



LIVE THE BRAAI LIFE

CARRI CHEF 2

RECIPE BOOK



ALL-IN-ONE
OUTDOOR
COOKING
CONVENIENCE

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This recipe book is designed to help you make the most of your Carri Chef 2 and its variety of surfaces and at the same time celebrates the great institution of the South African “braai” – BBQ to the rest of the world.

A braai is essentially a traditional way of preparing a meal on the open fire. It has evolved to take on many forms since early pioneering days – from a wood fire to the use of charcoal and gas. Today a variety of BBQ shapes and cooking surfaces allows for exciting and innovative methods of meal preparation. It is unquestionably the most enticing, easy and informal way to entertain. Today, more than ever, people around the world are seeking an easy, affordable ways to get more value from their precious leisure time – while enhancing their lifestyles sharing quality time with family and friends; at home and in the outdoors.

The CADAC vision has always been to become the international brand that helps fulfill this need and so to become synonymous with great outdoor enjoyment, companionship and adventure. The selection of delicious, enticing recipes featured here promises to help you make the most delicious meals, prepared outdoors or in the kitchen. You will notice that the CADAC Carri Chef 2 offers you a host of cooking options – namely the iconic CADAC Skottel, the BBQ Grill, the Grill 2 Braai, Chef Pan, Roast Pan and Baking Stone.

You will soon discover how easy it is to prepare, enjoy and share a feast of great outdoor meals with family and friends, armed with your recipe book and Carri Chef 2 .

Enjoy!



SPICY BEEF BURGER PATTIES

- 500-600g beef, minced
- 1 egg
- 2 tablespoons flat leaf parsley, roughly crushed
- 1 tablespoon sage
- 1 sprig thyme
- 1 sprig rosemary
- 3 teaspoons salt
- 1 teaspoon ground pepper
- 1 tablespoon ground cumin
- ½ tablespoon ground cloves
- 1 tablespoon coriander seeds
- 1 medium red onion, finely chopped
- 4 tablespoons olive oil
- 4 burger buns

REQUIRED SURFACE



BBQ Grill

Finely chop all herbs. Mix all the ingredients together except olive oil and the buns. Mix well. Leave to stand or refrigerate overnight.

Place the BBQ Grill over high heat. Shape the meat mixture into four burger patties. Brush one side of the patties with oil. Place the oiled side down onto the BBQ Grill and cook over medium heat for 3-5 minutes. Brush with more olive oil before turning over. Cook for another 3-5 minutes. Place the patties in the buns and serve immediately with your choice of condiments or a green salad.

Any other minced meat or fish make excellent substitutes. *Serves 4.*



SEARED TUNA ON SALAD NEST

- 600-800g tuna fillet
- Pinch of sugar
- 4 tablespoons olive oil
- Salad leaves
- 4 tablespoons coriander and/or basil pesto
- 2 roasted peppers
- ½ cucumber, sliced diagonally
- Juice of a lemon
- 8 new potatoes, boiled and halved
- 2 tablespoons soy sauce
- Sprouts
- Salt & pepper
- Avocado pear (optional), stoned and sliced lengthwise

