



### **PORK FILLET ON BBQ**

14OZ PORK FILLET

3 TABLESPOONS MARMALADE  
RIND AND JUICE OF 1 ORANGE  
1 TABLESPOON WHITE WINE VINEGAR  
DASH OF TABASCO....TO TASTE OR NOT AT ALL



PLACE THE PORK ON DOUBLE SHEET OF TINFOIL.....USE ENOUGH THAT YOU CAN MAKE A LOOSE PARCEL WITH IT AROUND THE PORK. HEAT THE REST OF THE INGREDIENTS TOGETHER UNTIL MARMALADE IS MELTED. POUR ONTO PORK AND QUICKLY GATHER THE EDGES AND ENCLOSE THE LOT TIGHT. PLACE ON MEDIUM HOT COALS FOR 25MINS TURNING A FEW TIMES. TAKE OUT OF FOIL AND PLACE PORK ON BBQ FOR 10/15 MINS VOILA.....ENJOY!

### **FRESH TUNE STEAK**

4 TUNA STEAKS

#### **MARINADE**

3 TEASP SOY SAUCE  
1 TBS WORCHESTER SAUCE  
1 TEASP WHOLEGRAIN MUSTARD  
1 TEASP CASTER SUGAR  
1 TBS SUNFLOWER OIL

MIX MARINADE INGREDIENTS TOGETHER AND POUR OVER FISH, LEAVE FOR MAX 1 HOUR.  
GRILL ON HOT BBQ FOR 10/15 MINS

### **MARYLAND CHICKEN ON BBQ**

8 THIGHS

#### **MARINADE**

1 TBS WHITE WINE VINEGAR  
1 TBS LEMON JUICE  
1 TBS GOLDEN SYRUP  
2 TBS OLIVE OIL  
1 CLOVE CRUSHED GARLIC

6 RASHERS  
2 BANANAS  
LEMON JUICE  
SALT & PEPPER