# SWEET HEAT & SHENANIGANS

## MINI RECIPE BOOKLET

**Sweet. Spicy. Slightly Unsupervised.**

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Sweet Heat & Shenanigans is sticky, sweet-spicy chaos in a shaker: glossy caramelised edges, honeyed sweetness and just enough chilli to keep things interesting.

These ten recipes show how it turns chicken, beef, pork, lamb, seafood, veg and tofu into sticky, cheeky favourites.

**Get sticky. Get messy. Repeat.**

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# HOW TO USE
# SWEET HEAT & SHENANIGANS

**How much.** About 1 tbsp per 500 g of meat, seafood or veg. Go heavier for a bolder crust.

**When to rub.** Meat: season just before cooking, or up to 24 hours ahead for deeper flavour, covered in the fridge. Seafood, veg and tofu: season just before cooking.

**Best on.** Wings, ribs, pork, chicken, prawns and roast veg.

**Heat guide.** This rub contains sugar, so cook over medium heat or finish over high heat. Too hot for too long and it can catch. Sweet glazes go on in the last few minutes.

**Pairs with.** Honey, soy sauce, lime and anything creamy to cool it down. Try the Sweet Heat dip from the Dips booklet.

# STICKY GLAZED CHICKEN WINGS

Serves 4 · Prep 10 min · Cook 40 min

## INGREDIENTS

1 kg chicken wing pieces
1 tbsp Sweet Heat & Shenanigans
1 tbsp oil
2 tbsp honey
1 tbsp soy sauce
Sesame seeds and spring onion, to serve

## METHOD

Preheat the oven to 220°C (200°C fan-forced). Line a tray with baking paper.

Toss the wings with the oil and Sweet Heat & Shenanigans. Roast for 30 minutes, turning once.

Mix the honey and soy sauce, toss through the wings and roast for 8 to 10 minutes more until sticky and cooked through.

Scatter with sesame seeds and spring onion.

## NOTES

Line the tray well. Sticky glaze is no fun to scrub.

## FINAL WORD

*Napkins required. Regrets not included.*

# PORK CHOPS WITH CARAMELISED APPLE

Serves 2 · Prep 10 min · Cook 15 min

## INGREDIENTS

2 pork chops (about 250 g each)
2 tsp Sweet Heat & Shenanigans
1 tbsp oil
20 g butter
1 red apple, cut into wedges
1 tsp brown sugar

## METHOD

Rub the pork with the oil and Sweet Heat & Shenanigans.

Cook in a frypan over medium heat for 4 to 5 minutes per side until just cooked through. Rest.

Add the butter, apple and sugar to the pan and cook for 4 to 5 minutes until golden and soft.

Serve the chops with the apples and pan juices.

## NOTES

Snip the fat edge every few centimetres so the chops don't curl.

## FINAL WORD

*Sweet, sticky and a little bit fancy.*

# STICKY BEEF & BROCCOLI

Serves 2 · Prep 10 min · Cook 10 min

## INGREDIENTS

300 g rump steak, thinly sliced
2 tsp Sweet Heat & Shenanigans
1 tbsp oil
1 head broccoli, cut into florets
2 tbsp soy sauce
1 tbsp honey
1 tsp cornflour mixed with 2 tbsp water
Steamed rice, to serve

## METHOD

Toss the beef with the Sweet Heat & Shenanigans.

Stir-fry in the oil over high heat for 2 minutes until browned. Remove.

Add the broccoli and 2 tbsp water and stir-fry for 3 minutes.

Return the beef with the soy sauce, honey and cornflour mix. Toss for 1 minute until glossy. Serve with rice.

## NOTES

Takeaway night, without the delivery fee.

## FINAL WORD

*Glossy, sticky and done in ten.*

# SWEET HEAT PRAWN STIR-FRY

Serves 2 · Prep 10 min · Cook 8 min

## INGREDIENTS

300 g raw prawns, peeled and deveined
2 tsp Sweet Heat & Shenanigans
1 tbsp oil
1 red capsicum, sliced
100 g snow peas
2 tbsp sweet chilli sauce
1 tbsp lime juice
Rice or noodles, to serve

## METHOD

Toss the prawns with the Sweet Heat & Shenanigans.

Stir-fry the capsicum and snow peas in the oil over high heat for 2 minutes.

Add the prawns and stir-fry for 2 to 3 minutes until pink.

Add the sweet chilli sauce and lime juice and toss. Serve with rice or noodles.

## NOTES

Prawns cook in minutes. Pull them as soon as they turn pink.

## FINAL WORD

*Sweet, spicy and seriously quick.*

# CANDIED BACON

Serves 4 · Prep 5 min · Cook 20 min

## INGREDIENTS

8 rashers streaky bacon

2 tbsp brown sugar

1 tsp Sweet Heat & Shenanigans

## METHOD

Preheat the oven to 200°C (180°C fan-forced). Line a tray with baking paper and set a wire rack on top.

