

# PRIMULA®

## Tasty Barbecue Ideas



Give your BBQ a delicious boost this summer!

## Chicken Skewers with chilli & Primula cheese

### Ingredients

- 4 chicken breast fillets, skinless, boneless (approx 600g)
- 1 red, 1 yellow pepper, de-seeded and cut into chunks
- Punnet of cherry or plum tomatoes
- 2 teaspoons (8 squeezes) balsamic glaze
- 2 tablespoons extra virgin olive oil
- 1 cos lettuce, centre cut into 1 cm strips, outer leaves left whole
- 2 hot green chillies, cut in thin slices (optional)
- 1 x 170g tub Primula Thai Sweet Chilli Dip
- 1 x 150g Primula Cheese & Chives Tube

### Method

1. Cut each breast into 10 even pieces and put the pieces onto wooden or metal skewers with pepper chunks and tomatoes.
2. Drizzle some balsamic glaze over the chicken & vegetable pieces and rub it in evenly and finish them with a drizzle of oil.
3. Preheat the BBQ grill and cook the skewers for 3 minutes on the first side and then turn them over and cook for 3 minutes on the second side or until the meat is firm and white (not pink) right through.
4. Set each pair of chicken skewers on a bed of cool, crisp salad. Scatter the chilli on top if required (optional).
5. Serve with some Primula Cheese & Chive in a bowl as a dip and Primula Sweet Chilli dip as an accompaniment.



For that extra kick, serve with sliced green chilli



## Kebabs with Bratwurst served with Primula Thai Sweet chilli & Sour cream Dip

### Ingredients

- 6 Bratwurst sausages, cut in slices (approx 540g)
- 4 plum tomatoes, quartered lengthwise
- 8 slices bacon or Italian pancetta, cut in half lengthways
- 12 fresh or dried bay leaves, to decorate
- 1 x 170g tub Primula Thai Sweet Chilli Dip
- 1 x 170g tub Primula Sour Cream & Chive Dip
- 4 large pitta breads, pocketed along one side



### To accompany

- Sautéed mushroom salad with Primula Sweet Chilli Dip; broccoli in Primula Sour Cream & Chive Dip

### Method

1. Push 2 chunks of bratwurst sausage onto a short metal or wooden skewer. Add a bay leaf in between the 2 chunks of sausage. Wrap 2 bacon slices around 2 quarters of tomatoes and push them into place next. Add another bay leaf and end with a final 2 bratwurst pieces. Make 7 more identical kebabs.
2. Set the kebabs over the barbecue (at a steady, ashy glow) for 8-12 minutes or in an oven preheated to 220°C/425°F/Gas Mark 7 for 12-14 minutes. If using a grill, allow 4-5 minutes each side.
3. Serve the kebabs with pitta bread and some mushrooms in Primula Thai Sweet Chilli Dip and cooked broccoli tossed in Primula Sour Cream and Chive Dip. Leave the remainder of the dips in their pots as an accompaniment.

**No bratwurst? Then use large size frankfurters, saveloys or cooked sausages.**



## Primula BBQ Salsa Pork Steaks

### Ingredients

- 4 boneless pork steaks (approx 500-600g)
- 4 squares aluminium foil
- 1 tablespoon extra virgin olive oil or soft butter
- 4 teaspoons apricot jam or red currant jelly
- 2 x 170g pots of Primula BBQ Salsa Dip
- 450g canned apricots
- 1 tablespoons coriander seeds, rough-crushed

### To serve

- Potatoes and leafy salad, optional.

### Method

1. Have the barbecue at a steady glow.
2. Rub or brush the apricot jam over both sides of the pork steaks. Set each pork steak on a generous square of foil which has been lightly oiled or buttered.
3. Pour 1/2 a pot of Primula BBQ Salsa over each pork steak to cover it.
4. Drain the apricots. (Keep the syrup. With sparkling water, ice and mint it makes a great drink).
5. Set 3 apricot halves, cut side down, on each salsa-covered pork steak. Scatter a share of the freshly crushed coriander seeds onto each.
6. Gather up the sides of the foil. Roll crimp and seal to make drip-free parcels.
7. Set these on the barbecue. Cook for 12 minutes then, using tongs, turn the parcels over. Cook for another 4 minutes then turn them right side up once again.
8. Serve in the foil with some vegetables of your choice such as potatoes and leafy salad.



Serves

4

## Primula Salmon Burgers

### Ingredients

- 450g skinless, boneless salmon, cubed
- 1 lemon, zested and squeezed
- 60g dry bread (1 thick slice)
- 1 teaspoon salt flakes
- ½ teaspoon ground black pepper
- 1 x 150g tube Primula Cheese & Prawns Tube
- 4 baps or soft rolls, sliced
- 8 crisp lettuce leaves such as Little Gem, curly lettuce etc
- 4 cherry tomatoes, sliced
- 1 tablespoon extra virgin olive oil

### Method

1. Put the cubed salmon, lemon juice and zest into a food processor and blitz for 3 seconds.
2. Wet the bread in warm water, squeeze it dry and crumble it in. Add salt and pepper and about a third of the Primula tube contents.
3. Blitz again for 6 seconds or until the mix looks even.
4. Toast the cut surfaces of the baps or rolls and squeeze on some Primula then set lettuce on the base of each and some sliced tomato.
5. Divide the fish mix into 4 burger shapes. Squeeze each into a ball; pat out to 1cm thickness.
6. Preheat a BBQ Grill or heat some oil in a large non-stick frying pan until hot. Cook the fish burgers for 3 minutes on the first side; flip and cook for 2 minutes on the second. Ensure the fish is cooked all the way through.
7. Set a hot burger on each of the 4 garnished baps or rolls and top with some more Primula. Set lids on or beside and serve while the fish is hot, lettuce crisp, bread still warm.
8. Add some lemon wedges, and extra tomato and ketchup if required.



