

Simple BBQs by Stanley!



A summer barbeque is a fantastic way to enjoy time with family and friends, but unless you have an extra large barbeque it can sometimes be difficult to cook for a large group at once. It is a good idea to prepare as much of your food as possible in advance and then use your barbeque for the main dishes or to reheat foods that you have already pre-cooked in the oven. This way you can be confident that your food is well cooked throughout, without losing the barbeque flavour. Preparing as much of your food in advance also means that you have more time to enjoy the good food and company! Our recipes this week require the minimum of preparation. The beef burgers are perfect for barbequing, but if it's raining they can be grilled in the Stanley oven with just as good results.

Sun-dried tomato beef burgers with balsamic onions

Ingredients

- 675g (1 ½lb) lean minced beef
- 1 large onion, peeled and grated
- 45ml (3tbsp) freshly chopped oregano
- 15ml (1tbsp) freshly chopped mint
- 6 sun-dried tomatoes in oil, drained and finely chopped (reserve 4tbsp of the oil)

For the balsamic glazed onions

- 450g (1lb) red onions peeled and finely sliced
- 60ml (4tbsp) balsamic vinegar

- Heat the oil in a frying pan and gently sauté the onion until soft. Combine all the ingredients in a large bowl, mix well and shape the mixture into 6 evenly sized burgers.
- To prepare the balsamic glazed onions, heat the reserved oil in a large non-stick pan either on a prepared barbeque or the Stanley hob. Add the onions and cook for 8 minutes until soft and caramelised. Add the balsamic vinegar and season. Cook for a further 10 minutes.
- Cook the burgers for 5-6 minutes on each side using the grill pan on the top shelf of the Stanley oven or on a preheated barbeque. It is important to cook the burgers right through.
- Serve the burgers in buns with salad leaves, the onions and some salsa.

Honey and mustard dressing

Ingredients

- 6 tbsp olive oil
- 2 tbsp white wine vinegar
- 1 small garlic clove crushed
- 1 tsp grain mustard
- 2 tsp of runny honey
- salt and pepper

- Whisk all ingredients together.

The perfect green salad with dressing

If you are buying salad, choose the freshest of leaves, organically grown where possible. Wash immediately and store in the fridge. Mix herbs such as flat leaf parsley, basil, coriander and chives with salad leaves for extra flavour

To wash your salad leaves, fill the sink with cold water and a little salt (the salt helps to detach determined slugs). Gently wash the leaves in the sink, taking care not to damage the leaves. Dry in a salad spinner.

Try adding toasted nuts, walnuts, pinenuts, olives, parmesan shavings, crispy croutons, apple slices, crumbled or cubed cheese to your green salads to make them even more interesting.



Chocolate dipped Strawberries

Ingredients

- 12 strawberries, washed and dried with stalk intact
- 75g/2oz chocolate, melted

- Cover a baking sheet with grease proof paper and set aside.
- Holding the stalk of the strawberries dip them half of the way into the melted chocolate mixture.
- Lay the strawberries in lines on the baking sheet, and place in the freezer to set for 10 min.
- To serve, pile the strawberries into a large bowl.

Langoustines with lime mayonnaise on crushed ice

Delicious succulent langoustines are a memorable beginning to any evening. Remember to leave a dish nearby for shells.

Ingredients

- Allow 5-6 langoustines per person
- 6 tablespoons of good quality mayonnaise
- Juice of one lime
- Lime wedges

Remove entrails from langoustines by taking the middle segment or tail shell between thumb and forefinger, then twist and pull. Plunge langoustines into simmering water for 30-40 seconds. Remove and leave to cool naturally. Mix the lime juice with the mayonnaise. To serve, arrange the langoustines on a bed of crushed ice, place lime mayonnaise in a bowl in the centre of the dish and scatter lime wedges. Enjoy!



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