

q cuisine: with HOME COOK HYLTON

Spring and summer are barbecue seasons. Here in Australia, we've already had quite a few days of 25°C+. While sausages and burgers are fine foods for a barbie, it's also an opportunity to try new things that may take a little longer to prepare, or may take you outside your comfort zone. If you're willing to experiment with something you consider unorthodox, you may thank me later.

It's also worth noting that when you're done cooking, please clean your barbecue. It's a lot easier to scrape off marinades and sauces your food has left behind while your barbecue is hot. And nobody wants to have to clean a barbecue before embarking on your next culinary experience outside.

Chilli Barbecue Prawns

- 500g fresh prawn cutlets, or 1kg of whole prawns (deveined; head off, tail on)
- 1/3 cup olive oil
- 1/4 cup sesame oil
- 3 tbsp. lemon juice
- 2 tbsp. tabasco*
- 2 tbsp. minced garlic
- 1 tbsp. tomato sauce or chutney
- 1 tbsp. chilli paste (I use Lee Kum Kee Chilli Garlic Sauce)
- 1 bunch fresh parsley
- 1 tsp each of salt & pepper

*tabasco can be reduced or omitted if you'd like a little less spice. Two tablespoons of the stuff can pack a hefty wallop!

1. Combine all marinade ingredients in a large enough plastic container to hold the sauce and prawns. Mix well.
2. Add prawns and toss to coat.
3. Seal and refrigerate for a minimum of a few hours. I leave mine overnight
4. Remove the prawns from fridge and thread onto skewers.
5. Heat a barbecue grill plate or heavy frying pan to high heat.
6. Brush one side of each prawn with leftover marinade, and place that side down on your grilling surface and cook for 2 minutes.
7. Brush the top sides of prawn skewers with more marinade and flip, cooking another 2 minutes.
8. Serve with rice dressed with a spritz of sesame oil.

Grilled Chicken Hearts

- 500g of chicken hearts
- Half a brown onion
- 4 tbsp. lemon juice
- 2 tbsp. finely chopped fresh oregano
- 2 tbsp. finely chopped parsley
- 1 garlic clove

1. Trim and discard membrane and extra fat from hearts.
2. Combine the remaining ingredients in a plastic container, add the hearts and toss to coat.
3. Seal and refrigerate for 2-4 hours.
4. Remove the hearts from fridge and thread onto skewers.
5. Heat a barbecue grill plate or heavy frying pan to medium-high heat and chargrill hearts for 10 minutes, turning frequently until golden brown, or just cooked through.
6. Serve with extra parsley and lemon wedges.

