

Cahills Kingaroy Ridge

Spring BBQ Recipes

The coming of Spring is a great excuse to have a barbecue. Meat, metal and fire unite in the great Australian ritual of outdoor cooking. And there's no better time to enjoy John Cahill's 2003 boutique vintages from Kingaroy Ridge.

Barbecued Rib Fillet with Blue Cheese Butter Sauce with Cahills Kingaroy Ridge Shiraz

100g Softened butter
100g Blue vein cheese
2 Garlic cloves crushed
2 tspn Onion chives, finely chopped
1 kg (4 x 250g) Rib fillet steaks
50ml Olive oil for frying

To make the flavoured butter, combine butter, cheese, garlic and chives in a bowl and mix to a smooth paste. Roll butter up in greaseproof paper in a log shape with both the ends of the paper twisted up to seal. Refrigerate until set, and then cut into 1cm slices ready for use.

Brush each rib fillet steak with olive oil and season with freshly milled pepper.

Barbecue the steaks over a char grill or on a flat grill until the desired level of doneness is achieved. Approx five minutes each side on a medium heat will be medium-rare. Allow steaks to rest for five minutes.

Serve steaks with pieces of blue cheese butter slowly melting on top and accompany with a fruity style salad such as a Waldoff salad of apples, celery, walnuts and mayonnaise. Serves 4.

Affagato (means "Drowned Ice Cream") with Cahills Kingaroy Ridge Port

4 scoops Premium vanilla ice cream
4 shots strong espresso coffee

This is probably the world's easiest dessert. But as they often say "The simple things in life are often the best". You can use decaffeinated espresso if you want to avoid the caffeine. I like to serve affagato in a dessert bowl but it is mostly served in a coffee cup and saucer.

Just pour the freshly brewed hot espresso over the ice cream and serve with almond bread on the side. The Cahill's Tawny Port can be sipped separately or poured over the affagato.

