 2 Tbsp NZ white wine 🍯 Handful of fresh chopped herbs of your choice to garnish (I like to put some fresh herbs in the garlic butter too) 🍯 Sprinkle of fresh parmesan cheese to garnish

1. Place all of the mussels on the hot plate of the BBQ at a medium to high heat.
2. Pour the white wine over the mussels and leave to cook for 5-10 minutes or until the shells have opened. (If you have a lid for your BBQ bring the lid down. This may reduce cooking speed so watch carefully as you don't want rubbery mussels).
3. Prepare the garlic and herb butter by mixing the Tuscan, chopped garlic and butter together. Finish with some cracked pepper.
4. When the mussels are all open (discard the ones that don't open) remove from the heat and using tongs or something so you do not burn yourself, remove the shell that does not have the mussel in it. Remove the beard and any other not so nice bits from the mussel.
5. Place the mussels on a large white platter and spoon on ½ teaspoon of the garlic butter and allow to melt. Sprinkle over herbs and parmesan.

Recipe Supplied by

Annaliese Watts
Bay of Plenty



Spicy BBQ Indian Prawns

🍋 1kg Prawns cleaned 🍋 1/3 Tbsp Garlic crushed 🍋 1/3 Tbsp Ginger crushed
🍋 1/2 Tbsp Chilli minced 🍋 1/2 Tbsp Oil 🍋 1/4 Tbsp Turmeric 🍋 1/2 Tbsp Salt 🍋 1/2 Tbsp
Garam Masala 🍋 1 Tbsp tomato paste 🍋 Chopped Coriander for garnish

1. Mix all marinade ingredients together. Coat liberally and mix through cleaned prawns. Allow to sit for 1/2 hour then sizzle on hot BBQ hot plate.
2. Sizzle until just cooked through (do not overcook) and then serve on platter with lemon wedges and garnish with finely chopped fresh coriander. Enjoy with cold beer!

Recipe Supplied by

Krystal Soma
Auckland

Curried Paua

🍋 Fresh Paua 🍋 2 Tbsp flour 🍋 1 Tbsp curry powder 🍋 Salt & pepper to taste

1. Cut the paua into bite-sized chunks.
2. Place the flour, curry powder, salt and pepper into a freezer bag (or similar). Run the paua under water and place small handfuls into the bag with the flour etc. Shake it well so that the paua is evenly coated.
3. Once the paua is coated, cook it straight away on the barbecue. Use a bit of olive oil when cooking to give the paua a crunchy outer coating.

Serve as an appetiser or lunchtime nibble.

Recipe Supplied by

Ros Ashworth
Wellington



Gav's Mushrooms

🍴 12 Firm whole button mushrooms 40mm to 60mm diameter 🍴 ¼ cup grated cheese 🍴 4 rashers diced pre-cooked bacon 🍴 ¼ tsp chilli powder (Gav likes 'em spicy you may wish to use less)

1. Carefully remove stalks from washed mushrooms to leave mushrooms as a cup. Dice half the stalks together with cheese and bacon in a bowl, add chilli powder and keep slicing into the mixture until well mixed.
2. Carefully stuff the mushrooms and cook on a medium heated BBQ plate with an oven dish inverted over the top. Mushrooms are cooked when cheese has melted.

The oven dish will be warmed as the mushrooms cook and is perfect to serve mushrooms in.

Feeds 4.

Recipe Supplied by

Gavin Macintyre
Wellington

Chicken with Beer

- 🍋 1 whole chicken
- 🍋 Salt and pepper
- 🍋 Paprika
- 🍋 Garlic
- 🍋 Herbs
- 🍋 1 cup Dijon-style mustard
- 🍋 1 can beer (pour out ½ to ⅓ of beer or drink!)

1. Heat BBQ on medium heat and oil plate.
2. Season chicken with salt and pepper, garlic, herbs and paprika and cover with mustard (and anything else you desire).
3. Place chicken on beer can which is ½ full or so (it acts as a stand) - can inserts into chicken. Place beer with chicken on the BBQ. Place lid down and cook about 1 hour until chicken is cooked.
4. Remove beer can and serve roasted chicken with salad and jacket potatoes.

