



## Asian Marinated Flank Steaks

- 3lbs Lank Steak
- ¼ cup Hoisin Sauce 50ml
- ¼ cup Soy Sauce 50ml
- ¼ cup Rice Vinegar 50ml
- 2 tsp. minced fresh ginger 10ml
- 2 tsp. Chili-garlic sauce 10ml
- Method: Combine all ingredients until evenly incorporated. Marinate the flank steaks for two hours prior to grilling. Grill until desired doneness.

## Coffee BBQ Glaze

- 1 ½ cups strong coffee (375ml)
- ½ cup fancy molasses (125ml)
- ½ cup ketchup (125ml)
- ½ cup cider vinegar (125ml)
- 1 tbsp. Worcestershire sauce (15ml)
- 1 tsp. Ground ginger (5ml)
- ½ tsp. Salt (2ml)
- ¼ tsp. Ground Allspice (1ml)
- Combine all ingredients in a non-reactive pan and cook over low heat until reduced by half. Brush over chicken and ribs, or pork loin.

## Honey-Garlic Spareribs

- 4 pounds pork spareribs
  - ½ cup pickling spice
  - 3-4 cups water
  - ½ cup Honey
  - 3 tablespoons Cider vinegar
  - ¼ teaspoon chopped ginger
  - ⅛ cup Soy sauce
  - ⅛ cup orange juice
  - 3 cloves Garlic, minced
  - In a large stockpot combine the pickling spice and water and bring to a boil. Cut the ribs into 4-6 bone size portions. Add the ribs to the water. Reduce heat to medium setting and let the ribs cook for 1-½ hours. The ribs are done when the meat pulls away from the bones.
  - While the ribs are cooking make your sauce by combining the honey with all remaining ingredients in a medium sized bowl. Whisk ingredients together until thoroughly incorporated. Cover and set the sauce aside until needed.
  - Using tongs remove the ribs from the pot and place them on a platter to cool and dry for 20 minutes. Remove any pickling spice that is stuck to the ribs.
  - Brush the ribs generously with the honey garlic sauce set your bbq grill on medium-high flame. Grill the ribs on both sides until sauce starts to lightly char. Brush the ribs with any remaining sauce to make them extra sticky and serve. Yields enough ribs for four people.
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### Pickling Spice 1

- 2 cinnamon sticks, broken
- 1 tablespoon mustard seeds
- 2 teaspoons black peppercorns
- 1 teaspoon whole cloves
- 1 teaspoon whole allspice
- 1 teaspoon juniper berries
- 1 teaspoon crumbled whole mace
- 1 teaspoon dill seeds
- 4 dried bay leaves
- 1 small piece dried ginger
- Mix together all the ingredients.
- Store in a small, airtight jar up to 2 months.
- Makes about 1/4 cup.

### Pickling Spice 2

- 4 cinnamon sticks (each about 3 inches long)
  - 1 piece dried gingerroot (1 inch long)
  - 2 tablespoons mustard seeds
  - 2 teaspoon whole allspice berries
  - 2 tablespoons whole black peppercorns
  - 2 teaspoons whole cloves
  - 2 teaspoons dill seeds
  - 2 teaspoons coriander seeds
  - 2 teaspoons whole mace, crumbled medium fine
  - 8 bay leaves, crumbled medium fine
  - 1 small dried hot red pepper (1 1/2 inches long), chopped or crumbled medium fine, seeds and all
  - Wrap the cinnamon and gingerroot loosely in a piece of cloth and bash them with a hammer until well crumbled. Discard any stringy parts of the ginger, then mix with other ingredients.
  - Store in a small, airtight jar up to 2 months.
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## **Chef Henry's Kick-ass Cajun Seasoning**

- 200 grams kosher salt
- 125 grams paprika
- 155 grams garlic powder
- 105 grams cayenne pepper
- 10 grams white pepper
- 5 grams ground black pepper
- 15 grams whole thyme leaves
- 10 grams whole oregano leaves
- Mix together until thoroughly incorporated. Store in a sealed container.
- A word of caution respect these ingredients as the dust will burn your eyes and make you sneeze so don't get too rammy on it and keep the dust down..

## **Chef Henry's Jamaican Dry Rub Jerk Chicken**

- 5 tbsp. powdered Garlic Powder
- 2-½ tbsp. ground Cumin
- 3.5 tbsp. Spanish Paprika
- 3.5 tbsp. Ground ginger
- 3 tbsp. Curry powder
- 2 tbsp. Ground Allspice
- 2 tbsp. Ground Pepper
- 2 tbsp. Thyme
- ½ tsp. Salt
- ¼ tsp. Cayenne
- Method: Combine all ingredients in a container with a tight fitting lid and shake it up to mix it well. Leave lid on it until all the powder settles as it can cause a fair bit of grief if one gets it in their eyes or nose.
- Dust chicken with seasoning and put on Bbq

## **Smoked Apple Goat Cheese Pizza**

- 6 apples, cored, peeled and sliced
  - ½ cup brown sugar
  - ½ tsp. Cinnamon
  - 1 sheet puff pastry
  - ½ cup of berries
  - 4oz Goat Cheese
  - Take the puff pastry sheet and stretch it out into a square, and place on top of a clay baker's disk or baking sheet. Toss the cinnamon, apples and brown sugar together in a bowl. Empty the contents of the bowl into the center of the puff pastry. Fold a corner of the puff pastry into the edge of the apple mixture, repeat this process until the crust is formed and resembles a rustic braid. Place the berries in the center of the apple mixture. Crumble the goat cheese over the apples. Place pizza into a 350f oven, Bbq or Smoker. Allow to cook for 25-35 minutes.
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## Chef Henry's Fish Marinades

- **Fish Marinade I**

- 1/4 cup soy sauce
- 1/4 cup Olive oil
- 1/2 cup Italian Dressing
- 4 cloves minced garlic
- 1 tbsp. Chopped ginger

- **Fish Marinade II**

- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1 tsp. Sea salt

- **Fish Marinade III**

- Combine equal parts of the following
  - Fresh Parsley
  - Fresh Chives
  - Fresh Thyme
  - Stir in
  - 1/4 cup Olive oil
  - 1/4 cup lemon juice
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