

Just add some fizz

BY JASON PURDIE

THIS writer was at a function during the week and got this genuine piece of feedback from a reader: "I like your recipes because they are easy."

The reply came that they needed to be for someone of my limited capacity to pull them off.

If there was a scale of easy from one to 10 — with 10 being the dead easiest — this week's would be an 11.

Last week we started the hunt for reader barbecue tips, with the best tip in the next couple of weeks winning a new Outdoorchef kettle barbecue.

We'll profile some of the contenders as we go.

And part of this process is that we'll road-test some of those reader tips and recipes using an Outdoorchef (not the one we'll be giving away, of course).

Last week — without the benefit of reader recipes rolling in — I was scratching my head wondering what do.

A memory bubbled up from a conversation between myself and a fellow foodie about how they used to prepare wild ducks.

At that time we joked about the use of soft drink and the simplicity, but there is method in the madness.

The sugar in the soft drink glazes beautifully and, apart from the chicken, you are left with quite a pleasant, easy gravy to drizzle on the meat.

For the record, we did the chook on the barbecue with damper, potatoes in the jacket and cajun corn, the recipes for which have each appeared on these pages before.



The 'You're Kidding' Chook

- 1 chicken (thawed if frozen)
- 1 packet of French onion soup powder
- 1 cup of Fanta

Put the chook in an oven bag, add the soup powder and lightly shake until it's evenly coated. Put the bag containing the chook in an oven tray, add the Fanta, and secure the end of the bag. Bake at 180-200 degrees according to the size of the chook (most

commercially available chooks will have instructions). Thirty minutes before it's done, cut open the bag (being very careful not to scald yourself on the escaping steam). Remove the bag and baste the chook with the fluid at the bottom of the pan. The chook should become golden and beautifully glazed in that last 30 minutes. Rest the chook for 10 minutes before breaking up to serve.

What our readers do on the barbie . . .

PEOPLE'S recipes, tips and advice for barbecuing have started to roll in. Those people will now be in the running to win an Outdoorchef kettle barbecue, to be announced on March 13.

Split Sausage

Pam, from Shearwater, sent in her recipe for Split Sausage. Cut the sausage from end to end, but not right through. Fill with prunes. Wrap the sausage with bacon, secure with skewers or toothpicks and barbecue until cooked through.

Pam also included some good general BBQing tips —

- To preheat allow 10

minutes for gas and 45 minutes for other fuels;

- Cook over hot coals or glowing embers, not flames;
- Soak bamboo skewers in cold water for two hours before BBQing to prevent charring;
- Marinades that contain sugar will burn on high heat; and
- Line drip tray with sand to absorb the fat and prevent flare-ups. Mineral kitty litter does the same thing.

Fig parcels

Margaret, from Devonport, points out that figs are in season. She has the rather ingenious idea of cutting figs in half lengthways. In a piece of

foil, place a knob of butter and two teaspoons of brown sugar. Place fig halves face down on the sugar and butter, wrap the foil into a parcel and barbecue slowly until the figs are soft and a sauce has formed from the butter-sugar.

Cool and serve with a scoop of ice cream.

Mince options

Grace, from Ulverstone, suggests taking 500g of beef mince, 4 shortcut bacon rashers (chopped), 1 medium onion (finely chopped), 1 teaspoon of mixed herbs and 6 tablespoons of sweet chilli sauce. This mix can be: a) formed into patties or burgers; b) into meatball size to serve with sour

cream and sweet chilli as a dipping sauce; or c) into sausage shapes to be barbecued and served with salad and tacos.

Pumpkin dip

Bob, from Wynyard, says roast butternut pumpkin and peeled garlic cloves gently in the BBQ until soft and golden. Mash with cumin seeds and honey for a sensational dip.

Beef marinade

Terry, from Smithton, says mix half a cup of red wine, a splash of olive oil, four crushed garlic cloves, a few shakes of Worcestershire sauce and plenty of cracked pepper for a great beef marinade.

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:
<http://competitions.theadvocate.com.au>