



Handy recipes

Charred oranges

Ingredients

3 oranges
Brown sugar

Method

1. Cut ends off each orange and then cut oranges into slices.
2. Dip both sides of each orange slice into brown sugar, and grill orange slices under medium heat for 12 minutes or until charred, turning slices occasionally.

Smoked tomatoes

Option 1:

Smoking tomatoes with wood chips

Ingredients

Tomatoes

Smoking ingredients

1 cup hickory or apple wood chips
Water

Method

1. Cover 1 cup hickory or apple wood chips with water and soak for 1 hour. Drain.
2. Preheat grill on high and place 25 cm medium frying pan under grill to heat the frying pan until hot.
3. Fill hot frying pan with wet wood chips, and place back under grill and heat for about 10 minutes or until smoke appears from the chips. Reduce heat to medium.
4. Place halved tomatoes on the grill rack next to frying pan. Close grill door and smoke tomatoes for five minutes; remove from grill.

Smoked tomatoes

Option 2:

Smoking tomatoes with tea

Ingredients

Tomatoes

Smoking ingredients

1/2 cup black tea leaves
1/2 cup raw sugar
1/2 cup long grain rice

Method

1. Line a wok with foil. Add black tea leaves, raw sugar and long grain rice to wok and cover with a small rack and top with a heat proof plate.
2. Cut tomatoes in half and place on the heatproof plate and then cover the wok tightly with a lid. Cook over a moderate heat until the wok starts smoking.
3. Smoke tomatoes for 7 minutes and then remove from wok. Remove wok from heat, cool and discard tea mixture.