Lay the bacon on the rack. Mix the sugar and Sweet Heat & Shenanigans and sprinkle over the bacon.

Bake for 15 to 20 minutes until crisp and caramelised.

Cool on the rack for 5 minutes. It crisps further as it cools.

## NOTES

Crumble over burgers, salads or pancakes. Or just eat it.

## FINAL WORD

*Bacon, but somehow better.*

# STICKY ROAST CARROTS WITH YOGHURT

Serves 4 as a side · Prep 10 min · Cook 30 min

## INGREDIENTS

800 g carrots, halved lengthways
1 tbsp olive oil
2 tsp Sweet Heat & Shenanigans
1 tbsp honey
½ cup Greek yoghurt
2 tbsp toasted pepitas or almonds

## METHOD

Preheat the oven to 220°C (200°C fan-forced).

Toss the carrots with the oil and Sweet Heat & Shenanigans on a lined tray.

Roast for 25 minutes, drizzle with honey and roast for 5 minutes more until sticky and tender.

Spread the yoghurt on a plate, pile the carrots on top and scatter with pepitas.

## NOTES

Bunch carrots with the tops look great, but any carrots work.

## FINAL WORD

*Proof that veg can be cheeky too.*

# PARTY GLAZED MEATBALLS

Makes about 30 · Prep 20 min · Cook 25 min

## INGREDIENTS

500 g pork or beef mince
1 tbsp Sweet Heat & Shenanigans
½ cup breadcrumbs
1 egg
½ cup BBQ sauce
2 tbsp honey
Toothpicks, to serve

## METHOD

Preheat the oven to 200°C (180°C fan-forced). Line a tray with baking paper.

Mix the mince, Sweet Heat & Shenanigans, breadcrumbs and egg. Roll into about 30 balls, using about 1 tablespoon of mixture for each.

Bake for 15 minutes until browned.

Warm the BBQ sauce and honey in a large frypan over medium heat, add the meatballs and toss for 5 minutes until glazed and cooked through. Serve with toothpicks.

## NOTES

Make them the day before and glaze just before serving.

## FINAL WORD

*The first plate empty at any party.*

# SWEET HEAT CHICKEN BURGERS

Makes 4 · Prep 15 min · Cook 12 min

## INGREDIENTS

4 small chicken breasts, flattened to 1.5 cm
1 tbsp Sweet Heat & Shenanigans
1 tbsp oil
4 burger buns, toasted
2 cups coleslaw
Mayonnaise and pickles, to serve

## METHOD

Rub the chicken with the oil and Sweet Heat & Shenanigans.

Cook on a BBQ or in a frypan over medium heat for 5 to 6 minutes per side until cooked through.

Spread the buns with mayonnaise.

Build with coleslaw, chicken and pickles.

## NOTES

Flattening the chicken means it cooks evenly and fits the bun.

## FINAL WORD

*Sticky, crunchy, cheeky. The holy trinity.*

# GLAZED LAMB RIBS

Serves 4 · Prep 10 min · Cook 2 hr

## INGREDIENTS

1.5 kg lamb ribs (riblets)
2 tbsp Sweet Heat & Shenanigans
2 tbsp honey
1 tbsp soy sauce
1 lemon

## METHOD

Preheat the oven to 160°C (140°C fan-forced). Rub the ribs with the Sweet Heat & Shenanigans.

Place in a roasting tin, cover tightly with foil and cook for 1½ hours until tender. Drain off the fat.

Increase the oven to 220°C (200°C fan-forced). Mix the honey and soy sauce and brush over the ribs.

Roast uncovered for 15 to 20 minutes until sticky. Squeeze over the lemon.

## NOTES

Lamb ribs are fatty. The long, slow cook renders it out.

## FINAL WORD

*Sticky fingers, happy faces.*

# STICKY TOFU BITES

Serves 2 · Prep 10 min · Cook 15 min

## INGREDIENTS

300 g firm tofu
2 tsp Sweet Heat & Shenanigans
1 tbsp cornflour
2 tbsp oil
1 tbsp soy sauce
1 tbsp maple syrup or honey
Steamed rice and thinly sliced spring onion, to serve

## METHOD

Wrap the tofu in paper towel and press under a heavy pan for 15 minutes to squeeze out the water. Cut into 2 cm cubes. Toss with the Sweet Heat & Shenanigans and cornflour.

Fry in the oil in a large non-stick frypan over medium-high heat for 8 to 10 minutes, turning, until golden on all sides.

Add the soy sauce and syrup and toss for 1 minute until sticky.

Serve on steamed rice, scattered with spring onion.

## NOTES

Pressing out the water is what makes the tofu crisp instead of soggy.

## FINAL WORD

*Even the tofu misbehaves.*

# THANK YOU

Thanks for cooking with Outback Smoke & Fire.

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**Big flavour starts with a great rub.**

*Everything else is just showing off.*