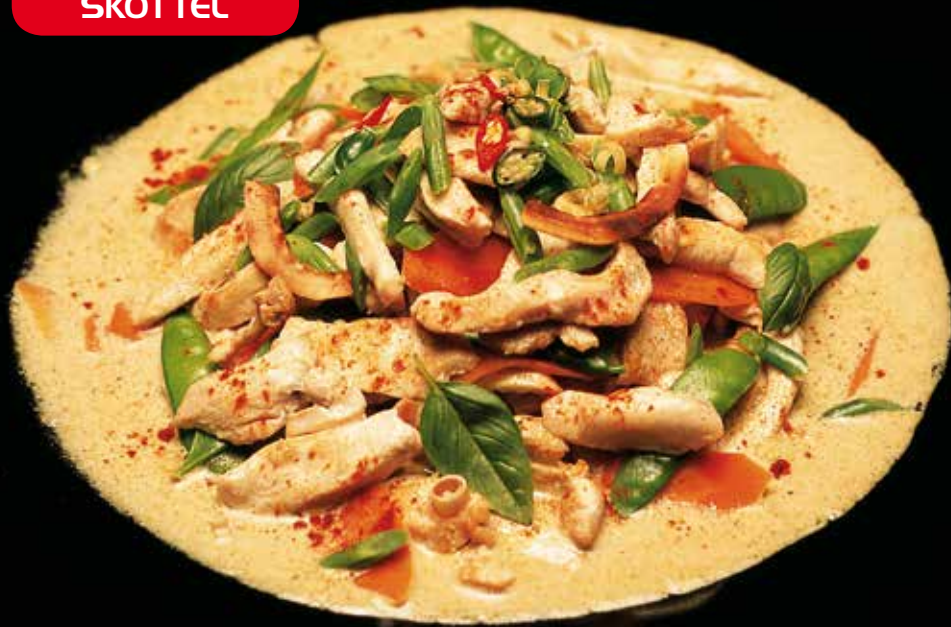
REQUIRED SURFACE



BBQ Grill

Slice tuna into 2cm thick slices. Rub half of olive oil into tuna. Heat BBQ Grill until very hot. Place tuna on BBQ Grill, and cook for 2-3 minutes on each side. Remove tuna and cut into 1cm strips. In a bowl combine the tuna, remaining oil, pesto, lemon juice, soy sauce, salt, pepper and sugar. Toss well.

Arrange salad leaves and the rest of the prepared ingredients on a platter. Place tuna with marinade over the salad and serve at once. It is irresistible with a loaf of the finest! *Serves 4-6.*



SIMMERED CHICKEN IN GREEN COCONUT CURRY

- 1 tablespoon soy sauce
- ¼ teaspoon sugar
- ½ teaspoon salt
- ½ tablespoon corn starch
- 2 tablespoons water
- 400g chicken breasts, sliced thinly
- 2 tablespoons oil
- ½ tablespoon green curry paste
- 2 cups assorted vegetables, shredded or sliced
- 1 clove garlic, minced
- 1 tin 400ml coconut milk
- 1-2 tablespoons fish sauce
- Handful of basil or coriander leaves

Combine the chicken with the first 5 ingredients, mix thoroughly and set aside for at least half an hour. Heat the Skottel, add oil, garlic and green curry paste, then the chicken. Cook for 2-3 minutes until the chicken has browned evenly. Stir occasionally.

Add coconut milk and fish sauce. Turn the heat down, and simmer for another 3-4 minutes until the chicken is tender and the sauce has reduced. The shredded vegetables should be added half way during simmering.

Garnish with basil or coriander leaves. Serve with hot crusty bread or any accompaniment of your choice.
Serves 4.

REQUIRED SURFACE



FETTUCCHINI / NOODLE STIR FRY

- 250g fettuccini or other types of noodles
- 3-4 cups of the following vegetables, cut to bite sizes: broccoli, carrots, mushrooms, mange touts, green beans
- 2 sprigs spring onion, chopped
- 2 cloves garlic, finely chopped
- 1-2 red or green chillies, sliced diagonally
- 3 slices fresh root ginger, shredded
- Cooking oil
- 2 tablespoons oyster sauce
- 1 tablespoon tamari or light soy sauce
- ½ tablespoon sesame oil
- Salt and pepper to taste
- 1½ tablespoons corn starch dissolved in a little water
- Chilli oil, optional

Bring some water to the boil in a suitable sized pot. Gently simmer the noodles until they are a little under-cooked. Drain, toss in a little oil and keep aside.

