

10 TOP
BBSKEW
DISHES

RECIPE
BOOK

The
BarbeSkew

THE HANDS-FREE BARBECUE THAT COOKS FOOD TO PERFECTION



Congratulations on purchasing The BarbeSkew.
The future of barbecues is here!

These recipes are for both the charcoal and gas versions
of The BarbeSkew

We hope you enjoy our 10 easy to make dishes and use them
to impress your friends and family!

KEY



Preparation Time



Cooking Time

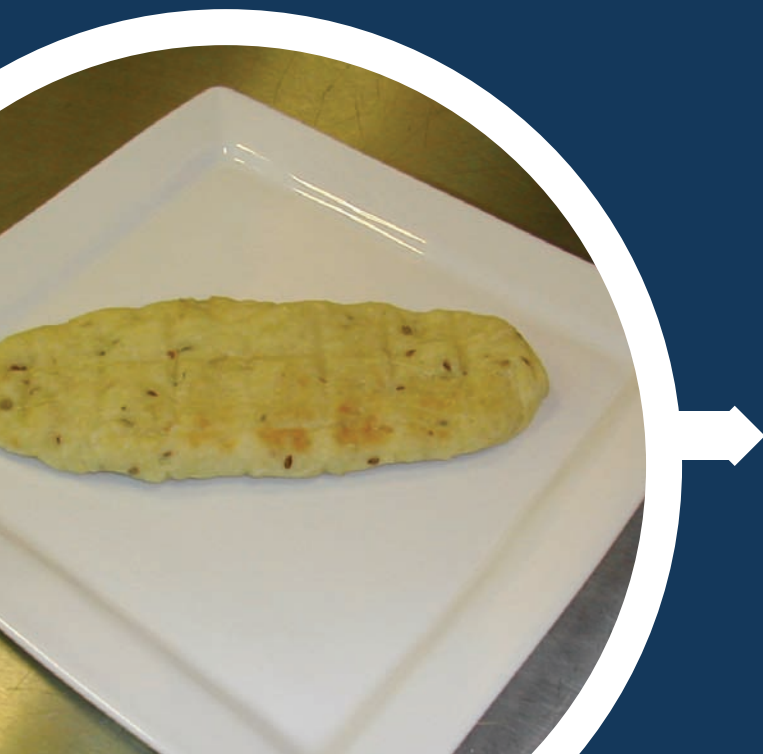


Heat: Charcoal Barbeskew
Medium - Charcoal tray lowered
High - Charcoal tray raised

Gas BarbeSkew
Adjust settings on front dials

ALMOST AUTHENTIC BARBESKEWED NAAN BREAD

This recipe is sufficient for 8 main course breads



INGREDIENTS

300ml hand hot milk 37°C - 38°C
(ensure not too hot otherwise it will destroy the yeast)
25g sugar
1 sachet or 2 teaspoons full of dried yeast
900g strong white flour
10g salt
10g baking powder
100ml vegetable oil or melted ghee
300ml natural yoghurt
2 eggs

 60 mins

 8-10 mins

 Hot

INSTRUCTIONS

Place the warmed milk in a clean bowl, add the sugar and yeast and stir, then leave to froth up for approximately 15 minutes. Add all other ingredients except the oil or melted ghee and knead for a further 10 minutes. Cover with a clean damp cloth or oiled cling film and rest the dough (in a warm place) for 20 minutes then divide into 8 equal sized balls.

Using a rolling pin develop a tear shaped naan, about 25 cm by 13 cm. Try not to roll the dough too thin or they will be too crisp and may burn.

Brush the naan breads well with vegetable oil or melted ghee and place in the BarbeSkew chrome cage. Place the cage in the slot in the off position (i.e. the chrome cage is not rotating) cook for 4-5 minutes on one side and then turn the cage over until golden brown and puffed up.

Remove from the BarbeSkew and brush over with the vegetable oil or melted ghee again. Repeat the process with the remaining naan breads.

The basic dough is great on its own, however you can add other ingredients if you wish. Raw chili cut very small adds a delightful bite! Garlic works just as well, especially the smoked and dried flakes. Roasted Cumin seeds are nice if you like an edge or alternatively use onion seeds sprinkled over the top.

Notes: To serve this hot if made in advance and cooled, simply wrap it in tin foil and place in the BarbeSkew for a few minutes. You can brush vegetable oil or melted ghee on top before placing in oven if you wish.

