

# Our BBQ recipes

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## Introduction

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These are the recipes we prepared together during our meeting. The menu was created by a professional dietician. Some recipes are healthier than others. So, when choosing to recreate some of them, remember to pay attention to the food pyramid.



## Guacamole (avocado dip)

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### Ingredients:

1 ripe avocado  
1 clove of garlic, finely diced  
1 tomato, skinned, seeded and very finely diced  
1 small onion, white or red, very finely diced  
1 juice of 12 lime  
1 chili pepper, finely chopped  
Salt

### Preparation:

Cut the avocado in half, remove the pit and scoop out the flesh with a spoon. Mix with the lime juice and salt with a fork to a fine pulp. Add the garlic cubes, the tomato cubes, and the chopped chili pepper. Season if necessary.

## Apple curry dip

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### Ingredients:

250 g sour cream  
2 tsp curry powder  
1 apple  
1 clove of garlic  
salt, pepper,  
sugar, mustard  
1 bunch chives

### Preparation:

Peel 1 apple, cut into very fine cubes and mix with the with the sour cream, the garlic clove and the curry and puree finely with a hand blender.  
Season with mustard, salt, sugar, and pepper.  
Add the chives to serve.

## Date cream cheese spread

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### Ingredients:

200g dates (soft fruit)  
1 clove of garlic  
200 g cream cheese  
200 g sour cream  
juice of approx. 1/2 lemon  
1/2 tsp. salt, pepper, 1/2 tsp. cumin, 1 pinch chili flakes

### Preparation:

Cut dates into small pieces.  
Blend all ingredients together and season to taste.

## Herb butter

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### Ingredients:

1 teaspoon each of finely chopped lovage, oregano and thyme  
250 soft butter  
1 tablespoon finely diced shallots  
2 garlic cloves, crushed  
2 tbsp. lime juice  
1/4 tsp white pepper, 1 tsp salt  
parchment or baking paper

### Preparation:

Wash the herbs, shake very well dry and chop finely.  
Cream the butter until smooth, mix with the shallots, lime juice, pepper and salt.  
Add the herbs and stir in briefly. Let the butter firm up a bit.  
Place the herb butter as a strand on a piece of parchment or baking paper and carefully form into a roll.  
Refrigerate until further use.

## Remoulade

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### Ingredients:

1 small jar of mayonnaise  
2 tbsp capers  
2 tsp sweet mustard  
2 shallots  
4 tbsp chives  
1 gherkin  
1 tsp. curry  
2 pinches ginger  
1 tsp. turmeric  
1 cup Sour cream  
1 tsp. anchovy fillet  
1 tbsp. white wine vinegar  
2 tsp. powdered sugar, to taste  
salt, pepper

### Preparation:

Blend all ingredients in a blender until smooth.  
(Industrially produced remoulade is very sweet. If the homemade R. should be similar to the purchased, then still add more sugar).  
Stored in the refrigerator, it will keep up to 5 days.

## Bulgur salad

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### Ingredients:

200 g bulgur, fine  
1 bunch of spring onions  
2 medium tomatoes  
2 chillies, fresh  
1/2 bunch parsley, flat  
1 bunch mint  
3 tablespoons tomato paste  
some lemon juice  
60 ml oil  
200 g feta cheese  
1 tsp chili flakes  
salt, pepper  
cumin, coriander powder

### Preparation:

1. First, pour boiling water over the bulgur in a bowl so that the water is 1-2 cm above the bulgur and let it soak.
2. In the meantime, wash the tomatoes, clean and cut into smaller cubes. Cut the scallions into 1/2 cm thin rings, leaving out the dark green ends. Finely chop the chili peppers and add all the vegetables to the soaked bulgur.
3. Now wash and chop the parsley and mint.  
In a smaller bowl, mix about 60 ml of oil with the juice of 1/2 -1 whole lemon, the tomato paste, 1 tsp salt, some pepper, 1 tsp cumin and coriander powder, the parsley, the chopped mint and add chili flakes to taste and mix well.
4. If you do not like it so spicy, then omit the chili flakes. If you want some more tomato taste, then add a little more tomato paste.

