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Dust off your barbecue for this fabulous smoky pork ribs favourite.

INGREDIENTS (serves 4)

- 3 racks (1.5kg) American-style pork ribs
- 2 medium carrots, peeled, grated
- 1 small white onion, quartered, thinly sliced
- ½ small red cabbage, shredded
- ¼ cup chopped fresh dill
- 2 tsp caraway seeds
- ⅓ cup coleslaw dressing

SMOKY BARBECUE MARINADE

- 2 garlic cloves, finely chopped
- 1 tbs smoked paprika
- 2 tbs brown sugar
- ¼ cup golden syrup
- 1 tbs white wine vinegar
- 1 tbs olive oil
- 2 tbs barbecue sauce

METHOD

1. Make smoky barbecue marinade: Combine garlic, paprika, sugar, golden syrup, vinegar, oil and barbecue sauce in a jug.
2. Place ribs in a large glass or ceramic dish. Pour over marinade. Cover. Refrigerate overnight.
3. Preheat a covered barbecue on high. Drain ribs, reserving marinade. Place ribs in a large foil disposable baking dish. Cook ribs, using indirect heat (see note 1), for 1 hour or until browned and cooked through, basting with reserved marinade every 15 minutes.
4. Meanwhile, combine carrot, onion, cabbage, dill and caraway seeds in a large bowl. Drizzle with dressing. Season with salt and pepper. Toss to combine. Serve ribs with coleslaw.

Notes...

- To use indirect heat, light burners on one half of barbecue. Place baking dish on other half. Always check manufacturer's instructions.
- If you don't have a covered barbecue, you can cook ribs in the oven. Preheat to 200C/180C fan-forced. Cook ribs for 1 hour, basting with marinade.



OLIVE AND THYME POLENTA CHIPS

For a tasty alternative to potato chips, try this polenta version.

INGREDIENTS (serves 6)

- 2 cups chicken stock
- ½ cup polenta
- ⅓ cup pitted kalamata olives, chopped
- 2 tsp fresh thyme leaves
- ¼ cup finely grated parmesan cheese

METHOD

1. Grease a 19cm (base) square cake pan. Line base and sides with baking paper. Place stock in a saucepan over high heat. Cover. Bring to the boil. Add polenta. Reduce heat to low. Cook, stirring constantly, for 4 to 6 minutes

or until polenta is thick. Stir in olives, thyme and cheese. Season with salt and pepper.

2. Spoon mixture into prepared pan. Smooth top. Cover. Refrigerate for 2 hours or until firm.

3. Preheat oven to 200C/180C fan-forced. Remove polenta from pan. Cut in half to form 2 rectangles. Cut each rectangle into 2cm-thick chips. Place on a baking tray lined with baking paper. Bake for 15 to 20 minutes, turning halfway during cooking, or until golden and heated through. Serve.

Source: Recipe by Kerrie Ray. Photo by Steve Brown



THE ULTIMATE BANANA PANCAKES

Got a couple of ripe bananas in your fruit bowl? Use them for this recipe.

INGREDIENTS (serves 4)

- 1⅓ cups (200g) self-raising flour
- ½ tsp baking powder
- ¼ cup (55g) caster sugar
- 2 eggs
- 250g mashed banana (you will need 2-3 bananas)
- 1⅓ cups (330ml) buttermilk
- 40g butter, melted
- Olive oil spray
- 2 cups (500ml) thickened cream
- 190g Nestle Caramel Top 'n' Fill
- 1 banana, thinly sliced diagonally
- 3 passionfruit, halved

METHOD

1. Sift the flour and baking powder into a large bowl. Stir in the sugar and make a well in the centre. Add the eggs, mashed banana, buttermilk and butter. Whisk until smooth.
2. Heat a large non-stick frying pan

over medium-high heat. Spray pan with oil. Drop three ¼ cupfuls of batter into pan, allowing room for spreading. Cook for 2-3 minutes or until bubbles appear on the surface. Turn and cook for 1 minute or until golden. Transfer to a plate and cover with foil to keep warm. Repeat, in 3 more batches, with the remaining batter.

3. Use an electric beater to beat the cream in a bowl until firm peaks form. Place the caramel in another bowl. Whisk until smooth. Fold into the cream to create a swirled effect.
4. Place 1 pancake on each plate. Top with some caramel cream. Top each with another pancake and some more caramel cream. Repeat to make a stack of 3 pancakes on each plate. Top with sliced banana and passionfruit pulp.

This week's MARKETWATCH BANANAS

THERE are hundreds of types of bananas, but in Australia the most common varieties are the cavendish and the lady finger. High in natural fruit sugars, vitamins B6 and C, and potassium, this fat-free fruit is a great high-energy snack.

Buying and storing:

Bananas are available from supermarkets all year round, but are at their best in summer and autumn. Look for firm fruit with unblemished skin. Store at room temperature out of direct sunlight. Keep bananas away from avocados, apples and other fruits that release ethylene gas, which accelerates ripening.

Cooking: Bananas are usually eaten raw, but they can also be fried and served with ice cream, or mashed and added to cakes. Great with cream, maple syrup, honey, cinnamon, chocolate and yoghurt.



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