BARBESKEW BEEF FILLET

Purchase fresh well hung beef fillet sufficient for 8 people. (approximately 200-250 grams per portion depending on how hungry your guests are! (Try to obtain a whole piece rather than individual pieces)



MARINADE

50 ml vegetable oil
150ml orange juice
25ml Worcestershire sauce
Star anise – ground if preferred
100ml sherry
15ml chopped parsley
Cloves of garlic crushed
10ml chopped marjoram
20g brown sugar (muscovado sugar or soft brown is fine)
1 lemon juiced
Freshly ground black pepper,

 20 mins
(marinate for
24 hours)

 10-20 mins

 Medium

ADDITIONAL INGREDIENTS

6-8 rashers of sliced bacon (a good quality is essential)

INSTRUCTIONS

Heat the BarbeSkew grill to medium. Trim the fillet and remove any excess fat. To make the marinade, combine all the ingredients together then add the fillet coating it really well. Place in a sealed plastic container and refrigerate for at least 24 hours prior to use. Turn the fillet in the marinade from time to time.

Remove the fillet from the marinade and wrap the bacon around securing if necessary, with previously soaked wooden cocktail sticks.

Place the wrapped fillet of beef onto one of the BarbeSkew Skewers. Barbecue on a medium heat for 10-20 minutes or until the fillet is cooked, juicy, tender and succulent or to the desired preference. Allow to rest for a few minutes before carving.

Whilst the fillet of beef is cooking on the BarbeSkew brush with the marinade every 10 minutes. If required the remaining marinade can be reduced by half on a hob and served with the fillet of beef.

MARINATED GREEK CHICKEN KEBABS

This recipe will serve 8 people



MARINADE

250 ml container fat-free plain yogurt
150 grams crumbled feta cheese
1 small bunch of fresh basil
3-4 sundried tomatoes
1/2 teaspoon lemon zest
2 tablespoons fresh lemon juice
1 tablespoon of good Olive Oil
2 teaspoons dried oregano
2 cloves of peeled garlic
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon crushed dried rosemary

 30 mins
(marinade for
3 hours)

 20 mins

 Hot

ADDITIONAL INGREDIENTS

6 large skinless, boneless chicken breast - into 6 even size pieces
1 large red onion, cut into wedges
1 large green bell pepper, cut into 3 cm pieces

INSTRUCTIONS

In a blender – blend the yogurt, feta cheese, basil, sundried tomatoes, lemon zest, lemon juice, olive oil, oregano, garlic, salt, pepper and rosemary. This could also be used as a marinade for vegetarian dishes.

Place the chicken in a plastic sealed container add the marinade and mix well to coat all of the chicken pieces. Marinate 3 hours in the refrigerator or overnight to further infuse the chicken.

Skewer the chicken (ensuring that each piece is tightly packed onto the BarbeSkew skewer) alternating with the red onion wedges, and green bell pepper pieces. Brush off any excess marinade before placing onto the BarbeSkew grill. Discard remaining yogurt mixture.

Grill the skewers on the BarbeSkew for 20 minutes. At this point remove one of the BarbeSkew skewers and check to see if the chicken is cooked (cut and juices will run clear).

If there is any over this can be served cold the next day with salad.

MINTY LAMB KEBABS

This recipe will serve 8 people



MARINADE

300 ml pot natural yogurt
2 tbsp mint sauce
3 cloves of finely chopped garlic
2 tsp ground cumin
2 tablespoons of roasted cumin seed
(for sprinkling during cooking)
1/2 teaspoon of salt and freshly ground pepper

 30 mins
(marinate for
3 hours)

 8-10 mins

 Medium

INGREDIENTS

750 grams of lean lamb cut into 3-4cm cubes
1 large onion, cut into large chunks
4 large pitta breads
1 iceberg lettuce, chopped and mix with the chopped fresh mint
2 tablespoon of chopped fresh mint
15ml Olive Oil

INSTRUCTIONS

Heat the BarbeSkew grill to medium.

Mix the yogurt, mint sauce, chopped garlic together, in a bowl large enough to take the lamb. At this point divide the mixture in half and refrigerate. With the remaining mixture stir in the ground cumin pour over the cubed lamb and mix thoroughly to coat and season well. (This can now be refrigerated overnight) or use as below immediately. Skewer the lamb (ensure that the lamb is tightly packed together on the skewer) onto 4 BarbeSkew skewers, alternating with pieces of onion previously cut into large chunks.

