

# Taking a stick to it

BY JASON PURDIE

IF YOU invite this writer to a barbecue anytime in the next 12 months it is likely I'm going to turn up with lamb koftas.

These Middle Eastern delicacies had me totally spooked until very recently when I was looking for things to road test on the new Outdoorchef barbecue.

The thing about this barbecue is that it's a kettle — quite different to my old faithful char grill.

The kettle is a gentler, slower form of cooking, and I thought quite suited to these elongated meat patties.

To start at the finish, they were mouth-watering and tender.

My grave fears about them falling to bits did not eventuate although they did spend a good couple of hours in the fridge.

Tip two is that the skewers need a good, long soak before you put them on the heat.

This may be stating the obvious, but over the years I have forgot this step more than once, with predictable results.

The third thing is the most efficient way to do this recipe is in a food processor.

I'm sure each of the ingredients could be chopped finely and mixed in a bowl, but throwing them roughly chopped into a processor and running until they came together into a ball was a breeze.

Finally, don't scrimp on the flavour.

I used freshly toasted and ground spices and was typically heavy handed.

I've spoken to a couple of other people since, who reported they under-did things on the flavour front.

What's that about good fortune favouring the brave?



## Lamb kofta

500 grams of lamb mince  
Three garlic cloves, peeled and crushed  
Half a red onion, peeled and chopped  
Sprinkle of sea salt  
Generous pinch freshly ground pepper  
1 tablespoon of mint leaves  
1 tablespoon of coriander seeds, toasted in a frypan over medium heat and ground  
1 tablespoon of cumin seeds, toasted and ground  
Pinch of cayenne pepper

Soak skewers in water for three to four hours. Place ingredients in the bowl of a food processor and run until they come together into a bowl of a rough sausage meat consistency. Shape the meat around the skewers put in a baking tray and refrigerate for at least an hour. Baste with olive oil and place on a medium grill, turning to brown and allow to cook through (about 10-15 minutes, depending on the heat of the barbecue).

## Yoghurt to accompany

Tub of European-style yoghurt  
1 clove garlic, peeled and crushed  
1 teaspoon of cumin, toasted and ground  
1 teaspoon of coriander seeds, toasted and ground  
1 teaspoon of mint finely chopped  
Generous squeeze of lemon juice  
Pinch of freshly ground black pepper  
Combine the ingredients, mix well and serve with koftas.

## What our readers do on the barbie . . .

PEOPLE'S recipes, tips and advice for barbecuing are continuing to roll in.

Those people will now be in the running to win an Outdoorchef kettle barbecue, to be announced on this page on March 13.

### Juicy steak

Rebecca, from Devonport, says for perfect, juicy tender steak, always cook on the grill plate and only turn a couple of times. (Ed's note: Agree enthusiastically and add you should rest any type of cooked meat for five

minutes, before putting it on the table).

### Clean tip

Chris, from Shearwater, has a terrific suggestion for cooking on public barbecues. Cover the cooking plate with Gladbake (baking paper) and cook upon that. When you're done, just throw the paper in the bin.

### Onions to relish

Mrs Dixon, from Ulverstone, says halfway through cooking onions, add a generous amount of

homemade tomato relish to give the onions a caramelised taste.

### BBQ dim sim

Lynette, from Turners Beach, submitted what she calls the easiest barbecue entree. Defrost the required number of frozen dim sims. Cut in half lengthways. Brown both sides and heat through. Serve with chilli sauce.

### Husky corn

Margaret, from Devonport, says you can barbecue corn with the

husks on. Pull back the husks and remove the silks. Put the husks back over the corn, soak in water for an hour and grill slowly for 30 minutes, turning frequently. Serve with butter, salt and pepper.

### Tasty extra

Allison, from Penguin, says beat together four eggs, half cup of milk, pepper and salt (along with any desired ingredients — finely chopped onion, bacon, capsicum, chives parsley etc). Cook on barbecue in egg rings. Add to sandwiches, burgers and the like.

## Win this great BBQ just by sharing your recipes tips and advice.

The Advocate, along with Outdoorchef, is giving away this great kettle BBQ to the best reader recipe or tip received.



Entries close on March 8. To be in the running, write down your favourite BBQ recipe, tip or advice, clip it to this coupon. Put your entry in an envelope marked 'Outdoorchef Giveaway' and either drop it to the Advocate offices in Burnie, Ulverstone or Devonport; or post it to PO Box 84, BURNIE, 7320. The winner will be judged by Jason Purdie and announced on this page, Saturday, March 13.

For rules and conditions go to:  
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Warren Squibb, orchardist, of Spreyton



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