Recipe Supplied by

Samara Cottam
Auckland



Chicken & Shrimp Baby!

◊ 1/3 cup tomato sauce ◊ 2 Tbsp red wine ◊ 1 Tbsp soy sauce
◊ 1 tsp Worcestershire sauce ◊ 1/3 cup steak sauce ◊ 1 clove finely chopped garlic
◊ 1 tsp chopped cilantro (coriander) ◊ 1 tsp paprika ◊ 1/2 tsp cinnamon
◊ Freshly ground black pepper to taste ◊ Boneless skinless chicken breast
Shrimp: Quantity to taste ◊ 1 tsp hot sauce ◊ 1 tsp citrus vinegar ◊ Salt and pepper for taste

For Chicken:

1. Mix all of the ingredients together except chicken until smooth.
2. Rub a small amount of sauce on the chicken and put onto a medium-hot grill letting chicken cook for about 3 minutes.
3. Add more sauce to both sides making sure to put the side that hasn't been cooked on the grill.
4. Take off grill once chicken has been fully cooked.

For Shrimp:

1. Marinate shrimp in hot sauce, citrus vinegar, salt and pepper. Mix for at least 30 minutes.
2. Put shrimp on very hot grill letting cook on both sides for about 2 minutes until it turns pink orange and has grill marks on it. Put chicken and shrimp together on a plate and enjoy.

Serve how you like!

Recipe Supplied by

Aaron Kirk
Canterbury

Clay Pot Chicken on a Can

🍷 1 Can 330ml Tui beer 🍷 1 Size 7 or bigger whole chicken 1 terracotta clay planting pot (with drainage hole in the bottom) 🍷 Favourite marinade

1. Open can of Tui and drink a small mouthful of beer. Force open the chickens orifice and slide the open can of beer $\frac{7}{8}$ into the chicken (don't spill any beer).
2. Sit the can on the hot plate of the Gasmate BBQ with the chicken sitting on the can. The chicken should not touch the hot plate (5mm gap).
3. Marinade the outside of the chicken. Place the clay pot over the chicken so the pot does not touch the chicken but the gap to the chicken is no more than 25mm. The clay pot acts as an oven (steam vents through the grainage hole) and cooks the chicken. The beer boils in the can and the vapour gently steams through the chicken.
4. The length of cooking time is either 1 hour 30 minutes or when beer boils dry or when the other 11 cans are consumed. You can lift the pot (beware it is hot) off to check the outside of the chicken. It is cooking from the inside out and you can apply more marinade if required.
5. Remove from BBQ. Place on a large plate. Remove beer can with tongs. Gently break the chicken into pieces and serve with salad and condiments of your choice.

Happy Eating!

Recipe Supplied by

Neil Ritchie
Manawatu-Wanganui



BBQ Chicken

🍴 Whole chicken 🍴 Crushed garlic 🍴 Fresh parsley

1. Bone out chicken so it can be laid flat almost as two halves.
2. Liberally coat with crushed garlic and sprinkle parsley over - this is best done after a couple of your favourite beers as one tends to be more generous with the garlic and parsley by this time. Experience shows that more is better.
3. Heat Gasmate BBQ and place chicken on grill section. Then cover with an upturned baking tray and let it cook away. Turn after 15 minutes and cover. Will end up a lovely golden crunchy brown.

Recipe Supplied by

Spencer Dhue
Canterbury

Salmon fit for a King

🍋 3-4 large fresh salmon steaks 🍋 Lemon juice 🍋 Wholegrain mustard and good olive oil for cooking

1. Cut steaks into serving sizes and paste sparingly with mustard then sprinkle with lemon juice. Set aside to heat grill then apply olive oil until hot.
2. Sear steaks on each side for approximately two minutes.
3. Serve cooked salmon steaks with a green salad, a rice salad, plenty of fresh tomatoes (chopped) and some Turkish bread.

