

Smokey BBQ pork rashers



Preparation Time 5 minutes Cooking Time 20 minutes Serves 4

Ingredients:

8 pork belly rashers, boneless, thinly sliced 2-3 cm
200 mL smokey BBQ sauce
½ cup dark brown sugar
2 tbsp oil
1 tsp garlic, finely chopped
2 tbsp Worcestershire sauce
Salad to serve

Cooking Instructions:

Step 1. Combine the smokey bbq sauce, brown sugar, oil, garlic and Worcestershire sauce in a large bowl.

Step 2. Add the pork belly rashers to the bowl and marinate for up to 24 hours.

Step 3. Cook marinated belly rashers over a medium heat on the bbq, griddle plate or under a fan grill basting and turning frequently being careful not to burn the marinade.

Step 4. Serve simply over tossed green salad leaves.

Notes: a little chilli or tabasco sauce can be added to this marinade for a spicy option.

Preparation Time 5-10 minutes Cooking Time 20 minutes Serves 6

Ingredients:

500 g lean pork, cubed
1 red capsicum, diced
2 small zucchini, sliced
2 tbsp oil
100 mL honey and soy marinade
2 tbsp honey
12 thick bamboo skewers, soaked
Stir fry vegetables or noodles to serve

Cooking Instructions:

Step 1. Thread the pork onto the soaked skewers alternating between the red capsicum and zucchini slices.

Step 2. Brush each skewer with a little oil.

Step 3. Heat a griddle pan or BBQ plate on medium heat for 3-4 minutes. Cook pork skewers for 3-4 minutes, turning frequently.

Step 4. Brush each skewer liberally with honey soy marinade and continue to cook for a further 3-4 minutes, turning and basting frequently.

Step 5. Serve kebabs over stir fried vegetable or noodles drizzled with honey.

Note:

Do not marinate the kebabs prior to cooking as the honey in the sauce will burn if cooked for too long.

