



Everyone loves to hear of a BBQ party, it is a great way to entertain family /friends. The preparation can be done well in advance taking the pressure off the host.

The secret to well flavoured food for a BBQ is that all meat and vegetables are well marinated. For sausages /burgers etc I always pre-cook on a tray in the oven to avoid the risk of food poisoning. (Marinate the food in tin foil trays and cook in the trays on the BBQ, this helps avoid 'burnt offerings'!).

BBQ Sauce

- 2 small onions chopped
- 6 cloves of garlic chopped
- 2 red chillies, deseeded and finely chopped
- 2 tsp fennel seeds
- Olive Oil
- 110g brown sugar
- 11ml Soy Sauce
- 1.2L ketchup

Method

- 1) Fry the onion, garlic chilli, fennel seeds and add sugar
- 2) Add soy sauce and ketchup
- 3) Bring to the boil and simmer together for a few minutes
- 4) Ready for immediate use or leave to cool to allow the flavour to mature.
- 5) Store in a container for up to 3 days in the fridge