

*Sunbeam*

# Kettle BBQ

Compact Electric BBQ Oven

INSTRUCTION/RECIPE BOOKLET.



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HG5400

# Sunbeam's Safety Precautions.

## SAFETY PRECAUTIONS FOR YOUR KETTLE BBQ.

- Do not immerse the control probe in water or any other liquid.
- Do not use the control probe in any other appliance.
- Do not leave the control probe in the appliance when storing outdoors.
- For indoor use, adequate ventilation or an exhaust fan is recommended.
- Use well away from walls and curtains.
- Do not leave plastic utensils in contact with appliance while cooking.
- Only use appliance fully assembled with all parts correctly in place, as specified in this instruction book.
- Do not use the stand for any purpose other than to support your Kettle BBQ.

## SAFETY PRECAUTIONS FOR ALL ELECTRICAL APPLIANCES

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- **Read carefully and save all the instructions provided with an appliance.**
- Always switch off the power outlet before inserting or removing a plug. When removing the plug, do not pull on the cord.
- Always remove the plug when the appliance is not in use or before cleaning.
- Always use the appliance on a flat level surface.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified electrical person.
- Always use your appliance from a power outlet delivering the rated voltage marked on the appliance.
- Close supervision is necessary when your appliance is being used near or by children or infirm persons.
- Never leave an appliance unattended while in use.
- Close supervision is necessary to ensure that children do not play with appliances.
- Do not use an appliance for any purpose other than its intended use.
- Do not allow water or liquids to come into contact with any switches or controls.
- Do not place an appliance on or near a hot gas flame, electric element or in a heated oven. Do not place and operate on top of any other appliance.
- Do not leave the power cord of an appliance near the edge of a table or bench top or touch any hot surface.
- Do not immerse appliance in water unless recommended.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof means. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair, if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or physically damaged. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection the installation of a residual current device (RCD) with a rated current not exceeding 30mA is advisable in the electrical circuit supplying the power outlet in use.

If you have any concerns regarding the performance and use of your appliance, please ring our Toll Free number (Australia only) 1800 025 059. New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.

**Ensure the above safety precautions are understood.**

تأكد من تفهم احتياطات السلامة المذكورة أعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώστε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan keselamatan-tindakan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

