

MasterFoodsTM

PROFESSIONAL

Southern Style Smoky Barbecue Tray
RECIPE

Southern Style Smoky Barbecue Tray



<?xml version="1.0"?>

TIME

60 MINS

INGREDIENTS

24 items

MAKES

4 servings

Sweet and sticky barbecue sauce, a variety of meats, and some re-imagined classic sides. What's not to love?

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INGREDIENTS

For the main

- 2 Chicken Wings
- 1 Chicken Drumstick
- 2 Beef Short Ribs
- 200 g Pulled Pork Shoulder
- ½ cup MasterFoods™ Professional Smokey Barbecue Sauce, plus extra for serving
- ½ cup MasterFoods™ Professional Smokey Barbecue Sauce, plus extra for serving
- Fresh Coriander leaves and Cos Lettuce, for serving

For the Sides

Cauliflower Mac & Cheese

- ½ Head of Cauliflower, cut into florets
- 1 tbsp. Butter
- 1 tbsp. Plain Flour
- 150 ml Milk, plus extra if needed
- 60g Cheddar Cheese, grated
- 15 g Parmesan Cheese, grated
- ¼ tsp. MasterFoods™ Professional Ground Paprika
- 1 small Spring Onion, finely sliced

Rice and Beans

- 1 cup Mixed Grain Rice
- 400 g tin Black Beans, drained and rinsed
- 1 tsp. MasterFoods™ Professional Ground Cumin
- 1 tbsp. fresh Coriander, chopped

Spicy Sweetcorn Salsa

- 1 small Corn Cob, grilled and kernels removed
- 3 tbsp. MasterFoods™ Professional Corn Relish
- ½ tsp. MasterFoods™ Professional Chilli Sprinkle

PRODUCTS USED



MasterFoods Professional Chilli Flakes 325g

[SEE DETAILS](#)



MasterFoods Professional Corn Relish 2.6kg

[SEE DETAILS](#)



MasterFoods Professional Gluten Free Smokey Barbecue Sauce 4.5kg

[SEE DETAILS](#)

Cooking Instructions:

1. 1.
Meat Preheat an oven 160°C.
2. 2
Season the meat generously with the Memphis seasoning
3. 3
Place short ribs and pork shoulder in an oven proof tray and add enough water to submerge the meat. Cover tightly with foil and cook for 1 ½ hours.
4. 4
Remove foil and pour ¼ cup of barbecue sauce over the meats and continue to cook for a further 30 to 40 minutes uncovered, or until meat pulls apart, adding a splash of water to the tray if needed.
5. 5
During this time, place the chicken wings and drumstick on a separate smaller roasting tray, and cook in the same oven uncovered for 40 to 50 minutes, until skin is crispy and meat is cooked through. Remove briefly, toss in some of the barbecue sauce to coat and return to the oven to cook for a further 10 minutes.
6. 6
Cauliflower Mac & Cheese Preheat an oven to 180°C.
7. 7
In a large saucepan, bring water to boil and add cauliflower and pasta and cook until pasta is al-dente and cauliflower is tender, about 8 minutes. Drain and set aside.
8. 8
In a medium sized pan, add butter and melt over medium heat. Add in the flour and cook for 1 minute until toasted.
9. 9
Gradually add the milk in to make a roux, whisking to remove any lumps that may form. Bring to a gentle bubble, continuing to whisk gently, for around 5 minutes until thickened and the flour is cooked out. Add the cheddar cheese and stir until melted. If the sauce has thickened too quickly, add in extra milk as required.
10. 10
Add the pasta and cauliflower and season.
11. 11
Pour the mixture into a deep oven proof dish, sprinkle over parmesan cheese, paprika and spring onions, and bake for 10 minutes until bubbling.
12. 12

Rice and Beans Cook rice as per packet instructions.

13. 13

Once rice is cooked add beans, cumin seeds, and coriander.

14. 14

Spicy Sweetcorn Salsa Combine all ingredients in a bowl, mix and set aside until required.

15. 15

To Serve Arrange everything on a tray with sprigs of fresh coriander, cos leaves, and toasted sesame seeds.

Tips:

1. 1

For veggie tray, why not try a large Portobello mushroom, big chunks of halloumi and half a medium eggplant – coat with the smoky barbecue sauce and bake.

More Menu Ideas



[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



[Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[New York Inspired Tagliatelle Pasta](#)

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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