Now pour the dressing over the bulgur and vegetables and mix everything well and season again with lemon juice and salt. Then sprinkle the feta cheese crumbled on the salad.

The salad should be marinated for at least 1/2 hour before eating.

## Fennel salad with oranges (Insalata di arance)

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4 servings

### Ingredients:

2 fennels  
2 oranges + 1 orange to squeeze  
2 small avocados  
1 red onion  
1 teaspoon fennel seeds  
2 tablespoons lemon juice  
salt, pepper  
5 tablespoons olive oil  
50 g black olives  
Mortar

### Preparation:

1. Wash and clean the fennel, pluck the tender green and set aside. Cut the fennel bulbs in half lengthwise, remove the stalk and slice crosswise on a cucumber slicer. Peel the oranges, cut into quarters and slice crosswise. Keep the drained juice. Peel, quarter and finely slice the onion.
2. Lightly roast the fennel seeds in a pan without fat. Crush as much as possible in a mortar.  
Mix fennel seeds with the collected and squeezed (as needed) orange juice, lemon juice, salt and pepper and olive oil with a hand blender until a creamy sauce is obtained.
3. Cut avocado in half, remove pit, carefully scoop out flesh as a whole and cut into wedges. Now mix with the fennel slices, onions, orange slices and the olives, pour the sauce over them and serve on a salad platter or in a bowl.
4. Pluck the fennel greens into small pieces and sprinkle them on top. If desired, garnish with a few halved olives.

## Papaya salad with peppers

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4 servings

### Ingredients:

400 g green papaya  
1 each small red and small yellow bell pepper  
30g ginger  
1 pc. spring onions  
1 each red and green chili pepper  
1 tablespoon peanuts  
1 clove of garlic  
4 tablespoons lime juice  
1-2 tbsp. white balsamic vinegar  
3 tbsp vegetable stock (liquid)  
2 tbsp. sunflower oil  
salt, pepper, sugar

### Preparation:

1. Peel the papaya, remove the seeds and cut the flesh into fine splits. Rinse the bell pepper, halve, seed and cut into fine strips. Peel ginger and chop very finely.  
Rinse and clean the spring onions, remove the top third and cut into fine rings.  
Rinse chili peppers, remove seeds and chop finely.
2. Coarsely chop the peanuts and roast them without fat until golden brown. Peel the garlic clove and finely dice. Mix vegetable broth with lime juice, sugar, salt, pepper, balsamic vinegar and oil.  
Add the peanuts and garlic cubes and season to taste.
3. Mix all salad ingredients with the sauce and season to taste.

## Fish coconut salad with Chinese cabbage

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### Ingredients:

400 g pollock fillet  
1/2 bunch coriander  
1 clove of garlic  
1 red chili pepper  
1 organic lime  
2 tablespoons peanut oil  
200 ml coconut milk  
salt, pepper  
2 tbsp creme fraiche  
1 small Chinese cabbage  
1 yellow bell pepper  
3 tomatoes  
Grater

### Preparation:

1. Cut the fillet into 3 cm pieces. Wash and shake the coriander and chop half of it. Peel the garlic. Wash chili pepper, cut in half lengthwise and remove seeds. Finely dice garlic and chili. Wash lime with hot water and grate peel. Squeeze juice and set half of it aside. Mix everything with oil and pour on the fish and marinate covered in the refrigerator for 1 hour.
2. Heat a frying pan, add the fish cubes and cook over medium heat for 1 minute.  
Pour in the coconut milk and continue cooking for 2 min, add salt and pepper. Remove from heat and stir in the crème fraîche and allow to cool.
3. Meanwhile, remove the outer leaves from the Chinese cabbage, cut into quarters, also remove the stalk and cut the quarters into bite-sized pieces. Clean the peppers and cut into fine strips and halve.  
Wash the tomatoes and cut them into eighths, removing the stem ends.
4. Chop the remaining cilantro. Mix vegetables and salad, fold in fish and sauce, season with remaining lime juice and sprinkle with cilantro.