On a hob place a non stick pan on a high heat add your cumin seeds and roast gently to release the aromas.

Cook the lamb kebabs on the BarbeSkew for 8-10 minutes. If you prefer well cooked lamb continue cooking for a further 4-5minutes. Sprinkle with the roasted cumin seeds whilst cooking. Warm the pittas for 1-2 mins in the BarbeSkew chrome cage, when warm cut in half and split open. Stuff the pittas with lamb, onion and lettuce, and mint, drizzling over the remaining minty yogurt to serve.

BBSKEW SALMON FILLETS WITH HALLOUMI STUFFING

This recipe will serve 8 people.

2 x tails of Salmon, skinned and butter flied – (to make a pocket)

NB: each salmon tail is to be cooked separately in the chrome cage



STUFFING

250 grams of Halloumi – diced into cubes
2 tablespoons of tomato pesto (use a good make)
4 cloves garlic, minced or finely chopped
2 tablespoons chopped fresh parsley
10 fresh sage leaves, chopped
1 teaspoon ground dried Mediterranean oregano
1 finely chopped fennel
1 large onion, diced
Zest of one lemon (try to use un-waxed variety)

BASTING SAUCE

2 tbsp. lemon juice
1 clove of freshly chopped garlic
50g brown sugar
50g melted butter + 50g of Olive Oil
150ml soy sauce
1 tbsp. liquid smoke – this can be sourced online
3 good shakes of Tabasco sauce

You can double the recipe of this sauce so that you will have sufficient to serve with the salmon.

INSTRUCTIONS

Heat the BarbeSkew grill to medium. Mix all the ingredients for the stuffing together in a bowl. For quickness this can be done in a food processor; ensure though you do not over process, it should be quite chunky in appearance.

PREPARE EACH FILLET

Combine the basting ingredients together using a balloon whisk. Set one fillet of salmon flat onto a board fill the pocket with the stuffing mixture. Place on a piece of foil and make a parcel. Drizzle with some of the basting sauce before sealing tightly. Brush the BarbeSkew chrome cage lightly with olive oil and place the salmon within the cage, close. Cook on the BarbeSkew rotating for 30 minutes. To serve with additional basting sauce heat on a medium light until hot and slightly reduced.

When the cooking has been completed on the BarbeSkew remove and serve on a warmed serving platter. Additional sauce optional.

 30 mins

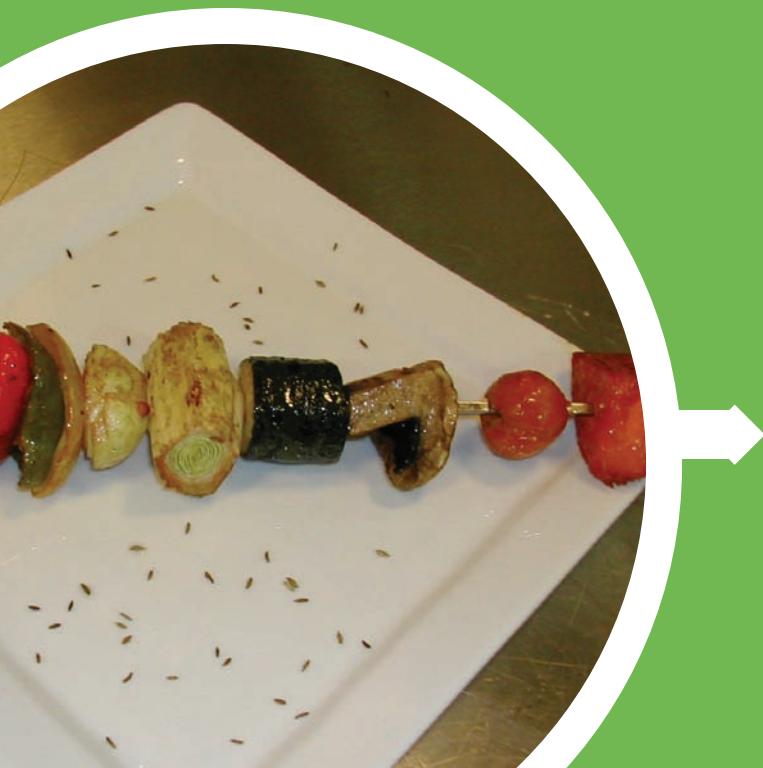
 30 mins

 Medium

NO-MEAT MIXED GRILL

This recipe will serve 8 people

NB: You can of course use any vegetables of your choice!