Recipe Supplied by

Lewis Walkinshaw
Southland



Kiwi Spicy BBQ Snapper Fillets

◊ 2 Snapper fillets ◊ 1 juicy Lime ◊ Chilli flakes or freshly sliced red chilli
◊ 1 tsp brown sugar ◊ ½ garlic clove (very finely chopped or crushed) ◊ 1 stalk
lemon grass (or crushed in a jar) ◊ ½ cup coriander chopped ◊ Olive oil ◊ Salt &
pepper ◊ Fresh Kawakawa leaves (sliced thinly as a garnish)

1. Heat BBQ grill to 150°C. Sear fish fillets on both sides with a little olive oil – 30 seconds each side. Remove fish and place on tin foil (for wrapping fish in later).
2. Rub brown sugar on top side of each fillet. Chop lemon grass very finely and sprinkle on top of fillet. Sprinkle chilli flakes to taste. Season to your taste. Lay coriander on top and pour 2 Tbsp olive oil over both fillets.
3. Close foil loosely (but sealed) and lay foil packet on top of grill and turn off BBQ. Allow to cook for 5-7 minutes.
4. Remove packets from BBQ & open at the table for diners to serve themselves - the Coriander will have wilted down and the flavours filtered through. Lay a small number of Kawakawa slivers across the top - they are delicious and spicy and add a kiwi twist to the spicy asian style of this dish.
5. Squeeze the lime juice over the fillet and serve.

Recipe Supplied by

Derrick Paull
Auckland

BBQ Fish Parcel

1. Very simple! Take whole cleaned fish - I use Trumpetter if we get one but any whole fish works well. Season skin with salt and pepper and brush with oil.
2. Stuff gut cavity with mushrooms.
3. Wrap in several layers of wet newspaper and tie with string.
4. BBQ for 10-15 minutes each side.

Simply put on large plate. Open paper and garnish with parsley and serve with sauce of choice eg. sweet chilli or tartare.

Recipe Supplied by

Norman Edwards
Otago



Charred Lamb Fillet Kebabs with Garlic Yoghurt

🍯 2 tsp cumin 🍯 2 tsp smoked paprika 🍯 1 clove garlic crushed 🍯 1 tsp fresh rosemary 🍯 ½ cup olive oil 🍯 Salt and pepper 🍯 8 lamb fillets steaks cubed
Garlic yoghurt dip: 1 cup natural unsweetened yoghurt 🍯 2 cloves garlic crushed
🍯 ¼ cup mint chopped 🍯 Salt and pepper

1. Mix first 6 ingredients together. Add lamb and massage dressing into meat. Marinate for at least 2 hours and skewer lengthways.
2. Then grill to medium rare about 3 mins on all sides.
3. Drizzle with garlic yoghurt dip and basil leaves.

Recipe Supplied by

Anna Barrett
Waikato

Bacon Wrapped Scallops

◊ 1 kg large scallops ◊ 8 slices bacon ◊ 2 Tbsp red wine vinegar ◊ Optional - red and green pepper chunks ◊ 2 Tbsp olive oil ◊ Cracked black pepper to taste
◊ 8 wooden skewers

1. Soak wooden skewers in water for an hour before using.
2. Combine vinegar oil and black pepper in a medium bowl.
3. Add scallops to mixture and toss to coat.
4. Cover and allow to sit for 5 to 10 minutes at room temperature.
5. Preheat grill for medium-high heat.
6. Cut bacon into thirds.
7. Wrap a piece of bacon around each scallop and thread onto skewers. Intermix with red and green peppers if you're using these. There should be 3-4 scallops per skewer.
8. Place on a lightly oiled grill rack and cook for 3 minutes per side.
9. When the scallop is opaque in color remove from grill and serve.

Either serve by itself as an appetiser or serve with salad and other BBQ products (steak etc).
Great with garlic bread too!

Recipe Supplied by

Kim Reilly
Otago



Mussels in Parmesan Salsa

🍴 24 fresh mussels in their shells - steamed open 🍴 1 packet or pot of parmesan cheese 🍴 1 red onion 🍴 4 skinned diced ripe tomatoes 🍴 Lemon juice and zest of 2 lemons 🍴 Spring onions - 3 chopped finely 🍴 Chilli paste or powder or dried - your choice 🍴 Salt and pepper

1. Keeping mussel in one half shell - detongue.
2. Whiz on pulse setting the chilli, tomato, lemon zest and juice, red onion, spring onion and seasoning until still recognisable but mixed well. Season. If really wet pop the tomato mix into a sieve to drain excess off.
3. Spoon tomato mix over each mussel and top generously with parmesan cheese.
4. Pop onto grill plate until sizzling - 2 minutes should be plenty of time.