Heat 2 tablespoons of oil in a Skottel. Stir in spring onions, garlic, chilli and ginger. After a minute or two, add the vegetables, the harder ones first and then the softer ones. Keep stirring, adding a little water if necessary. When the vegetables are cooked to your liking, pour in all sauces, sesame oil and season to your taste. Finally thicken the sauces by stirring in the corn starch solution. Add a little chilli oil if you desire. Return the cooked noodles into the pan. Toss to combine with the sauce and vegetables. Serve hot or cold. Serves 4-6.

REQUIRED SURFACE





BALSAMIC BEEF IN TORTILLA WRAPS

12 tortilla wraps (available from most local supermarkets)

600-900g beef fillet or rump, cut into 10cm sections

1 tablespoon crushed black peppercorns

2 tablespoons olive oil

10 sage leaves, torn into small pieces

2 tablespoons soy sauce

2 tablespoons balsamic vinegar

1 tablespoon salt

Lettuce leaves, sprouts and watercress

Plus any additional salad ingredients to your liking: (Leaves can be served whole, carrots and cucumbers should be shredded).

Rub crushed peppercorns, sage leaves and some olive oil into the beef. Set aside. Turn the Grill 2 Braai onto high heat. Place meat sections on the very hot ribbed grill and grill for 5 minutes on each side. Remove and wrap in tin foil.

While the meat is resting, warm the tortilla wraps individually over medium to low heat on the flat side of the Grill 2 Braai. Keep them warm in tin foil once they have all been cooked. Unwrap the fillet and slice, against the grain, then cut into thin strips. Toss the meat with soy sauce, vinegar and salt. Wrap the strips of beef and leaves, plus desired ingredients, in tortilla.

Suggestions for other ingredients: Avocado pear, bell peppers, rocket, coriander, mint, re-hydrated mung bean noodles, omelette strips and assorted cheeses. Serves 6.

REQUIRED SURFACE



Grill 2 Braai

PORK CHOPS IN PINEAPPLE AND GINGER SAUCE

6 pork loin chops, each about 2-3 thick

1 tablespoon oil

Salt & pepper to taste

1 medium pineapple, peeled and sliced

3 slices fresh ginger root

1 clove garlic

¼ cup water

¼ cup white wine or a light red wine

2 teaspoon sugar

Pinch ground cardamom

Season the pork chops with oil, salt and pepper. Blend half of the pineapple slices along with the ginger, garlic and water into a fine paste.

Heat the Ribbed Grill over high heat and reduce it to medium before adding the meat. Fry the pork chops for 3-5 minutes each side. You can adjust the cooking time depending on your preference.

Once the chops are sizzling away, place the balance of the pineapple slices onto the Flat Grill and pour over the wine. Let the wine and fruit bubble away and reduce a little before adding the blended mixture. Add more water if the sauce is reducing too fast. When it has reached the consistency of your liking. Add the sugar and a pinch of cardamom. Season the sauce with salt and pepper.

You can either move the pork chops over to the lovely fruit sauce to caramelize further or you can lift the chops onto a serving dish and pour the sauce over the succulent meat. Serve immediately. Serves 3-6.

REQUIRED SURFACE



Grill 2 Braai



SEAFOOD PAELLA

Assortment of seafood: langoustines, baby octopus, mussels, clams, crab, calamari

Extra virgin olive oil

1-2 cloves garlic, finely chopped

1 medium onion, finely chopped

1 cup sweet peppers (red, green and yellow), chopped to desired size

1-2 tablespoons ground paprika

1 bunch parsley, chopped

2-3 cups long grain or paella rice

Good pinch of saffron, soaked in ½ cup hot water

1½ litre fish stock

1 cup dry white wine

Select the desired amount of seafood of your choice. Clean, rinse and drain thoroughly.

Using the Paella pan, gently fry the chopped garlic in 4 tablespoons of oil. Fry all seafood separately, and then put aside.

Heat the pan with 2 more tablespoons of oil. Stir in the onion, sweet peppers, paprika and half of the parsley. Add the rice and fry for a further 5 minutes, stirring constantly. Pour in the saffron solution and wine. Keep turning the rice to prevent burning. Add in the fish stock gradually, as the rice absorbs the liquid. When all the liquid has been absorbed, arrange the seafood on top of the rice and sprinkle the remaining amount of parsley over the dish. Serve immediately.