INGREDIENTS

2 sweet potatoes – peel and cut into 4cm chunks
16 white button onions, peeled
4 medium courgettes cut into 2 cm slices / rounds
600g of firm white leeks cut into 2 cm slices
3 red peppers, seeded, cored and quartered
4 ears of corn cut into rings of 2cm sliced rounds
(cut through the corn)
8 Portobello mushrooms – leave whole
4-6 tbsp olive oil
2 cloves of crushed Garlic
1 squeezed lemon
Salt and Pepper (to taste)

2 tbsp pine nut or sunflower seeds, to serve

VINAIGRETTE:

2 teaspoons of Dijon Mustard
1 tablespoon of balsamic vinegar plus (optional)
1 teaspoon of liquid smoke – for that extra BarbeSkewed flavour

Soy sauce, to splash over

INSTRUCTIONS

Heat the BarbeSkew grill to hot.

Place the sweet potatoes into pan of boiling water. Boil for 4-5 minutes, then drain.

Spear the vegetables onto the BarbeSkew skewers, alternating the vegetables. Mix the olive oil together with the crushed garlic, salt, pepper and lemon juice. Brush with the oil mixture, season and cook for about 8-10 minutes until softened and browned.

Fry or toast the nuts or seeds to release their aromas. Set aside.

Remove the BarbeSkew skewers from the grill and gently remove the vegetables with a fork onto your warmed serving dish. Scatter over the nuts or seeds. Drizzle with a little warm vinaigrette and soy sauce just before serving.

 30 mins

 8-10 mins

 Hot

RUSSIAN BITOKS WITH SAUCE SMITAINE

This Russian dish is made with patties of freshly minced beef and served with a sour sauce.

This recipe will serve 8 people

INGREDIENTS FOR THE BITOKS

1 kilo of lean minced beef (chuck steak is good, rump would be best)
250g finely chopped English or Spanish onion
50g fresh thyme pounded or chopped
2 egg yolks
Salt and freshly ground black pepper
Olive Oil for brushing

INGREDIENTS FOR THE SAUCE

50 ml Olive Oil for frying
100g very finely chopped shallot
2 cloves of garlic peeled and chopped (optional)
100g closed mushrooms finely chopped
150ml dry white wine (Italian is the best)
150ml Crème Fraiche
50ml vegetable or chicken stock

 30 mins
Marinade for
24 hrs

 20-25 mins

 Medium

INSTRUCTIONS

Heat the BarbeSkew grill to medium heat.

TO MAKE THE BITOKS

Combine beef, onion, thyme, egg yolks and seasoning in a bowl and divide into 8 portions moulding them each into a flat teardrop shape. Chill in a refrigerator for 1-2 hour.

Lightly oil the BarbeSkew chrome cage then place the bitoks within the cage and cook for 8-10 minutes or until golden brown and succulent. Repeat with the remaining bitoks, keep the cooked bitoks warm by wrapping in foil. You can make the sauce in advance or whilst the bitoks are cooking.

TO MAKE THE SAUCE

Fry shallots (and garlic if using) in a little oil until transparent, add the mushrooms and cook slowly, adding the stock and white wine and reduce the liquid by half. When ready to serve stir in a little of the Crème Fraiche. Pour the sauce Smitaine over the Russian Bitoks and add a dollop of Crème Fraiche on the side.

Russian Bitoks with Smitaine Sauce can be served with rice as a main course dish.

GREEK MARINADE



30 mins
Marinade for
3 hours

INGREDIENTS

Meat - Enough for 9 Kebabs

1/2 pint of olive oil
Juice of 2 lemons
2 garlic cloves finely chopped
1 bay leaf
1 tablespoon of dried oregano
1 tablespoon of dried thyme
A dash of tabasco
Salt and black pepper

INSTRUCTIONS

Combine all the ingredients in a bowl. Add the meat and mix it into the marinade. Cover the bowl with clingfilm and leave it in the fridge for 3 hours. Occasionally stir the meat around in the marinade.