Serve with drinks before dinner with a toothpick in each topped with smoked paprika.

Recipe Supplied by

Jenny King
Wellington

Kate's Cola Pork Ribs

🍋 1kg rack of pork ribs 🍋 2 litres Coca-Cola 🍋 2 Litres water 🍋 ½ cup brown sugar
🍋 2 Tbsp cider vinegar 🍋 ¼ cup ketchup 🍋 1 tsp ground dry mustard
🍋 1 tsp Worcestershire sauce 🍋 1 tsp horseradish sauce

1. Place ribs in large pot cover with water and Coke. Bring to boil over high heat; reduce to low simmer for 2hrs.
2. Meanwhile in a bowl mix brown sugar, cider vinegar, ketchup, dry mustard, Worcestershire sauce and horseradish - refrigerate till ready to use.
3. Drain and remove ribs from pot and cool. Once cool smother with BBQ sauce and refrigerate for at least 1 hour.
4. Slap onto hot BBQ brush with sauce while cooking for extra flavour. Enjoy!

Recipe Supplied by

Dave Boocock
Nelson



Pork Slice Marinade

🍴 600g pork slices 🍴 4 Tbsp green ginger wine 🍴 4 Tbsp soy sauce 🍴 1 Tbsp sugar
🍴 1 Tbsp cornflour 🍴 1 Tbsp sesame oil 🍴 1 tsp grated ginger 🍴 1 tsp minced garlic

1. Combine all ingredients and marinate pork for at least 2 hours.
2. Barbecue or grill until cooked.

Recipe Supplied by

Samantha Tuupiki
Waikato

Mixed Grill Kebabs

🍋 1 large red onion sliced into wedges 🍋 Button mushrooms wrapped in bacon
🍋 500g steak sliced 1 inch thick 🍋 6 pre-cooked sausages cut into 1 inch pieces
🍋 1½ cups Italian dressing 🍋 ½ cup olive oil 🍋 3 cloves garlic minced 🍋 4 tsp fresh oregano chopped finely 🍋 ½ tsp black pepper 🍋 ½ tsp red pepper flakes

1. Prepare meat and place into a large bowl. Combine remaining ingredients except onion and mushrooms and pour onto meat.
2. Coat meat with marinade, cover and place in refrigerator for 6 hours.
3. Preheat grill for medium heat. Remove meat from bowl and discard marinade. Place meat on skewers as listed – Sausage, Onion, Steak, Mushroom, Sausage then grill till cooked.
4. Move meat to cooler part of grill and allow to sit for 5-10 minutes before serving.

Serve on platter alongside the rest of the BBQ meats.

Recipe Supplied by

Amy Roddis
Auckland



Venison [Cervena] Summer Barbecue

🍯 Venison steak or medallion approx 125g per person

Ginger & green peppercorn marinade: Approx 1 Tbsp minced ginger 🍯 1 Tbsp honey 🍯 1 Tbsp Dijon mustard 🍯 1 Tbsp green peppercorns 🍯 2 Tbsp oil (olive) 🍯 2 Tbsp lemon juice

1. Marinate venison for minimum 20 minutes.
2. Drain and season lightly with salt before cooking... high heat each side for 1½ to 2 minutes for medium rare. Remove from heat and cover to rest venison.

Serve with salad.