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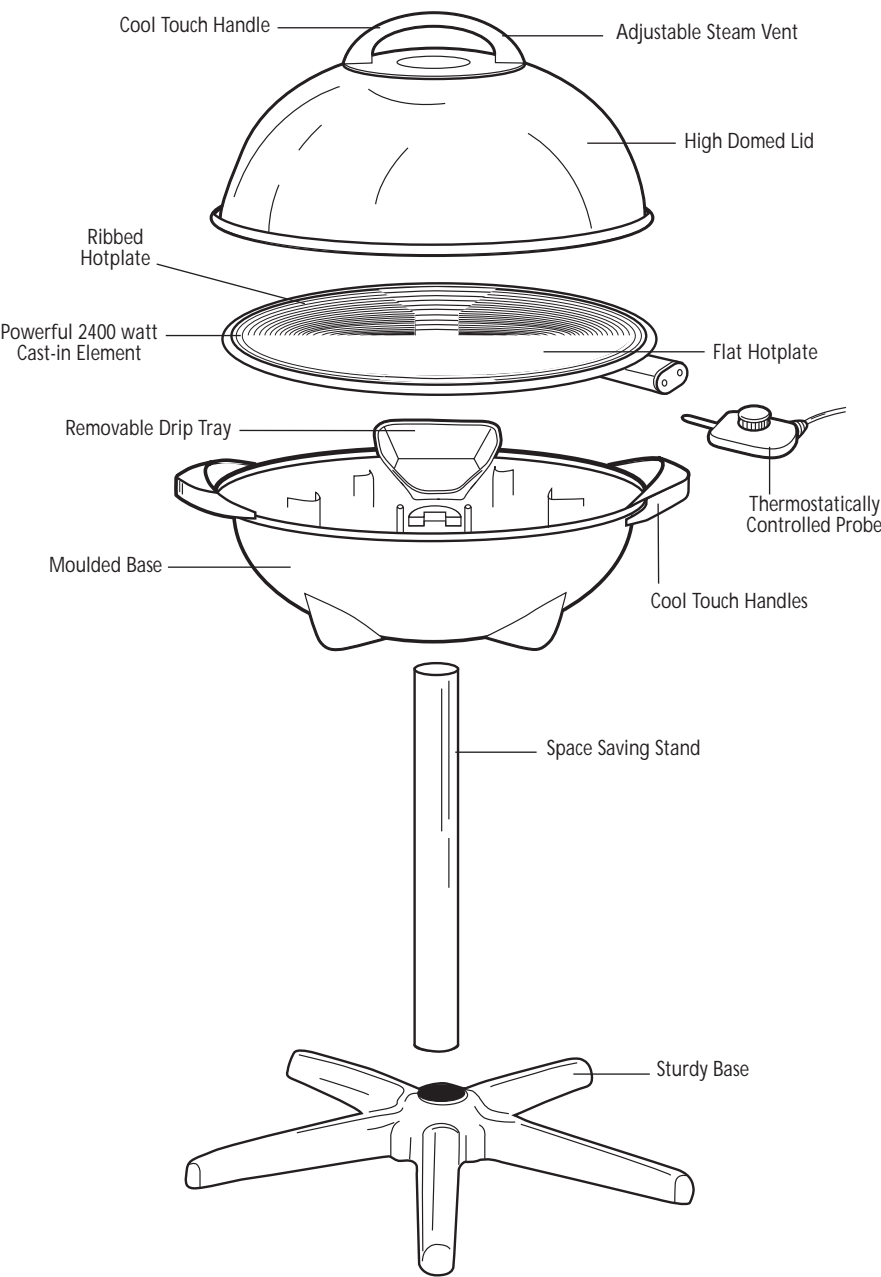
ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

# Features of your Sunbeam Kettle BBQ.

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# Features of your Sunbeam Kettle BBQ.

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## **Powerful 2400 watt element.**

The element is cast into the hotplate to ensure fast heat-up, even heat distribution and long element life.

## **Non-stick cooking surface.**

Coats the entire hotplate for fat-free cooking and easy cleaning.

## **Ribbed hotplate.**

Seals in the juices and flavours of your favourite foods, while allowing the fats to drip through the drainage holes for healthy, fat-free cooking.

## **Flat hotplate.**

Ideal for frying a variety of foods including eggs, bacon, tomatoes, onions and mushrooms.

## **Heat Control Probe.**

Thermostatically controlled probe with 12 heat settings for total control in a variety of cooking tasks. Also features SuperSear for sealing steaks.

## **Removable control probe.**

The control probe is removable to allow for easy cleaning and outdoor storage.

## **Removable drip tray.**

Collects the fats and juices during cooking and is dishwasher-safe for easy cleaning.

## **Cool touch handles.**

Cool touch handles on the base for easy assembly and portability.

## **Moulded base.**

Made from durable, heat resistant nylon, the base supports the hotplate and drip tray.

## **High domed lid with adjustable steam vent.**

Seals in the heat and moisture for natural convection cooking. The lid also features a handy hook for storage on the side of the BBQ when used with the stand.

## **Weatherproof parts.**

Allow for outdoor storage.

# Using your Sunbeam Kettle BBQ.

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## **Before first use.**

Remove any stickers from the hotplate. Wash the hotplate and drip tray in warm soapy water using a mild household detergent. Dry hotplate and drip tray thoroughly.

## **To assemble the stand.**

Place the base of the stand (legs) on a flat level surface. Take the pole and with the slots to the bottom, insert the metal tube into the hole in the centre of the base and push down firmly.

Place the base of the **Kettle BBQ** onto the pole and fit it into position. The base is correctly positioned when the pole has slid in approximately 10cm.

