

PORK SPARE RIBS IN A BARBECUE SAUCE

A gloriously tasty and messy dish for a barbecue. This dish can be started in the oven and finished off on the barbecue grill.

Ingredients – Serves 4

- 12 pork spare ribs
- 1 tablespoon oil
- 1 small onion, finely chopped
- 3 tablespoons wine vinegar
- 1 tablespoon soy sauce
- 1 tablespoon soft brown sugar
- 1 tablespoon tomato purée
- 1 tablespoon tomato ketchup
- 1 teaspoon made mustard
- 1 tablespoon Worcestershire sauce

Method

1. Preheat oven to 200°C/Gas Mark 6
2. Put the spare ribs in a preheated oven in a shallow roasting tin. Roast for 30 minutes.
3. In the meantime, heat the oil in a small saucepan and gently fry the chopped onion until it softens. Add all the other ingredients to the pan and bring to the boil, stirring continuously.
4. Remove from the heat. Pour off any fat from the spare ribs and pour over the barbecue sauce, coating the meat well.
5. Reduce the oven temperature to 190°C/Gas Mark 5 and cook for a further 1-1½ hours, basting the meat frequently with the sauce. This last stage can, if wanted, be done on the barbecue.
6. To be eaten with fingers only, so plenty of paper napkins should be provided!

STUFFED MUSHROOM CAPS

Ingredients – Serves 6

- 6 large field, or open cup, mushrooms, wiped clean, stalks removed and finely chopped
- ½ tsp salt
- Freshly ground black pepper
- 1 tsp virgin olive oil
- 1 onion, finely chopped
- 1 small sweet red pepper, seeded, deribbed and finely chopped
- 125g Italian round-grain rice
- 2 garlic cloves, crushed
- 30g pine-nuts
- 35cl unsalted vegetable stock
- 2tbs shredded fresh basil leaves
- 125g low-fat mozzarella cheese, diced
- 30g fresh wholemeal breadcrumbs
- 1 tbs chopped parsley

Method

1. Preheat oven to 200°C/Gas Mark 6).
2. Place the mushroom caps in a shallow ovenproof dish with 2 tablespoons of cold water. Season the mushrooms with a little of the salt and some freshly ground black pepper. Cover the dish with a lid or aluminium foil, and set it aside.
3. Heat the oil in a large, heavy-bottomed saucepan over medium heat. Add the onion and red pepper and cook gently for 6 to 8 minutes, until soft. Stir in the chopped mushroom stalks, the rice, garlic and pine-nuts, and cook for 5 minutes, stirring occasionally, until the rice is very lightly browned. Add the stock, basil, the remaining salt, and some pepper. Bring to the boil, then

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- reduce the heat to low and cover the pan tightly. Cook gently for 20 to 25 minutes, until the rice is cooked and the stock has been absorbed. Meanwhile, put the mushrooms in the oven to cook for 20 minutes, until they are almost soft.
4. Remove the rice mixture from the heat and stir in the diced mozzarella cheese, then divide the mixture evenly among the mushrooms, mounding it neatly on top of each one. Sprinkle on the wholemeal breadcrumbs and return the mushrooms to the oven for another 10 minutes, or until the mozzarella cheese begins to melt. Serve the mushrooms sprinkled with the chopped parsley.
 5. Suggested accompaniment - French beans.

GREEK FETA SALAD

Crunchy and eye-catching this salad is a substantial one and, with the addition of crusty bread and a bottle of cold, dry white wine, an easy summer lunch!

Ingredients

- 1 crisp lettuce
- Half a cucumber, sliced or cubed
- 4 tomatoes, cut into segments
- 1 green pepper, chopped
- 1 small onion, thinly sliced
- 100-175g Greek Feta cheese, cubed
- 50g black olives
- Chopped parsley
- 150ml French dressing

Method

1. Tear the lettuce into bite-sized pieces and, in a salad bowl, mix with the cucumber, tomato and pepper.
2. Arrange onion rings on top, then the cheese and olives.
3. Just before serving, pour over dressing and sprinkle liberally with parsley

BARBECUED TROUT WITH PINE-NUT STUFFING

Ingredients – Serves 4

- 4 whole trout
- STUFFING
- 2 bacon rashers, chopped
- 50g pine-nuts
- 2 tablespoons chopped chives
- 50g white breadcrumbs
- 2 tablespoons cream
- Salt and black pepper

Method

1. Fry bacon until crisp, add the pine-nuts and cook for a further minute before adding the rest of the ingredients. Remove from the heat.
2. Use this stuffing to fill the fish.
3. Barbecue until the fish is tender.



PASSION FRUIT SYLLABUB

Vary the wine and lemon cream syllabub by the addition of different fruits in season.

Ingredients – Serves 2

- 3 tbs white wine
- 1 tbs caster sugar
- finely grated zest and juice of 1 small lemon
- 142ml carton double cream
- 1 passion fruit, cut in half
- starfruit slices, to decorate
- dessert biscuits, to serve (optional)

Method

1. Mix together the white wine, sugar and lemon zest and juice and leave for at least 30 minutes to marinate.
2. Pour the cream into the white wine mixture and, using an electric whisk, whip to soft peaks.
3. Scoop out the passion fruit flesh and seeds and stir lightly through the cream mixture. Spoon into two glasses or tumblers and decorate with the starfruit slices. Serve with dessert biscuits, if liked.

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