Serves 6-8.

REQUIRED SURFACE



Chef Pan



ROAST FILLET OF LAMB SALAD

600-800g loin fillets of lamb

1 large clove garlic, chopped

A handful of fresh mint, chopped

1-2 teaspoons ground cinnamon

1-2 teaspoons ground cumin

1-2 teaspoons cayenne pepper

1 sprig rosemary, chopped

2 tablespoons lemon juice

Salt and black pepper

4 tablespoons olive oil

Salad leaves

Coat the lamb fillets well with all ingredients except oil and salad leaves. Set aside for at least 10 minutes.

Heat a Paella Pan over high heat. Fry the fillets in oil for 4-5 minutes. Remove and rest the meat until ready to use. Slice the fillets into thin strips. Toss with salad leaves. Season with more salt and pepper and add more mint leaves to make a minty salad. *Serves 6-8.*

REQUIRED SURFACE



Chef Pan



ROAST CHICKEN WITH VEGETABLES

- 1 whole chicken, no more than 1,5kg
- 1 pinch of sugar
- 2 tablespoons salt
- 1 teaspoon coarsely ground black pepper
- 2 tablespoons lemon juice, optional
- 1 tablespoon each: thyme, rosemary, sage, finely chopped
- 1 cup of water for gravy
- 1kg pumpkin, cut into 2cm thick pieces
- Sprinkle of cinnamon
- 1kg potatoes, sliced into 1cm thick discs
- Salt and pepper to taste
- 1 tablespoon oil

Wash and dry the chicken. Mix half of the salt and pepper and all of the sugar, lemon juice and chopped herbs together. Rub this mixture into the skin and cavity of the chicken. Set aside for as long as possible. Toss the pumpkin with some of the remaining salt and cinnamon. Season the potatoes with the balance of the salt and pepper.

Heat up the Roast Pan on high heat for about 5 minutes. Brush the surface with oil. Place the chicken breast-side down in the centre of the dish. Add the potatoes on the edge around the chicken. Cover with the lid. Turn the heat down to medium and roast for 20 minutes. Turn the chicken breast-side up and place the pumpkin pieces among the potatoes. Carry on roasting for another 40 minutes, or until the liquid runs clear when inserting a skewer into the thickest part of the breast. Turn the vegetables from time to time to prevent the pumpkin from burning.

Lift the chicken and vegetables out of the Roast Pan while you make the gravy. Pour the cup of water into the Roast Pan. Scrape the pan a little to lift all the meats' juices from the pan. Reduce until liquid has halved. Strain and serve with the chicken. NB: Other vegetables such as zucchini and carrots can be added in towards the end. *Serves 4-6.*

REQUIRED SURFACE



Roast Pan



ROASTED VEGETABLE PARCELS

- 2 medium sweet potatoes
- 2 cups butternut/pumpkin/squash, diced
- 2 medium onions, halved
- 2 heads of fennel, cut into 1cm slices
- 6 baby marrows/zucchini, halved lengthwise
- 1 small aubergine/egg plant, diced
- 1 teaspoon garlic, minced
- 1 teaspoon thyme, chopped
- 1 teaspoon sage, chopped
- ¼ cup citrus juice (oranges, lemons or limes)
- 2 tablespoons butter or oil
- Tin foil for parcel/s

Brush the tin foil with butter or oil. Toss all vegetables and herbs in the remaining butter or oil. Divide the vegetables equally into 6-8 parcels or make one large parcel. Fold the edges in twice, so as not to allow any steam to escape.

Cook over the Roast Pan for 30 minutes.

Open the parcels slowly to allow the steam to escape gently, and take care as they will be very hot! Add more butter and herbs over the vegetables before serving. Alternatively, you can serve with a garlic/ginger vinaigrette.