## Waldorf Salad

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### Ingredients:

250 g tart apples  
250 g tuber of celery  
250 g canned pineapple rasps  
1 00 g chopped walnuts  
juice of 1/2 lemon  
150 g mayonnaise + 150 g low-fat yogurt  
1 pinch each of white pepper and sugar

### Preparation:

Mix the mayonnaise and yogurt together vigorously and season.

Peel the apples, cut them into quarters, remove the core and sprinkle with lemon juice.

Grate with the coarse side of a square grater.

Peel the celery and grate coarsely as well (the same size as the apples). Mix with the pineapple flakes, the chopped nuts, the apple flakes and the lemon juice. The mayonnaise-yogurt mixture over the top and mix.

## Chakalaka (South Africa)

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4 servings

### Ingredients:

2 onions  
1 clove of garlic  
2 red chillies  
100 ml oil  
3 peppers (yellow, red, green)  
1 tablespoon paprika powder  
500 g finely shredded white cabbage  
500 g coarsely shredded carrots  
150 g peas (frozen)  
1 tablespoon cayenne pepper  
salt, pepper  
juice of 1/2 lemon

### Preparation:

1. Peel and chop the onions and garlic. Wash the chillies, remove the stalks and seeds and and finely dice the pods. Sauté onions, garlic and chilies in half the oil in a large pan until soft.
2. Wash and halve the peppers, remove the stalks and seeds. Cut bell pepper halves in half crosswise, cut into strips and add to onions in skillet. Stir-fry for about 2-4 min. Remove from pan and set aside.
3. Heat the remaining oil in the pan. Add the shaved cabbage, shredded carrots, then add the peas and spices and cook, stirring, until al dente.

Now heat the onion-garlic-pepper mixture again in the vegetable mixture.

Season everything with a little lemon juice, salt and pepper.

## Krautfleckerl

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4 servings

Krautfleckerl are something very special, a typical Austrian homestyle dish. The recipe for Krautfleckerl is known far beyond the borders of Austrian cuisine, as it was already cooked in imperial and royal times.

Ingredients:

500 g Fleckerl (square-shaped noodles, can be substituted for example with Farfalle)  
60 g sugar  
1 onion  
600 g white cabbage  
2 tablespoons caraway seeds  
20 g butter  
1 bunch parsley  
salt and pepper

Preparation:

1. Clean the white cabbage, cut into quarters and remove the stalk. Cut approx. 600 g of cabbage into the shape of the pasta (same size / squares) in a bowl and salt. Press together firmly and let stand for approx. 15 minutes.
2. Clean the onions and cut them into cubes.  
In a large pan, caramelize the sugar in hot butter (the sugar will start to bubble). Then add the onions, fry until golden. Then add the cabbage and add the caraway seeds.
3. Add 2 tablespoons of water and cook with the lid closed for about 40 minutes. In between stir from time to time. It must not burn in any case. If necessary, add 1 tablespoon again. The cabbage gets a light brown color.
4. After 20 minutes, the pasta can be cooked. Bring plenty of hot water to a boil salt and cook al dente according to package instructions.
5. Now add the noodles to the cabbage, pepper everything again and let it steam covered for approx. 5 min.
6. Wash and finely chop the parsley and arrange each with the cabbage pasta.

## Oven vegetables with Roquefort dip

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4 servings

Ingredients:

4 medium beets  
400 g potatoes  
400 g Hokkaido pumpkin (not peeled)  
1 vegetable onion  
7 tablespoons olive oil  
coarse sea salt  
pepper  
2-3 sprigs of thyme  
4-5 stalks marjoram  
4 ripe pears  
4 tablespoons walnut kernels  
400 g cream cheese  
200 ml milk  
150 g Roquefort cheese

Preparation:

1. Cook beet for approx. 45 min. Then peel and cut into wedges. Peel the potatoes and the onion. Cut potatoes into thinner slices than the onion. Wash pumpkin, halve, remove seeds, also cut into thin wedges, cut them into thirds.
  2. Spread the prepared ingredients, except for one onion wedge, on the oiled frying pan. Drizzle olive oil and season generously with coarse sea salt and pepper. Wash the herbs, roughly shred and sprinkle over the vegetables. Bake in a hot oven at 175° for approx. 45 min.
  3. Wash pears, cut into quarters and remove core. After about 20 minutes, place them on the baking tray.
  4. Using a hand mixer, mix the cream cheese with the milk and the Roquefort cheese until smooth. Chop an onion wedge very finely and stir in with a whisk.  
Chop the walnut kernels and stir them in. Season to taste with pepper and salt, if desired.
- Serve vegetables and Roquefort dip separately.

## Grilled corn on the cob with herb butter

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4 servings

### Ingredients:

4 cooked corn on the cob  
100 g butter  
1 tsp. frozen parsley  
2 cloves of garlic  
1 tsp frozen chives

### Preparation:

Mix butter with parsley, chives and pressed garlic. Liquefy the butter in the microwave for 1/2 min. at 350 W. Heat grill to 160°-175°. Brush corn on the cob evenly with herb butter and place on grill. Turn every 5 min. so they get a nice even color on all sides.

## Vegetable barbecue skewers

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4 servings

### Ingredients:

1 bell pepper, red  
1 zucchini  
100 g small mushrooms  
2 corn cobs, shrink-wrapped (already cooked)  
2 onions  
4 tbsp oil  
1 tsp Italian herbs  
Preparation time: 30 min.

### Preparation:

Clean and wash vegetables. Cut zucchini into slices, peppers into pieces. Drain corn, pat dry and cut into slices. Peel onions, cut lengthwise into quarters, then crosswise into eighths. Thread the vegetables alternately onto 4 skewers, brush with a little oil and cook on a hot grill. Mix the remaining oil with the herbs and brush the skewers often.

## Meat skewers with peanut dip

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60 pieces

### Ingredients:

1 kg turkey cut in piece  
6 tablespoons oil  
5 tbsp. soy sauce  
3 tsp fennel seeds

### Peanut dip:

1 jar of peanut cream (330 g)  
6 tbsp. soy sauce  
3 cloves of garlic  
1 tbsp sambal olek  
1 lime  
3 tablespoons sugar  
salt and pepper

### Preparation:

1. Rinse turkey meat, pat dry, and cut into strips about 5 cm long and 2 cm wide.
2. For the marinade, mix oil, grated lime zest and juice, soy sauce and fennel seeds. Add marinade to meat and let marinate, covered, for at least 1 hour. Preheat oven to 250° or 220° convection.
3. Dip: Mix peanut cream, soy sauce, chopped garlic, sambal olek, grated lime zest and juice, sugar and 125 ml water. Season to taste with salt and pepper.
4. Place the marinated strips of meat on toothpicks in a wave-like pattern. Place on baking sheet and season with salt and pepper.
5. Roast in the preheated oven for 15 minutes. Serve with the peanut dip.



## Cevapcici

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4 servings

### Ingredients:

500 g minced meat half and half  
300 g minced lamb meat  
2 eggs  
2 tsp salt, 1/2 tsp oregano  
1/2 tsp white pepper, 1 tsp paprika powder  
2 onions  
3 cloves of garlic  
2 tablespoons oil

### Preparation:

1. Peel the garlic cloves and the onions, dice them very finely and mix them with the salt, pepper, oregano and paprika powder into the meat.
  2. Form rolls (about 6-7 cm long and 2 cm thick) from the meat and refrigerate for 30 minutes.
  3. Brush the meat rolls with oil and grill on a barbecue for 10 minutes, turning frequently. Grill on all sides for 10 minutes. The grilling time depends on how thick you have formed the rolls. The meat may still be slightly pink inside.
- Goes well with: White bread and tomato salad.