Place drip tray into base. For easy cleaning line the drip tray with aluminium foil. This will collect the fats and juices.

Position the hotplate over base and drip tray, as shown in Figure 1.

For better non-stick performance, "season" the cooking surface of the hotplate by applying a thin coat of cooking oil and rubbing in with paper towelling before each use.

**WARNING: Charcoal or similar combustible fuels must not be used with this appliance.**

**NOTE: Do not place any objects such as saucepans or plates on the hotplate.**

## **Using your Kettle BBQ.**

1. Insert the Heat Control Probe fully into the socket of the hotplate.
2. Plug the cord into a 230-240 volt power outlet and turn the power on. An extension cord that has been checked and tested by your electricity supplier or a qualified technician may be used with your **Kettle BBQ**.
3. Set the control probe dial to the desired heat setting.

Remove the lid from the **Kettle BBQ** and allow to heat up. When the thermostat light on the control probe switches off, the desired cooking temperature has been reached and the **Kettle BBQ** is ready to use.

For oven style cooking, set the dial to Super Sear setting, replace the lid and pre-heat for approximately 10 minutes.

**Note:** The thermostat light on the control probe indicates the **Kettle BBQ** is heating. This light will remain ON until the set temperature has been reached and then will cycle ON and OFF throughout cooking. This will ensure that the **Kettle BBQ** always maintains the selected temperature. The pre-heat time will depend on the heat setting selected.

# Barbeque Oven Cooking in your Kettle BBQ.

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## BBQ Oven Cooking

Roasting your favourite dishes has never been so easy!

BBQ Oven cooking allows you to roast meats and vegetables efficiently, while sealing in the flavoursome juices.

The result is oven style, tender meat, with wholesome crisp vegetables.

For a perfect result every time, read the BBQ Oven Basics section below.

## BBQ Oven Basics

- For optimum results, the **Kettle BBQ** should always be pre-heated for 10 minutes with the lid on.
- Keep the steam vent closed throughout cooking. Open the steam vent during the last 15 minutes of cooking - this will allow any excess steam to escape.
- Avoid removing the lid continually during the cooking time. The heat loss will only lengthen the cooking time.
- All meats should be fully thawed or at room temperature before cooking.
- Baste the meat during the last  $\frac{1}{2}$  hour of cooking. Excess basting will cause the meat to burn or darken if left on throughout the entire cooking time.
- Meats such as beef, pork, chicken and poultry require approximately  $1\frac{1}{2}$ -2 hours to cook, depending on the weight and size. To avoid the base of the meat burning, place on a greased sheet of foil. This will also collect juices, which are ideal to use for gravy.

- Avoid overcooking meats. The longer the cooking time, the less tender the meat will be.
- Use a meat thermometer to take the guesswork out of the BBQ cooking. The guides on the thermometer will indicate the temperature of the food. The temperature guide on the thermometer will tell you when the meat is cooked to your desired choice. For an accurate reading, always insert the thermometer into the thickest part of the meat.

# Care and Cleaning.

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**IMPORTANT:** Do not use metal utensils on the hot plate as these will scratch the non-stick cooking surface.

**Do not leave plastic utensils in contact with hotplate while cooking.**

Before cleaning, turn the power OFF then **REMOVE** the plug from the power outlet and the Heat Control Probe from the socket of the **Kettle BBQ**.

## **Heat Control Probe.**

If cleaning is necessary, wipe over with a damp cloth.

**Do not immerse the control probe in water or any other liquid.**

**NEVER use the Kettle BBQ control probe in any other appliance.**

## **Storage**

Store the probe carefully in a safe place. Do not knock or drop it as this can damage the probe. If damage is suspected, return the control probe to your nearest Sunbeam Service Centre for inspection. Refer to the back of your instruction book for Service Centre listings.

## **Hotplate and Drip Tray.**

The element in the hotplate is totally sealed, so it is safe to fully immerse in water. Wash the hotplate and drip tray in warm soapy water using a mild household detergent and a soft washing sponge.