FISH ALTERNATIVE

1/2 pint of Olive Oil
Juice of 2 lemons
1 tablespoon of Oregano
1 small red chilli, seeded and chopped
salt & black pepper

Same method for the Fish



30 mins
Chill for
1-2 hours

THE MEAT DISH IS IDEAL SERVED WITH TZATZIKI:

INGREDIENTS

1 large cucumber
1-2 garlic cloves finely chopped
1-2 tablespoons of olive oil
1 tablespoon of white wine vinegar
2 tablespoons chopped fresh mint
Salt & pepper
500g Greek yoghurt
Olive oil to drizzle

INSTRUCTIONS

Peel the cucumber and trim the ends. Cut in half lengthways and scoop out the watery centre using a teaspoon. Chop the cucumber into small squares or you can grate it. Drain in a colander for approximately 10 mins to eradicate any excess water.

Mix the cucumber with the garlic, 1 or 2 tablespoons of olive oil, the wine vinegar, 2 tablespoons of mint and then season. Empty the yogurt into the mixture and blend well. Spoon into a serving dish and chill for 1 or 2 hours.

Finally, drizzle the remaining olive oil on top of the garnish, and decorate with the remaining mint.

SUCCULENT OYSTERS WRAPPED IN BACON WITH A SPICED-APPLE SAUCE

 30 mins

 4-5 mins

 Medium

This recipe serves 8 people.

INGREDIENTS

Purchase fresh tightly closed oysters on the day you wish to make this dish and from a reputable source.

18 sliced streaky bacon rashers, cut in half

SPICED APPLE SAUCE

36 opened (shucked) oysters – once shucked you should use that day

1 kg cooking apples (Bramley's are best, peeled and finely cubed)

Pinch of salt for soaking apples

25ml vegetable or olive oil

4 spring onions, chopped

2 tablespoons plain white or whole-meal flour

20g good quality Paprika powder

100ml water (as necessary)

100ml of a good quality cider

100ml whipping cream

50g finely chopped dry-roasted cashew nuts (optional)

Freshly ground black pepper

INSTRUCTIONS

Heat the BarbeSkew grill to medium.

To make the sauce, finely cube the apples and set aside in slightly salted water. Heat the oil in saucepan and add chopped spring onions and sauté for a few minutes. Sprinkle in the flour and paprika powder and allow to cook for a few minutes to let the flavours develop and the onions caramelize slightly, stirring constantly.

The mixture will thicken quite quickly. Add the drained reserved cubed apples, cream and cider plus a little water can be added if necessary to make the sauce the correct consistency. Simmer for a few minutes. Add the cashews if desired. Remove from heat and season very lightly with freshly ground black pepper.

To prepare the oysters, wrap each one with half a rasher of streaky bacon. Place the wrapped oysters in the BarbeSkew chrome cage. Grill for 4-5 minutes or until the bacon turns crispy, do not over cook the oysters. Remove the oysters from the BarbeSkew chrome cage and transfer to a warmed dish. Serve the hot Spiced-Apple sauce in a separate bowl.

BARBESKEWED BABY BACK RIBS OF PORK

 30 mins
*Marinate for
24 hrs*

 20-25 mins

 Medium

This recipe serves 8 people

MARINADE

30ml vegetable oil
200ml white wine (dry Italian is best)
40ml honey (clear runny honey is best)
4 star anise (grind in a mortar and pestle if you prefer)
40ml sherry vinegar
40ml Hoi sin sauce
40ml Soy sauce
2-3 chopped red chillies (or more if you dare)
20g brown sugar (muscovado sugar or soft brown is fine)
Freshly ground black pepper to taste

INGREDIENTS

4 sheets of baby back ribs

INSTRUCTIONS

Heat the BarbeSkew grill to medium heat. To make the marinade, combine all the ingredients together in a bowl mix well. Add the ribs to the marinade coating them really well. Place in a sealed plastic container and refrigerate for at least 24hours prior to use. Turn the ribs in the marinade from time to time.

Using 4 of the BarbeSkew kebab skewers placing two ribs on each., skewer through the meat to secure the ribs. Evenly space each rib so that it has sufficient room to turn on the BarbeSkew. Place on a medium heat for 20-25 minutes or until the baby back ribs of pork are cooked, juicy, tender and succulent. Reduce the remaining marinade on a high heat until slightly thicken and serve over the ribs. Or serve the baby back ribs of pork with a spicy dipping sauce.



The BarbeSkew

THE HANDS-FREE BARBECUE THAT COOKS FOOD TO PERFECTION

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AUTOMATIC
ROTATING
SKEWERS

A simple white circular outline icon.

HANDS-FREE
COOKING

A simple white circular outline icon.

EVENLY
COOKED
FOOD

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