## Chicken breast alla diavola

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4 servings

### Ingredients:

4 sprigs each of sage, rosemary and thyme  
2 dried chili peppers  
4 cloves of garlic  
1 organic lemon  
1 teaspoon fennel seeds  
salt  
7 tablespoons olive oil

### Preparation:

1. Rinse the chicken breast fillets in cold water and pat dry. Wash the herbs, shake dry, pluck off the leaves and chop finely with the chili peppers. Peel the garlic and cut into fine slices. Wash and dry the lemon, cut off 1 piece of peel and chop finely. Squeeze the juice.
  2. Heat the oven to 180°. Mix the herbs, chili peppers, garlic and lemon zest with 3 tbsp lemon juice, fennel seeds, salt and olive oil. Place the chicken breasts in an ovenproof dish, pour the seasoning mixture over them. Roast in oven (convection) 160° for about 20 min until cooked. Finally, turn on the grill for a few minutes and brown the chicken fillets. Be careful not to burn them!
- Serve with white bread or rosemary potatoes.

## Greek chicken thighs

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6 servings

### Ingredients:

4 chicken thighs  
750 g potatoes (as small as possible)  
500 g small onions  
juice of 4 lemons  
200 ml olive oil  
salt, pepper  
2 tsp thyme  
1 bunch basil  
300 g feta cheese  
200 g black olives  
kitchen paper

### Preparation:

1. Pre-cook potatoes for about 15 min. as jacket potatoes. Preheat oven to 200°.
2. Wash chicken thighs, dab dry with kitchen paper, salt and pepper. Place side by side in a deep roasting tray. Peel and halve the onions.
3. Squeeze lemon juice and whisk with 200 ml olive oil. Peel the potatoes and roll them in the oil marinade together with the onions, then spread them between the chicken thighs on the tray. Sprinkle everything with thyme. Pour the rest of the lemon juice-oil marinade over the top.  
Place in the preheated oven for about 1 hour. Then add the diced feta cheese and olives and cook for another 15 min. If chicken legs and potatoes become too dark, cover the tray with aluminum foil.
4. Before serving, finely chop the basil leaves and sprinkle on top.

## Grilled chicken skewers

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4 servings

### Ingredients:

1 clove of garlic  
2 tablespoons canola oil  
1 tbsp. lime juice  
1 tsp. curry powder  
1 tbsp. soy sauce  
1 tbsp. mustard  
1 tbsp. maple syrup  
pepper, salt

300 g chicken breast fillets  
1 large red bell pepper  
1 large yellow bell pepper  
4 shallots  
1/2 bunch flat leaf parsley  
4 long skewers (wood or metal)

### Preparation:

If using wooden skewers, soak them in water beforehand.

1. Peel garlic and chop finely. Mix with canola oil, lime juice, curry powder, soy sauce, mustard and maple syrup until a creamy marinade is formed. Season with salt and pepper to taste.
2. Rinse chicken breast, pat dry and cut into 2.5 cm pieces. Cut peppers in half, remove seeds, wash and also cut into 2.5 cm pieces. Peel shallots and cut in half crosswise.
3. Now alternate chicken, peppers and shallots on the skewers, then brush all sides with the marinade. Place in a baking dish and cover and refrigerate for about 1 hour. Rinse parsley, shake dry and chop.
4. Dab the marinated skewers with kitchen paper. Grill in a grill pan over medium grill on both sides for about 10 - 15 minutes. Garnish with chopped parsley and serve.

## Spicy meat patties (Indian)

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4 servings

### Ingredients:

1 piece of fresh ginger (approx. 2 cm)  
1 clove of garlic  
1 onion  
1/2 tsp cumin  
3 tbsp. chickpea flour  
8 stalks of mint  
2 tsp garam masala | 1 egg  
500 g minced lamb or beef  
1 bread roll (alternatively: 3 slices of toast)  
salt/ pepper  
oil for frying

### Preparation:

1. Peel and finely chop or grate the ginger. Peel the garlic and onion, and finely chop the onion and garlic. Soak bread in lukewarm water.
2. Roast chickpea flour in a pan. Remove, let cool. In the same pan heat 1 tablespoon oil, fry the onion in it. Add cumin and garlic cubes. Stir-fry for 1 minute, set aside.
3. Wash the mint and shake it dry, chop the leaves finely. Mix the ginger, onion mixture, garam masala, chickpea flour and egg with the squeezed bread into the minced meat, season with salt and pepper. Form the minced meat into 12 balls and flatten slightly. Refrigerate for 30 minutes.
4. Heat sufficient oil and fry the meat patties in portions on both sides for approx. 7-10 min. until brown. Serve with cucumber and tomato slices and onion rings.

