

BBQ King Beef Rashers

½ Cup

Gramas Worcestershire Sauce (Product Code: 8115664)

12

Beef brisket rashers

45 g

BBQ King Seasoning (Product Code: 4412095)

1

Natvac Bag 250 x 350 mm 70 micron (Product Code: 6407132)

METHOD

1. Rub each rasher with **Gramas Worcestershire Sauce** and season with **BBQ King Seasoning**.
2. Place in a **Vacuum Bag** and vacuum or in a sealable dish.
3. Allow to stand in the refrigerator for 8 - 24 hours.

COOKING METHOD: BRAAI

1. Pre-heat an outdoor charcoal grill for medium heat and lightly oil the grate.
2. Grill to desired liking. Best is when the fat is crispy.

COOKING METHOD: PAN FRIED

1. Heat a griddle pan over a high heat.
2. Coat the pan in olive oil and cook rashers for 6 - 8 minutes on each side.

COOKING METHOD: AIR FRYER

1. Spray the basket of the air fryer with olive oil spray.
2. Pre-heat the air fryer to 200° C.
3. Lay the rashers at the bottom of the basket with space between them, do them in batches if necessary.
4. Cook for 16 - 20 minutes, turning half way through the cook.

SERVING

1. Serve with your favourite sides like **Fully Loaded Fries** and **Curried 3 Bean Salad** and for something sweet **Banana Poppey and Coffee Loaf**.



GRAMA'S

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Undeniably Grandma's*

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