



McGEE'S
BUTCHER

Jenny
Bristow.com

Jenny's Master Class

In association with
Alwood Kitchens



Deep Southern Barbeque Chicken

This recipe can be made with any cut of chicken, breasts, drumsticks or chicken pieces threaded onto kebabs. This sauce can double both as a marinade and as a sauce simply mix the basic ingredients together for the marinade then separate and use a third for marinade and two-thirds for the cooked sauce.

(Serves 4-6)

Ingredients

4-6 chicken breasts
4-6 chicken drumsticks
4-6 chicken breasts cut into chunks and threaded onto kebab skewers.

(BBQ sauce)

1 onion (very finely chopped)
1 clove garlic, crushed
2 tbsp oil
2 dsp cider vinegar
1 tsp grainy mustard & ¼ tsp paprika pepper
2 tbsp soft brown sugar
Few drops of Worcestershire sauce
Pinch of salt & pepper
1 large tin tomatoes (400g/14oz) chopped
1 dsp tomato puree
200g/8 oz vegetables (peppers, mushrooms, spring onions)

Other marinade suggestions

Lemon Rosemary & Garlic Chicken

Mix together rind and juice of 1 lemon, 2 cloves of garlic (finely chopped), 2 dsp olive oil and a little chopped rosemary. Use as a marinade for 15 mins before cooking.

Indian Spiced Yogurt.

Mix together 1 tub of Greek yogurt (125ml/4 fl oz) with ¼ tsp cumin powder, ½ tsp paprika powder and 1 tsp garam masala or curry powder. Mix well and use as a marinade for chicken before cooking.

Method

Deep Southern BBQ Chicken

Trim off any visible skin or fat at this stage, then brush with a little olive oil.

Brush the chicken pieces with the marinade. Begin placing on the barbeque and cook until tender. Turn occasionally and brush with extra marinade. Ensure the chicken is no longer pink before serving. This can be served with the deep southern barbeque sauce.

Deep southern BBQ sauce

Toss the crushed garlic and onion in hot oil for 1-2 mins. Add the cider vinegar, grainy mustard, pepper, brown sugar, Worcestershire sauce and seasoning cooking for a further 1-2 mins until the sauce almost caramelises.

Add the tin of tomatoes and 1 dsp of tomato puree. Continue to cook for a further 3-4 mins. After cooking this sauce can be cooled and stored in a screw top jar in the fridge for up to 1 week.

At this stage take 1/3 of the mixture and use as a marinade. Take the remainder of the sauce and to this add 1 yellow pepper finely diced 4 oz mushrooms finely diced and 4-6 spring onions finely chopped.

Return to the heat and cook for a further 5 mins. This will give you a wonderful chunky barbeque sauce.



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A dish specially created for you by Joe and Jenny

Gently Spiced Chilli and Chicken with Soured Cream

A dish that is seasonal, popular, uses the best of local seasonal ingredients and with the hallmark of Joe Magee's Butchers, flavour, goodness and traceability.

(Serves 3-4)

Ingredients

2-3 chicken fillets – cut into strips
1 onion – cut into slices
1 red pepper – thinly sliced
1 green pepper – thinly sliced
2 red chillies – finely chopped
4 spring onions – chopped
1 garlic clove – finely chopped
2 tbsp soy sauce
2-3 dsp chilli sauce
2-3 dsp olive oil
25g cornflour (blended with 2 dsp cold water)
250ml/ ½ pt chicken stock
Freshly ground black pepper

Method

Cut the skinless chicken breast into fine thin strips.

Prepare the Vegetables

Cut the peppers in half remove the seeds and cut into fine slices.
Cut the onion into fine slices and crush or chop the garlic. Cut the spring onion into small pieces.

Place the chicken strips in a large dish and cover with the chopped garlic, spring onion, chillies, olive oil, soy sauce and chilli sauce.

Toss the chicken pieces well, then cover with clingfilm and leave to marinate for at least half an hour.

Heat a little oil in a wok, add the drained chicken pieces and toss over a high heat to cook well on the outside for 3-4 minutes. Pour over the remainder of the marinade then add the remainder of the vegetables, sliced onion and peppers.
Cook over a high heat too and continue turning during cooking for 4 minutes approximately.

Blend the cornflour with a little water, add to the chicken and pour over the chicken stock. Add the soy sauce and if liked a little extra chilli sauce, sprinkle with black pepper.
Cook over a medium heat for 6-8 minutes then serve hot in pitta pockets with a little soured cream and salad.



