

Eamon De Freitas BBQ Recipes

Peanut Butter and Raspberry Stuffed Pork Fillet

This dish is very quick and always elicits a good response at a party! You take a pork fillet or tenderloin, slice it open and rub it with peanut butter on one side and raspberry jam on the other. Close it up and truss it up with twine and place on the grill. Simple as that! It doesn't take long to cook. You just must make sure you cut in properly, take a long slice down the centre, not the whole way through, just enough so you can open and butterfly the cut of meat out. Trussing it up (tying it) with twine is the most complicated part of this dish if you haven't done before. It's just a way of tying the meat together but looping and tying the twine. You're wrapping the meat with twine, closing it back up and using the twine to create a bunch of loops connecting back together to tie the meat up. Then it goes straight on a medium grill for 6/7 mins per side.

- Full pork fillet/tenderloin - between 500-700g
- Peanut Butter
- Raspberry Jam
- Sea Salt
- Chilli powder
- Butchers Twine

Szechuan Butter Chicken Hearts

This might sound a bit out there for people who haven't tried them before but hear me out.

You won't find chicken hearts in Tesco or Lidl; you'll need to go to the butcher. People can be squeamish about things like this, but we should be eating all types of meat and they're so good once you get past what they are. What I love about them is the completely different texture and flavour. The texture is stiffer and firmer than a traditional cut of meat, and the flavour is very mineral rich. It's an organ at the end of the day, so it has a strong taste. Not as strong as something like liver though. I love making things at a barbeque that start a conversation or surprises people. If you make these at a BBQ people are usually 'no way!' and then they try them and love them. It highlights the adventurous and conservative eaters at the party which I always find fun!

If you cook it right, it shouldn't be chewy. At least it shouldn't be, if it's overcooked it'll be chewy.

You start the dish by putting the chicken hearts into cold salted water. Let them sit there until the blood comes out, drain the dirty water after, I know it sounds a bit gross but this is just meat prep! Then you toss the hearts in Chinese five spice, you can buy it or grind it yourself. After that you salt them and then space them out on the grill. They're really quick, only 2/3 mins on a hot flame. You'll have to mix the Schezwan peppercorn powder with butter to finish. Rub this butter on them when they're cooked and squeeze a bit of lime on them. Done.

- 400g Chicken Hearts
- Bamboo skewers
- 30g Chinese 5 Spice
- Sea salt
- 15g Szechuan powder/flakes
- 150g salted butter
- Lime wedges to serve

Squash on the coals

A great main dish to prepare is what I call 'Squash on the Coals'!

This recipe is so easy and lets the produce shine. Grab a butternut squash and wrap it completely in foil. Drop it right into the hot coals and leave it there for an hour or so while you cook your other dishes. There is a huge margin for error here so do not sweat over-cooking it!

Once cooked, place it on a cutting board, loose the skin and seeds and pile on a plate. Do not despair if you cannot remove all of the seeds and if a few charred bits make it to the plate this is not only OK, it is encouraged! Add a healthy dollop of butter or yoghurt, drizzle some olive oil and add a hearty sprinkle of salt and some lemon zest. Dig in!

What about dessert?

People don't realise how good fruit is to BBQ. Especially sweet, stone fruits. Just make sure the grill is hot enough and that you run with oil or fat. Apricots, pears are amazing. Jus slice in half and place on a really hot grill. If you drizzle them with a little bit of balsamic or red wine vinegar when they're cooked it's really good, and a little salt. All of these things bring out their sweetness.

Flamed Berries with Sweet Mascarpone.

Technique wise, this is a simple recipe, but you have to take care. You'll need a metal sieve or colander and then a handful of mixed berries. You can use blueberries, blackberries, I like to use raspberries. You get the fire ready, as hot as you can. Hold the berries in the colander as close as you can to the heat, lower over the flame. Use an oven glove so you don't burn your hands. When the berries have been kissed by the flame for a minute or two, lift them off. You can also use apple, pears, nectarines or any sugary fruit. You have to do it fast enough, so it doesn't cook too much. Just a few minutes, toss the berries around as you're doing it, and when they're done, they go in a bowl. You add a bit of honey and salt to the mascarpone, a tiny bit of salt, put a dollop in the bowl with the fruit. Then top with a drizzle of honey and some mint leaves.

Charred Fruit with Sweet Mascarpone

- 150g Blueberries
- 150g Raspberries
- 150g Blackberries
- 250g Mascarpone
- 40g Honey
- Juice of half a small lemon
- Mint leaves
- Sea Salt
- Extra honey for drizzling

