



Raymond's BBQ GOURMET

Selected Recipes

Persian Tomato Sauce for Lamb

This is a delicious chunky style sauce that is perfect with lamb, but don't stop there, use as a unique pizza sauce with sliced lamb or as a divine vegetarian dish with chickpeas.

Ingredients:

- 1 small onion, chopped
- 1 garlic clove, chopped
- 2 Tbsp Persian Rub
- 1 Tbsp tomato paste
- Zest of a lemon, finely chopped
- 1 400gm tin whole peeled tomatoes
- 2 Tbsp chopped parsley
- 30gm butter

Fry onions and garlic slowly in butter until translucent. Add the Persian Rub fry for half a minute then stir in the tomato paste. Add the lemon zest and tomatoes and cook another five minutes. Break the tomatoes up with a wooden spoon, but keep the sauce chunky. Add half the parsley just before serving and use the remainder to garnish. Serve with roast lamb, rack of lamb or lamb fillets on couscous.

Learn to Barbeque better with Raymond's BBQ Gourmet cooking classes. Lessons to enhance your technique, expand your knowledge and spice up your social life! Go from Zero to Barbecue Hero in the Basics Course. Expand on your abilities in the Extensive BBQ Course.

Not just recipes, but master the tools, techniques and tastes and you'll be grilling a three-course gourmet meal on your BBQ in just five 3 hour lessons or in an intense weekend course.

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