

Fordhall Slow-Cooked BBQ's, Rubs and Sauces

The Fordhall Farm Shop and Butchery team have shared some of their favourite slow-cook recipes to help make summer BBQ's a little special!



Slow-cooked barbequed meats:

Take your choice of slow-cook meat joint. Our favourites are beef short-rib, beef brisket, pork shoulder and lamb shoulder.

Lightly brush with oil and season the meat with your choice of rub.

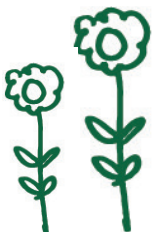
Cover tightly in foil and slow-cook in the oven at 110-130C for around 3 hours per kg until tender.

Remove from the foil and finish on the BBQ cooking for 10 minutes on each side to give the nice charred effect and flavour.

BBQ Smokehouse Rub:

Simply mix the following ingredients together and rub onto your meat before cooking:

- 6 tbsp Smoked paprika
- 4 tbsp Garlic powder
- 2 tbsp Onion powder
- 1 tbsp Ground cumin
- 1 tbsp Chilli flakes
- 6 tbsp Brown sugar
- 1 tbsp mustard powder
- 1 tbsp Black pepper
- 1 tbsp Salt





Chimichurri sauce:

1 bunch Finely chopped parsley
 200ml Extra-virgin olive oil
 100ml White wine or red wine vinegar
 1 Garlic clove (minced)
 1/4 tsp Chilli flakes
 1/4 tsp Smoked paprika
 1/4 tsp Dried oregano
 Dash of lime or lemon juice (optional)

Whisk together the olive oil and vinegar, before adding the rest of the ingredients and mixing well. It's that simple!

Chipolte sauce:

2 tsp Chipolte paste
 4 tbsp Soured cream
 2 tbsp Mayonnaise
 1/2 Galic clove minced (optional)

Just mix them together! You can finish with a dusting of chilli falkes or paprika if you like. It's great served with lime too.

Salsa:

6 Fresh tomatoes
 1 Garlic clove (minced)
 1/2 Red onion (finely chopped)
 Sprinkling Chopped corriander
 Sprinkling Salt

Chop the tomatoes and gently mix in the rest of the ingredients.