Recipe Supplied by

John Robertson
Southland

Marinated Venison Steaks

◊ Good handful of fresh thyme ◊ 6-10 cloves of garlic ◊ ¼ - ½ cup soy sauce
◊ Cup of red wine ◊ Cracked black pepper ◊ Brown sugar ◊ venison

1. Finely chop the garlic and thyme and put in to a bowl. Mix in the soy sauce, red wine and a good dash of the cracked black pepper.
2. Cut the venison in to steaks around 1cm thick and lay in to a flat dish. Pour the marinade over the venison steaks making sure that the top of the steak is just showing. Now using your hands move the venison steaks around so that the marinade is under the steaks and the chunky bits of thyme and garlic are spread around the dish.
3. Sprinkle the brown sugar (white sugar works fine) over the top of the venison. Cover with plastic wrap and place in fridge for 3-4 hours.
4. After 3-4 hours turn the venison steaks and sprinkle again with brown sugar, cover and place back in fridge for 3-4 hours.
5. I always leave the venison to be cooked last. Make sure the cooking plate is hot. Place the steaks on and cook for a few minutes then turn and leave cooking for a further few minutes making sure that the venison is not over cooked. Then serve immediately.

Recipe Supplied by

Mark Woolliams
Wellington



Rosemary Kebabs (Vegetarian)

🍴 ½ Eggplant 4-6 mushrooms 🍴 ½ red onion 🍴 1 tsp smoked paprika 🍴 2 Tbsp oil
🍴 1 clove garlic crushed 🍴 Fresh rosemary - 8 long fresh rosemary sprigs

1. Clean the rosemary sprigs of leaves by holding the leafy end and gently drawing your fingers down the stem. Reserve the leaves.
2. Slice the vegetables into bite sized pieces. Separate the onion into layers. Place in a plastic bag. Chop the reserved rosemary leaves and add with the remaining ingredients to the bag (not the rosemary stalks).
3. Marinate 30 minutes in fridge (longer if desired - up to overnight).
4. Thread the vegetables onto the rosemary stalks alternating mushroom, egg plant, onion. Reserve any oil marinade mixture.
5. Grill on a medium BBQ for approximately 10 minutes. Baste with the remaining oil if required.

Two skewers of each vegetable per person. Serve either on a platter or on individual plates as desired.

Note: A non-vegetarian version can be made with lamb.

Recipe Supplied by

Helen Sebastian-Pace
Auckland

Store Cupboard Satay Sauce

🍯 2 Tbsp of peanut butter (crunchy is best but smooth will work too) 🍯 1 Tbsp of sweet chilli dipping sauce 🍯 1 large Tbsp of light soy sauce 🍯 Half a lime

1. Warm the peanut butter in the microwave for 30 seconds until soft (but not runny!) Add the chilli sauce and soy sauce and mix until smooth. Finally add a quick squeeze of the lime to help cut through the peanut butter. Have a quick taste and check that you are happy with the quantities as there are no hard and fast rules - so add more chilli sauce if you like the firey kick or a bit more soy if you like it a bit darker.
2. Baste and massage into pretty much any meat of your choice and then leave in the fridge for 20 minutes before cooking. Strips of beef marinated in the sauce and threaded onto soaked kebab sticks works really well.

Recipe Supplied by

Jacqueline Anthony
Auckland



Evans BBQ Sauce

🍯 2 Tbsp brown sugar 🍯 1 Tbsp dry mustard 🍯 1 Tbsp celery salt 🍯 1 Tbsp cayenne
🍯 1 Tbsp pepper 🍯 1 Tbsp paprika 🍯 2 Tbsp cornstarch 🍯 ½ tsp allspice
🍯 4 cups tomato juice 🍯 ½ tsp Worcestershire sauce 🍯 1 cup white vinegar
🍯 1 Tbsp grated onion

1. Combine all ingredients in a small pot and stir until well mixed.
2. Cook over low heat for 2 hours.
3. Sauce to marinade all BBQ meats.

Recipe Supplied by

Tim Evans
Auckland

Chocolate Fish Banana Splits

🍌 4 bananas 🍌 4 chocolate fish 🍌 4 squares of tin foil

Optional: chopped nuts 🍌 chocolate chips 🍌 chopped chocolate pieces or melts
🍌 ice cream

1. Peel bananas then split without cutting all the way through and not cutting right to each end. Gently pry open and insert chocolate fish into split. Add optional extras if you wish.
2. Wrap in tin foil and place upside down on BBQ for 4 minutes. Flip over so the split side is facing up for another 4 minutes.
3. Carefully open tin foil and add a scoop of ice cream if you so choose. Enjoy!