A bottle brush may be used to clean the drainage holes in the ribbed hotplate.

The hotplate and drip tray are also dishwasher safe.

**Do not use abrasives or metal scourers** as they will scratch the non-stick cooking surface. Dry the hot plate and drip tray thoroughly before storing.

## **Moulded Base and Lid.**

The base and lid can be wiped over with a damp cloth or washed in warm soapy water using a mild household detergent and a soft washing sponge.

**Do not place the moulded base or lid in a dishwasher.**

**Do not use abrasives or metal scourers** as they may scratch these parts.

## **Stand**

The stand can be wiped over with a damp cloth. Do not place any part of the stand in a dishwasher.

## **Storage.**

Always dry and assemble the **Kettle BBQ** before storing. Ensure the drip tray and hotplate are correctly positioned.

For outdoor storage of your **Kettle BBQ**, remove the control probe and store in a safe, dry place.

## **Important:**

Before inserting control probe in probe socket ensure the interior of the socket is fully dry. To do this wipe interior of socket with a dry cloth or shake out excess water vigorously.

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For more information or advice on any Sunbeam products, contact the Sunbeam Consumer Service Line on 1800 025 059 in Australia. In New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.

# Guide to Meat and Poultry Cooking Times and Temperatures

Note: All times stated in recipes and on the chart below are approximate. Cooking times will vary depending on the cut, size and weight of the meat.

All times are in hours and minutes unless otherwise specified.

## Meat & Poultry

Meat/Weight	1.5kg	2kg	3kg
Beef (rare)	1hr 20min	1hr 50min	3hrs
Beef (medium)	1.30	2.00	3.15
Beef (well done)	1.50	2.20	3.35
Lamb (rare)	1.30	2.00	3.00
Lamb (medium)	2.00	2.25	3.25
Lamb (well done)	2.30	2.55	3.30
Pork	1.45	2.55	3.30
Ham	Approx. 20min/kg		
Turkey	Approx. 30 min/kg		

## Chicken

Size	Weight/kg	Cooking Time
Number 10	1.0	1.15
Number 15	1.5	1.45
Number 20	2.0	2.15
Number 25	2.5	2.45
Number 30	3.0	3.05

## Cooking chart for meat temperature

The correct internal temperature of the meat will determine when it is cooked. Meat thermometers are available from supermarkets or department stores.

Use the guide displayed on the meat thermometer to determine when the meat is cooked. We have listed a guideline of temperatures below.

Meat	Temperature (Celsius)	Temperature (Fahrenheit)
Beef, Lamb (rare)	60°C	140°F
Beef, Lamb (medium)	71°C	160°F
Beef, Lamb (well done)	77°C	170°F
Pork	77°C	170°F
Ham	71°C	160°F
Turkey	82°C	180°F



# BBQ Oven Recipes.

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## Roast Vegetables

Serves 4

*4 medium potatoes*

*500g butternut pumpkin*

*4 small onions, peeled*

*4 carrots, peeled*

*salt & pepper*

*2 tablespoons butter, melted*

Pre-heat **Kettle BBQ** for 10 minutes on Roast setting with lid on.

Peel potatoes and cut in half. Cut pumpkin into 4 wedges without peeling skin.

Place the vegetables on a greased piece of foil. Season with salt and pepper.

Place the foil with vegetables on the hotplate and pour over melted butter. Curl edges of foil to securely enclose vegetables.

Place the lid on and cook for approximately 45 minutes. Remove lid and discard foil by placing the vegetables directly onto the hotplate.

Cook for an additional 15 minutes, turning over constantly until crisp.

## Roast Pork with Nutty Rice

Serves 4-6

*1.5kg loin of pork, boned with rind scored*

*Olive oil*

*Salt & pepper*

### Filling

*1 tablespoon butter, melted*

*3 mushrooms, finely chopped*

*2 tablespoons chopped onion*

*1/4 teaspoon nutmeg*

*1 cup cooked brown rice*

*1 egg, beaten*

*2 tablespoons pine nuts*

*2 teaspoons chopped parsley*

*salt and pepper to taste*

Combine all filling ingredients in a small bowl and mix thoroughly.