## Strawberry tiramisu

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4 servings

### Ingredients:

approx. 150g ladyfingers (longish biscuit cookies)  
750 g fresh strawberries (can be substituted by frozen berries, e.g. raspberries)  
100 g sugar  
1 packet vanilla sugar  
500 g mascarpone  
500 g low-fat quark (may be substituted with Greek yoghurt)  
200 ml cream  
approx. 80 ml orange liqueur  
1 tablespoon cocoa

### Preparation:

1. Wash and chop the strawberries. Mix half of the sugar with the strawberries. Line a baking dish with ladyfingers. Drizzle with orange liqueur if desired. The ladyfingers should be a little soaked.
2. Mix mascarpone, quark, vanilla sugar and remaining sugar, season with 2 tablespoons orange liqueur. Whip the cream until stiff and fold in.
3. Spread the strawberries with the juice on the ladyfingers and spread the cream on top. Store in the refrigerator until ready to eat.
4. Dust cocoa through a sieve on the cream and serve.

## Red fruit jelly with vanilla sauce

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6 servings

Ingredients for fruit jelly:

300 g wild berries (frozen)  
200 g raspberries (frozen)  
200 g sour cherries frozen  
300 ml currant or sour cherry juice  
2-4 tablespoons sugar  
approx. 70 g cornstarch  
1/8 l dry red wine or another 1/8l fruit juice

Ingredients for the vanilla sauce:

500 ml milk  
2 tablespoons sugar  
30 g custard powder (vanilla flavor)

Preparation:

1. Take the frozen fruit out of the packaging, pour it onto a sieve, add sugar and defrost.
2. Boil the fruit juice with the juice of the frozen fruit and 2 tablespoons of sugar in a large pot.
3. Mix the cornstarch with a little red wine or juice. Stir into the boiling juice and boil briefly until the starch binds. Only then carefully fold in the fruit, do not stir.  
Add sugar to taste. Either pour the jelly into a bowl or portion immediately.
4. For the sauce, bring the milk and sugar to a boil in a saucepan. Stir the custard powder with a little cold milk until smooth, pour to the boiling milk while stirring, bring to a boil briefly and remove from heat.  
Chill the sauce. Stir from time to time (prevents skin formation). Then either pour into a sauce boat / bowl or immediately over the red fruit jelly.

## Brownies

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Makes approx. 25 pieces

Ingredients:

160 g milk chocolate coating  
160 g dark chocolate coating  
100 g butter  
2 teaspoons crème fraîche  
3 eggs  
200 g brown sugar  
1 pinch salt  
160 g flour  
3 tbsp. cocoa powder  
80 g ground almonds  
1/2 package baking powder  
butter  
breadcrumbs

Preparation:

1. Coarsely chop the chocolate coating and melt it with the cubed butter.
2. Stir in the crème fraîche and let the chocolate mixture cool in a bowl.  
Preheat the oven to 165° top and bottom heat (no convection!).
3. Beat the eggs with the sugar and salt for at least 5 minutes.
4. Gradually stir in the still liquid, slightly cooled chocolate mixture. Mix flour, almonds, baking powder and cocoa and stir in as well.
5. Butter a baking pan (approx. 25 x 25 cm) well and sprinkle with breadcrumbs. Pour the viscous batter into it. Bake the brownies on the middle shelf for 30 minutes. When the edge is dark brown, the brownies should be done. They should still be mushy in the middle.
6. After cooling, cut into small rectangles or cubes.