

# Aussie BBQ Beef and Chicken Skewers

## BBQ Beef

500g cooked minced beef  
100ml beef stock  
2 x Scoop A **Shape It**  
1/2 tsp **thickplus™**  
Salt and pepper to taste  
Parisian essence for colour  
Spices, soy, wine etc\*

### Method

1. Whisk beef stock and **Shape It** in a saucepan, add the cooked hot beef mince, if desired Parisian essence. Bring to simmer and hold for 2 minutes, stirring occasionally
2. Pour into food processor. Add **thickplus™** and puree until smooth, scrape down sides as required and blend thoroughly. Season to taste with salt and pepper
3. Pour into the prepared container, cover with cling film and refrigerate until set
4. Remove from the container and cut into 2cm square pieces or to suit your kebab size

### Hints and Tips

*To obtain a true BBQ beef colour, add Parisian essence to the mix or brush/spray finished meat cubes.*

*\* Substitute some of the beef stock with any traditional kebab marinating solution to give it that true BBQ kebab flavour!*

## Pineapple

200g tinned chopped pineapple  
2 x Scoop A **Shape It**

### Method

1. Add pineapple and **Shape It** to a food processor and blend until smooth, scrape down sides as required
2. Add puree to saucepan, bring to boil and simmer gently for 2 minutes.
3. Pour into the prepared container, cover with cling film and refrigerate until set
4. Remove from the container and cut into 2cm square pieces or to suit your kebab size

## BBQ Chicken

330g cooked and cubed boneless and skinless chicken thigh fillets (approx. 1cm cubes)  
50ml poaching liquid or chicken stock  
3 x Scoop A **Shape It**  
1/4 tsp **thickplus™**  
Salt and pepper to taste  
Spices, soy, wine etc\*

### Method

1. Whisk liquid and **Shape It** in a saucepan, add cooked hot chicken, bring to the boil over a medium heat. Simmer for 2 minutes, stirring occasionally.
2. Pour into a food processor. Add **thickplus™** and puree until smooth, scrape down sides as required and blend thoroughly. Season to taste with salt and pepper
3. Pour into the prepared container, cover with cling film and refrigerate until set
4. Remove from the container and cut into 2cm square pieces or to suit your kebab size

### Hints and Tips

*\* Substitute some of the chicken stock with any traditional kebab marinating solution to give it that true BBQ kebab flavour!*

## Capsicum

230g cooked capsicum (approx 280g raw)  
8 x Scoop A **Shape It**

### Method

1. Roughly chop any colour capsicum, saute in oil until cooked.
2. Add hot capsicum and **Shape It** into food processor, blend until smooth, scrape down sides as required and puree
3. Add puree to saucepan, bring to boil and simmer gently for 2 minutes.
4. Pour into the prepared container, cover with cling film and refrigerate until set
5. Remove from the container and cut into 2cm square pieces or to suit your kebab size

## Onion

150g cooked onion (approx 200g raw)  
7 x Scoop A **Shape It**

### Method

1. Roughly chop onion, saute in oil until cooked.
2. Add hot onion and **Shape It** to the food processor and blend until smooth, scrape down sides as required
3. Add puree to saucepan, bring to boil and simmer gently for 2 minutes.
4. Pour into the prepared container, cover with cling film and refrigerate until set
5. Remove from the container and cut into 2cm square pieces or to suit your kebab size

## Tomato

200g passata  
3 x Scoop A **Shape It**  
1 tsp white sugar to taste  
Salt and pepper to taste

### Method

1. Add all ingredients to a food processor and blend until smooth, scrape down sides as required
2. Add puree to saucepan, bring to boil and simmer gently for 2 minutes.
3. Season to taste with sugar, salt and pepper. Pour into the prepared container, cover with cling film and refrigerate until set
4. Remove from the container and cut into 2cm square pieces or to suit your kebab size

## To serve

Assemble the ingredients onto a BBQ skewer, plate and cover with cling film. Steam at 100°C for 20 minutes, or until internal temperature reaches 75°C. Do not over heat.

# Aussie Pavlova topped with Fruit

## Meringue

4 egg whites  
220g caster sugar  
1 tsp vinegar  
3/4 tsp vanilla extract

### Method

1. Preheat oven to 120°C, line a baking tray with non-stick baking paper, spray with oil or butter, dust cornflour onto oil and shake off any excess
2. Using a electric mixer, whisk the egg whites until it forms a soft peak form.
3. Gradually add the caster sugar a tablespoon at a time, whisking well between each addition, until sugar dissolved.
4. Once all the sugar has been added, whisk on high for 3 minutes. Fold in vinegar and vanilla essence
5. Spoon one dollop of meringue onto the baking tray.
6. Cook for one hour or until crisp.
7. Allow to cool

## Kiwifruit

400g peeled ripe kiwifruit  
7 x Scoop A **Shape It**  
1/8 tsp (0.45g) **thickplus™**

### Method

1. Place all ingredients in a food processor and puree until smooth, scraping down sides as required.
2. Remove any seeds by passing through a sieve.
3. Transfer to a saucepan, bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally
4. Pour into prepared mould or container, cover with cling film or mould lid and refrigerated until set.

## Peach

250g tinned peaches  
2 x Scoop A **Shape It**

### Method

1. Place all ingredients in a food processor and puree until smooth, scraping down sides as required.
2. Transfer to a saucepan, bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally
3. Pour into prepared mould or container, cover with cling film or mould lid and refrigerated until set.

## To assemble and serve

1. Remove crust from the top of the meringue and grind into a dust
2. Cut the marshmallow into individual serves or continue with the whole pavlova. Top with whipped cream, chopped fruits and sauces to taste.