Open the pork and spread the filling evenly across the surface.

Roll the pork firmly and tie securely with string.

Brush the meat lightly with oil and season with salt and pepper.

Place the pork on a greased sheet of foil and curl in edges. Cook with lid on for approximately 1<sup>3</sup>/<sub>4</sub> hours or until cooked.

Allow meat to cool for 10 minutes before slicing.

# BBQ Oven Recipes.

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## Roast Beef

Serves 4-6

*2kg silverside or topside beef*

*2 teaspoons French mustard*

*1/4 cup oil*

*2 teaspoons fresh thyme*

*salt & pepper*

Pre-heat **Kettle BBQ** for 10 minutes on Roast setting with lid on.

Trim meat of excess fat and sinew.

Combine mustard, oil and thyme. Brush over meat and season with salt and pepper.

Place meat on a greased sheet of foil. Curl edges of foil to seal meat.

Cook with lid on for approximately 2 hours or until desired. Lightly brush the meat with a little oil during the last 15 minutes of cooking.

Allow the meat to cool for 10 minutes before slicing.

## Roast leg of Lamb

Serves 4

*2kg leg of lamb*

*1 teaspoon crushed garlic*

*Olive oil*

*salt & pepper*

Pre-heat **Kettle BBQ** for 10 minutes on SuperSear setting with lid on.

Trim meat of excess fat and sinew. Coat meat with olive oil. Spread garlic over meat and season with salt and pepper.

Cook with lid on for approximately 2 1/2 hours for medium rare meat. Brush meat with a little oil, during the last 15 minutes of cooking.

Allow the meat to cool for 15 minutes before slicing. Serve with mint sauce or jelly.

## Roast Chicken

Serves 4

*1.8kg chicken*

*5 pieces garlic*

*1 small bunch fresh rosemary*

*Olive oil*

*salt & pepper*

Pre-heat **Kettle BBQ** for 10 minutes on Roast setting with lid on.

Wash and clean chicken thoroughly, removing any fat deposits inside the cavity. Pat dry with paper towel.

Place the garlic and 1/2 the bunch of rosemary in the cavity. Tuck the wings back and tie the base of the chicken with cooking string so that the legs are crossed and securely positioned.

Brush the chicken on a greased sheet of foil and curl in the edges. The foil will hold in all the juices.

Cook with the lid on for approximately 2 hours 15 minutes, or until cooked.

Note: To determine whether chicken is thoroughly cooked, insert a skewer into the thigh. If the juices run clear, the chicken is cooked.

# Open BBQ Recipes.

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## Thai Lamb Cutlets

Serves 5

*10 Lamb cutlets*

*<sup>3</sup>/<sub>4</sub> cup satay sauce*

*<sup>1</sup>/<sub>4</sub> teaspoon ginger*

*<sup>1</sup>/<sub>4</sub> teaspoon crushed garlic*

Pre-heat **Kettle BBQ** on SuperSear.

Combine satay sauce, ginger and garlic together.

Brush cutlets with sauce and place on hotplate.

Cook for 2 minutes each side, brushing with satay sauce.

Reduce heat to setting 12 and cook for a further 6-8 minutes or until desired.

Serve with boiled fragrant rice or mixed salad leaves.

## Greek Lamb Souvlaki

Serves 6

*700g trim lamb, diced*

*10 kebab skewers, soaked in water*

### Marinade

*<sup>1</sup>/<sub>4</sub> cup lemon juice*

*1 teaspoon olive oil*

*1 tablespoon fresh oregano, chopped*

*1 teaspoon fresh rosemary, chopped*

*2 teaspoons crushed garlic*

Pre-heat **Kettle BBQ** on SuperSear.

Combine all ingredients of marinade together.