Recipe Supplied by

Jacqui-May Allison-
Dodds - Auckland



Banana Supreme

🍌 1 banana 🍌 1 tsp of coconut 🍌 Capful of Baileys 🍌 Tin foil

1. Cut the banana in half. Sprinkle with coconut and a capful of Baileys on top.
2. Seal in tin foil.
3. Place on medium hotplate for approximately 2 minutes.

Can be eaten by itself or try on top of vanilla ice cream.

Recipe Supplied by

Jeff Francis
Bay of Plenty

Cooking Time Guide – Meat and Fish

Types of Food	Weight/Thickness	Cooking Temps.	Cooking Time
Beef Burgers	2.5cm	200-230 °C	Rare: 4-7 min Medium: 7-10 min Well Done: 10-12 min
Steaks Porterhouse, Rib, Rib-eye, Sirloin, T-Bone	2.5cm	Maximum: (to sear) 200-230 °C (to finish)	Rare: 4-7 min Medium: 7-10 min Well Done: 10-12 min
Poultry Chicken, Parts		160-175 °C	30-45 min
Chicken, Whole Chicken Breasts, Boneless	1.5-2kg 500g-1kg	160-175 °C 160-175 °C	20 min/500g 12-15 min
Duck Turkey	2-2.5kg 6.5-12.5kg	160-175 °C 160-175 °C	18-20 min/500g 20 min/500g
Pork Chops	2.5cm	200-230 °C	25-30 min
Ham Steak Whole Ham	2.5cm 6-7kg bone in	200-230 °C 160-175 °C	12-15 min Medium: 20-25 min/500g Well Done: 25-30 min/500g
	2-2.5kg Boneless	160-175 °C	50-60min



Cooking Time Guide – Meat and Fish

Types of Food	Weight/Thickness	Cooking Temps.	Cooking Time
Ribs Back Side	2.5-3kg	160-175 °C	Medium: 25-27 min/500g Well Done: 27-30 min/500g
Roast Rump, Loin, Shoulder	1.5-3kg	160-175 °C	1- ½ hrs
Tenderloin		185-200 °C	Medium: 30-35 min/500g Well Done: 35-40 min/500g
Lamb Chops Loin, Rib, Shoulder	2.5cm	200-230 °C	Rare: 7-9 min Medium: 10-13 min Well Done: 14-17 min
Roast Crown Roast Leg	1-3kg 2.5-4.5kg	160-175 °C 160-175 °C	40-45 min/500g 30-35 min/500g
Fish Fillets Steaks Whole Fish	2.5-3.75cm 500g-1kg 1-3kg	200-230 °C 160-175 °C 160-175 °C	10-15 min 20-30 min 30-50 min
Seafood Lobster Shrimp Large	2.5-3.75cm Large	200-230 °C 160-175 °C	15 min 5-6 min

Cooking Time Guide – Vegetables

Vegetables	Cooking Temp.	Cooking Time	Comments
Asparagus	160-175 °C	6-8 min	Cut off ends of stems. Lay across the grill.
Beans	160-175 °C	30-35 min	Wrap in foil with butter or margarine. Turn over once.
Carrots	160-175 °C	20-30 min	Cook directly on the grill.
Corn on the Cob	160-175 °C	25-35 min	Soak in cold water for 15 minutes. Cook with husk on.
Eggplant	160-175 °C	6-8 min/side	Cut into slices and coat with olive oil.
Mushrooms	160-175 °C	6-8 min	Cook directly on the grill.
Onions	160-175 °C	40-45 min	Wrap in foil. Turn over once.
Peppers	200-230 °C	15-20 min	Remove charred skin before eating.
Potatoes	160-175 °C	50-60 min	Wrap in foil. Turn over once.
Roasted Garlic	160-175 °C	30-40 min	Cut off top of bud and lightly coat with olive oil. Wrap in foil.
Tomatoes	160-175 °C	5-7 min	Cut in half and coat with olive oil.
Zucchini	160-175 °C	6-8 min/side	Cut into slices and coat with olive oil.

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