Serves 6-8 as an accompaniment or 4 as a main meal.

REQUIRED SURFACE



Roast Pan



SANDWICH OF NAAN BREAD WITH GRILLED VEGETABLES

150 ml milk
 15 g yeast
 ½ teaspoon sugar
 150 g yoghurt
 1 egg
 2 tablespoons oil
 500 g flour
 1 teaspoon salt
 1 teaspoon baking powder
 Flour for unwinding



Heat the milk until it's warm (not hot). Crumble the yeast in a bowl, add sugar and 50 ml of warm milk. Stir lightly and leave for 12 minutes. Meanwhile beat the egg with yoghurt, the rest of the milk and oil. Pour flour in a large bowl and stir with salt and baking powder. Make a well in the centre of the flour and add the yoghurt and the yeast mix. Start mixing by hand until it's smooth. Put the dough apart with a humid towel over it and let it rise for 2 or 2½ hours. The volume needs to be doubled. Pre-heat the BBQ to approximately 200°C. When the dough has risen, knead it once more and split into 10 balls. Use a rolling pin to make an elongated bread of each ball, approximately 1 cm thick. Put some flour on the pin and working space to prevent sticking.

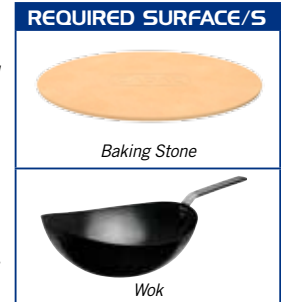
Bake the naan breads on the Baking stone for about 4 minutes and turn over. Place the vegetables onto it with slices of mozzarella and basil. Grill for 4 minutes until the naan bread is golden brown and the mozzarella is lightly melted. Meanwhile stir all ingredients for the dressing and add salt and pepper. Cut the sandwich in pieces and serve with a yoghurt dressing with garlic and chives.
Makes 10 pieces.



GRILLED PIZZA WITH PEPPER, AUBERGINE AND SAUSAGE

Pizza crust
 350 g meal
 2 teaspoons yeast
 1 teaspoon salt
 200ml warm water
 2 tablespoons olive oil
Topping
 1 green pepper
 ½ aubergine, cut into long / small strips
 200 g slices of sausage (e.g. pepperoni)
 150 g grated cheese
 1 onion, cut into small rings
 2 tablespoons corn

Tomato sauce
 3 tablespoons olive oil
 2 shallots or red onion, chopped
 2 cloves garlic, chopped
 2 teaspoons dried oregano
 700 g fresh or canned pomedori tomatoes
 Salt & pepper
 Fresh herbs like thyme, oregano, rosemary or tarragon (optional)
 Dried herbs are also possible but will taste less strong.



Pizza crust: Stir the yeast, salt and some pepper in a bowl. Make a well in the centre and pour in the water and oil. Add and stir the meal gradually into a soft dough. Mix the dough for about 10 minutes (on a worktop covered with some meal) until firm and elastic. If it's too dry add some warm water. Place the dough in a greased bowl, cover it and leave to rise until the volume has doubled. **Tomato sauce:** Fry shallots and garlic in heated olive oil in the wok. Add and stir tomatoes and oregano. Leave to cook (low heat) and add extra herbs if desired. Leave for about 5 minutes and let the sauce cool down. Grill peppers on all sides and put them in a plastic bag, leave for about 10 mins. Peel skin of the peppers and cut into small, long strips. Cover aubergine with some olive oil, peper and salt. Grill on the barbecue. Split the dough into two and roll out into two round pizzas. Use meal to prevent sticking. Cover the pizza with tomato sauce leaving about 1cm on the edge. Divide pepper, aubergine, shallot, corn, sausage and grated cheese over the pizza and sprinkle with some olive oil. Place on the baking Stone and grill with dome closed for about 4 - 5 minutes until cheese has melted and the crest is golden brown. *Makes 2 pizzas.*



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