Thread diced lamb onto 10 kebab skewers. Place skewers in a deep dish and pour marinade over skewers.

Place skewers on hotplate and cook for 4 minutes each side. Reduce heat to setting 12 and cook for a further 6 minutes, or until cooked.

Serve with Greek salad and hot crusty bread.

# Open BBQ Recipes.

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## Garlic Prawns

Serves 4

*1kg green prawns, shelled and deveined*

*1/2 cup olive oil*

*2 cloves garlic, crushed*

*1 tablespoon chopped parsley*

*Fresh ground pepper to taste*

Place all ingredients into a bowl and marinate for 2 hours.

Pre-heat **Kettle BBQ** on SuperSear. Cook prawns for 4 minutes each side, occasionally brushing with marinade.

Reduce heat to setting 10 and cook for a further 8-10 minutes or until cooked throughout.

## Pepper Steak

Serves 8

*8 pieces thin fillet steak*

*4 tablespoons crushed black peppercorns*

### Sauce

*60g butter*

*1 1/2 cups dry white wine*

*2 tablespoon brandy*

Press the crushed pepper into the steak on both sides. Refrigerate steaks for 1 hour.

Pre-heat **Kettle BBQ** on SuperSear.

Place steaks on hotplate and cook for 5-7 minutes on each side or as desired.

Combine butter, wine and brandy in a saucepan over low heat. Bring to the boil. Strain through a fine sieve.

Serve sauce over steak.

# Open BBQ Recipes.

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## Sweet Pork Medallions

Serves 8

*8 Pork Loin Medallion Steaks*

### Marinade

*1 tablespoon honey*

*4 tablespoons soy sauce*

*2 teaspoon chilli sauce*

*<sup>1</sup>/<sub>2</sub> teaspoon oil*

Combine all ingredients for marinade in a saucepan and stir over low heat until honey has dissolved.

Place pork in a flat dish and pour marinade over steaks. Refrigerate for 2 hours.

Pre-heat **Kettle BBQ** on SuperSear. Sear steaks on each side for 4 minutes.

Reduce heat to setting 10 and cook for a further 6-8 minutes or until cooked, turning occasionally.

Serve on a bed of pasta or rice.

## Honey and Soy Chicken Nibbles

Makes 20

*10 chicken wings*

*2 tablespoons vegetable oil*

*2 cloves garlic, peeled and finely chopped*

*1 teaspoon finely grated ginger*

*<sup>1</sup>/<sub>2</sub> cup soy sauce*

*<sup>1</sup>/<sub>4</sub> cup honey*

*<sup>1</sup>/<sub>4</sub> cup dry sherry*

*<sup>1</sup>/<sub>2</sub> teaspoon five spice powder*

*Fresh ground pepper to taste*

Pre-heat **Kettle BBQ** on SuperSear.

Remove and discard wing tips. Cut wings in half at the joint.

Combine all other ingredients in a small deep bowl.

Dip each wing into the marinade and place on hotplate.

Cook for 8-10 minutes each side. Reduce heat setting to 10 and cook for a further 10-12 minutes or until cooked throughout.

# Open BBQ Recipes.

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## Chicken Vegetable Kebabs

Serves 4

*8 kebab skewers, soaked in water*

*2 large chicken breasts, cubed*

*2 baby squash, quartered*

*4 cherry tomatoes, halved*

*4 mushrooms halved*

*1/2 yellow capsicum, chopped in 2 x 2cm pieces*

### Marinade

*1/4 cup lemon juice*

*2 tablespoons soy sauce*

*1 clove crushed garlic*

Pre-heat **Kettle BBQ** on SuperSear.

Thread chicken cubes onto skewers alternatively with squash, tomatoes, mushrooms and capsicum.

Combine marinade ingredients and brush over kebabs.

Place on hotplate and cook 5-8 minutes each side or until desired. Continually brush kebabs with marinade.

