

BBQ Stone Fruit Three Ways



Ingredients – Cheese Board

6 nectarines, halved and de-stoned
8 apricots – halved and de-stoned
Blue cheese – gorgonzola or Stilton

Fresh raw honeycomb pieces, or honey, to drizzle
Fresh basil leaves to garish
Crusty bread or crackers to serve

Directions

Step 1 – Preheat the BBQ to medium heat (180° to 200°C). Ensure the grills are clean.
Step 2 – Once the BBQ has reached temperature, place the cut fruit, cut side down onto the grill and cook the fruit for 2 to 3 minutes, or until the fruit has started to char slightly.
Step 3 – Serve immediately on a platter, scattered with crumbled blue cheese, basil leaves and fresh honeycomb pieces , or drizzle with honey. Serve with crusty bread or crackers.

Ingredients – Peach and Cardamom “Eton Mess”

8 peaches, halved and de-stoned
600ml thickened cream
2 tbsp icing sugar
1 tsp ground cardamom

200g mini meringues, broken roughly
50g pistachio nuts, shelled and coarsely chopped
Ground cardamom, extra, to serve

Directions

Step 1 – Preheat the BBQ to medium heat (180° to 200°C). Ensure the grills are clean.
Step 2 – Once the BBQ has reached temperature, place the peaches, cut side down onto the grill and cook the fruit for 2 to 3 minutes, or until the fruit has started to char slightly. Remove from the grills, chop each half into approximately 8 pieces, and set aside to cool.



Step 3 – Whip the cream together with the icing sugar and ground cardamom until soft peaks form.
Step 4 – Present in either a large glass bowl or individual serving bowls. To assemble, layer the fruit, cream and broken meringue pieces alternately, finishing with a layer of cream, and sprinkle with extra chopped pistachios and ground cardamom to serve.

Ingredients – Grilled Chicken and Stone Fruit Caprese Salad

500g chicken tenderloins	100g finely shaved prosciutto
1 lemon, zested and juiced	200g baby bocconcini
1 tsp dried oregano	Fresh basil leaves, to garnish
1 tsp olive oil	Balsamic glaze, to drizzle
1 tsp salt	
4 nectarines, halved and de-stoned	
4 peached, halved and de-stoned	

Directions

Step 1 – Mix the lemon zest and juice, dried oregano, olive oil and salt together and marinate the chicken tenderloins for at least one hour.

Step 2 - Preheat the BBQ to medium heat (180° to 200°C). Ensure the grills are clean.

Step 3 – Once the BBQ has reached temperature, cook the chicken, 5 minutes each side or until cooked through. Set aside, covered with foil to keep warm.

Step 4 – Place the fruit, cut side down onto the grill and cook the fruit for 2 to 3 minutes, or until the fruit has started to char slightly. Remove from the grills, chop each half into approximately 8 pieces, and set aside to cool.

Step 5 – Assemble the salad on a platter by chopping the chicken tenderloins in half diagonally, then layer with folded prosciutto, chopped fruit and baby bocconcini. Garnish with basil leaves and drizzle liberally with balsamic glaze.