Serves

4-6

## Primula and Ginger Sea Bass

### Ingredients

- 1 large (1 kilo) prepared sea bass, (or 4 smaller sea bass each about 350g)
- 1 sheet heavy duty aluminium foil (twice the length of the fish) or 4 sheets for smaller fish
- 2 tablespoons extra virgin olive oil
- 1 teaspoon sea salt flakes
- 50g chunk fresh root ginger, peeled, in long fine shreds
- 1 x 150g tube Primula Cheese & Prawn Spread or Primula Deli Soft Cheese with Smoked Salmon
- 2 limes, cut into wedges
- 2 handfuls fresh coriander leaves (about 30g)

### Method

1. Have the barbecue at a steady glow.
2. Fold the foil in half and set the sea bass on it diagonally. Cut 4 long, deep, diagonal slashes down one side, turn the fish and repeat this process. Push some coriander into the gut cavity. Season all over with salt.
3. Now drizzle some oil under the fish on its foil. Push a share of ginger shreds into the 4 top slashes. Squeeze a line of Primula on top of the ginger.
4. Drizzle over the remaining oil. Squeeze a lime wedge over. Scatter on a little coriander but keep extra for garnishing.
5. Twist foil securely closed to seal the fish in its parcel.
6. Cook close to the ashes for 10 minutes then turn the fish. Barbecue for 8 minutes more then turn it back over. Leave it to stand for 2 minutes.
7. Partially unwrap the fish. Squeeze on remaining Primula as decoration. Scatter over the remaining coriander leaves. Set lime wedges nearby and serve.

**Note:** If using 4 smaller fish treat them the same way but slash 3 times each side. Cook for only 10 plus 6 minutes using the same method as before.



Serves

4

## Ash baked creamy potatoes with Primula Cheese & Egg

### Ingredients

- 4 large (175-200g each) baking potatoes, scrubbed and still wet
- 1 teaspoon butter (5g)
- 4 sheets aluminium foil each a little bigger than a potato
- 1 x 150g tube Primula Cheese & Ham Spread or your favourite Primula flavour
- 8 strips (about 150g) ready cooked crinkle-cooked crispy bacon
- 4 soft-boiled eggs (boil for 6 minutes, cool, rest 2 minutes then shell)
- Smoked paprika and/or black pepper to season, optional

### Method

1. Have the barbecue at a steady ashy glow.
2. Use a share of the butter to rub over each potato and fork/pierce each potato twice each side and then foil wrap and seal each tightly.
3. Set the potatoes on the ashy coals (use tongs) or actually set deep in them (use tongs). Cook for 20 minutes.
4. Using tongs turn the potatoes to cook the second side. Cook for a further 10-20 minutes depending on the heat of the fire or until they feel soft when pierced with a fork.
5. Gently unwrap each potato on a board, leaving the foil intact. Cut a criss-cross opening on top of each potato and scoop out some of the potato to make a hollow. Push a shelled egg in the hollow and squeeze on a generous amount of your chosen Primula and finish with 2 bacon strips. Put the potato that was removed back into the top of the potato.
6. Reshape and rewrap the foil on all 4 potatoes and put them back on the ashes and warm for a final minute. Remove, unwrap and enjoy with a seasonal salad if preferred.



## BBQ omelette with Cheese & Chorizo

### Ingredients

- 6 large fresh eggs
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 1 x 150g tube Primula Cheese & Chive Tube or your favourite Primula flavour
- walnut-sized chunk of butter (25g)
- 100g ready-to-eat sliced chorizo
- 50g pitted black olives
- Handful of small-leafed basil, parsley or chives

### Method

1. Assemble a large screw-top jar, a large non-stick frying pan, a large sheet of aluminium foil and the ingredients.
2. Crack the eggs, the salt, pepper and the Primula Cheese tube into a large jar, screw on the lid and shake hard to mix it all together.
3. Heat the pan on the hottest area of the barbecue. When it is hot add the butter – it will sizzle and melt. Throw in half of the chorizo then pour in the omelette mix.
4. Let the egg cook and set around the edges and the base. Use a fork to lift up pockets at the edges; tilt the pan; let egg run underneath.
5. Do the same near the centre; lifting small areas to let the egg run underneath. Throw in the remaining chorizo, the olives and the roughly torn herbs. Cook for 6-7 minutes in total. Use the foil to cover the frying pan for 1 minute more.
6. Uncover and serve straight from the pan in wedges.

Easy & quick to prepare.



Serves  
3-4



Serves

4

## Easy Primula Tortilla Mountain

### Ingredients

- 1 x bag of tortilla crisps
- 1 x Primula Spicy or BBQ Salsa dip
- 1 x Primula Nacho Cheese dip
- 1 x Primula Sour Cream & Chive Dip
- 1 x handful of jalapeños (optional)

### Method

1. Place half the tortilla crisps on a plate or in a dish and top with ½ pot of Primula Spicy or BBQ Salsa dip.
2. Heat the Nacho Cheese dip in the microwave (following the instructions on the pack) and pour ½ pot over the top of the tortillas and salsa.
3. Repeat with another layer of tortilla, Primula Salsa dip and Primula Nacho cheese.
4. For those of you who like it hot add a handful of jalapeños on the top.
5. Serve with some chilled Primula Sour Cream dip and enjoy the perfect Tortilla Mountain.

*A Family Favourite everytime!*

*This quick and easy dish is a must have at any Barbecue. It makes an excellent pre-barbi snack and is a winner with kids.*



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