## Spicy New Zealand Mussels

Serves 12

*12 New Zealand Mussels*

### Marinade

*3 tablespoons oil*

*2 tablespoons vinegar*

*1/2 tablespoon chopped fresh oregano*

*1/2 teaspoon freshly ground black pepper*

*1/2 red chilli, finely chopped*

Scrub exterior of mussels with a washing brush to remove any grains. Place in a shallow bowl.

Combine all ingredients of marinade together and pour over mussels. Try pouring a little marinade in the opening of each mussel. Allow to stand for 12 minutes.

Pre-heat **Kettle BBQ** on heat setting 10. Cook mussels for 10 minutes, turning regularly.

Increase temperature to SuperSear, and move mussels to cook on the flat hotplate.

Cook for a further 5 minutes or until mussels start to open slightly.

# Open BBQ Recipes.

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## Mediterranean Octopus

Serves 4

*1kg baby Octopus*

### Marinade

*<sup>1</sup>/<sub>4</sub> cup each of green, yellow and red pepper, finely chopped*

*<sup>1</sup>/<sub>3</sub> cup soy sauce*

*1 tablespoon oil*

*2 tablespoons chopped fresh oregano*

*<sup>1</sup>/<sub>4</sub> cup lemon juice*

*1 clove garlic, crushed*

*3 tablespoons dry red wine*

Remove and discard heads and beaks from octopus. Place in a bowl.

Combine all marinade ingredients and pour over octopus. Refrigerate for an hour.

Pre-heat **Kettle BBQ** on heat setting 15. Cook octopus for 8-10 minutes each side or until tender.

## Crunchy Corn On The Cob

Serves 4

*4 corn cobs*

*75g butter, melted*

*1 teaspoon crushed garlic*

*Salt and pepper to taste*

Pre-heat **Kettle BBQ** on SuperSear.

Melt butter with garlic in a saucepan over low heat.

Brush corn cobs with melted butter and place on hotplate. Cook for 2 minutes each side.

Reduce temperature to setting 10. Cook for a further 10-12 minutes, turning frequently.

Season with salt and pepper to taste.

Note: To keep corn warm, wrap in aluminium foil and place on the flat hotplate - replace the lid and reduce heat to setting 6.

# Open BBQ Recipes.

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## Herbed Chicken Drumsticks

Makes 10

*10 chicken drumsticks*

### Marinade

*1 tablespoon each of chopped parsley, oregano and thyme*

*1/2 cup soy sauce*

*1/4 cup lemon juice*

*2 tablespoons oil*

*1 shallot, finely chopped*

*1/2 teaspoon crushed garlic*

Wash drumsticks under cold water and trim edges of skin. Place in a shallow dish.

Combine all marinade ingredients and pour over chicken. Refrigerate for 2 hours.

Pre-heat **Kettle BBQ** on SuperSear.

Cook drumsticks for 5 minutes each side.

Reduce heat to setting 11 and cook for a further 25-35 minutes, or until cooked throughout.

## Barbecued Snapper

Serves 4

*1 medium sized snapper*

*3 tablespoons oil*

*2 tablespoons vinegar*

*1 tablespoon soy sauce*

### Pine nut filling

*3 bacon rashers, chopped*

*1/3 cup pine nuts*

*2 shallots, chopped*

*2 cups stale breadcrumbs*

*1/4 cup sour cream*

*1 tablespoon chopped fresh chives*

### Pine nut filling

Fry bacon on flat hotplate of **Kettle BBQ** until crisp.

Combine remaining ingredients in a small bowl and add bacon. Mix until well combined.

### Snapper

Trim fins from the gutted fish. Snip the backbone, tail and head with scissors. Run fingers under the rib bones and pull backbone gently with your fingers. Remove backbone from fish. Stuff fish with pine nut filling and brush with combined oil, vinegar and soy sauce.

Pre-heat **Kettle BBQ** on SuperSear. Sear fish for 5 minutes each side, turning gently.

Reduce heat to setting 11 and cook for 25 minutes or until cooked throughout. Turn fish over occasionally while cooking.