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A really tasty dish created for you by Joe and Jenny

Chinese Style Stir Fried Ribbons of Beef

This meat is from the Gortinagarragh Farm with a complete traceability system and the assurance of good farm quality assured beef.

(Serves 4-6)

Ingredients

1½lbs/750g prime quality beef – cut into fine ribbon strips
1 clove garlic – chopped finely
2" root ginger - peeled and cut into fine pieces
4 spring onion – cut into small pieces
1 onion – cut into fine slices
2 dsp olive oil
2 dsp soy sauce
2 dsp oyster sauce or plum sauce
1 red chilli – finely chopped
1 red pepper & 1 green pepper – deseeded and cut into fine strips
1 dsp balsamic vinegar
250ml beef stock
25g cornflour – blended with 2 dsp water

Method

Cut the meat into fine ribbon strips then place in a large dish with the garlic, root ginger, chilli, olive oil, soy sauce, balsamic vinegar and spring onions. Toss well before covering with cling film and leave to marinade for up to 30 minutes. Toss occasionally to ensure the meat is well coated.

Heat 1 dsp olive oil in a wok. Add the drained meat pieces to the wok, a little at a time and cook for 6-7 minutes.

Add the remainder of the marinade to the wok along with the sliced onion and peppers. Cook for 4-5 minutes, stirring occasionally.

Add the stock and oyster sauce and blended cornflour and reduce the heat and allow the meat to simmer gently for 15-20minutes to allow the dish to become tender.

When cooked serve in pitta pockets with a little salad.



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Marinated Teriyaki Beef with Spring Onions

It's hard to beat the joy of outdoor cooking and the smell of steaks sizzling over the coals. Many different cuts can be used especially if a good marinade is used before cooking. Ask Joe or any of his team at Magee's Butchers and they will be happy to advise on the best use of Sirloin Fillet, Rib Eye Flank and best of all good value for money.

The flavours here are excellent with beef, light, fresh and summery. This marinade is quickly made and remember to brush the meat with it during cooking.

(Serves 2)

Ingredients

2 prime steaks 180 – 225g (6-8ozs)
Gortnagarn Farm Quality Assured Steaks
4 tbsp Teriyaki sauce
2 tbsp soft brown sugar
1 tsp finely grated root ginger
2 dsp olive oil
2-4 spring onions finely chopped
2 tbsp dry sherry

Method

Preparing the Marinade

Mix together the oil, sherry, teriyaki sauce, brown sugar, ginger and spring onion. Mix well then pour over the steaks in a shallow dish. Toss well cover with cling film and leave to marinate for at least 30 mins before placing the steaks on the grills.

Teriyaki Beef

Grill the steaks over a pre-heated barbeque turning occasionally and brush with the extra marinade often during cooking.

Serve hot with salad, pitta bread or baked potatoes.



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Oriental Style Barbecued Pork Chops or Fillet with Pineapple Chutney

Pork fillet is a tender cut and in this recipe I have brought out the best of the flavour with an oriental style marinade. The sweet and sour taste of the chutney is delicious on the side.

(Serves 4)

Ingredients

2 x 450g/1 lb pork fillet
4-6 pork chops

2 tbsp dark soy sauce
2 tbsp honey
2tbsp sweet sherry
1 dsp sesame oil
2 cloves garlic – chopped
1 inch root ginger – chopped

1 pineapple
½ small onion – finely chopped
Juice of 1 orange
110g/4oz soft brown sugar
4 tbsp white wine vinegar
1 tsp coriander seeds
1 tbsp pickling spice – crushed

Method

Pork chops

Trim the fat from the pork. Split the fillets lengthways so that they can be opened out. Place some cling film on top of the fillets and pound with a rolling pin to flatten out.

Marinade

Mix the soy sauce, honey, sherry, sesame oil, olive oil, garlic and ginger together in a bowl. Place the pork in a shallow dish and pour the marinade over them. Cover the dish with cling film and leave the pork to marinate for at least 30 mins.

Cut the pork fillet into even sized steaks, place onto the grill of a pre-heated barbeque and cook for approximately 12-15 mins, depending on the heat of the coals.

Turn the steaks regularly.

A little marinade can be spooned over the steaks during cooking. If using chops just flatten slightly before placing on the coals.

Pineapple Chutney

Peel and core the pineapple and cut into evenly sized chunks.

Add the pineapple, onion, orange juice, sugar, vinegar, coriander seeds and pickling spice to a large pan.

Bring to the boil, cover and simmer gently for 45 mins, stirring occasionally. Serve hot or cold.