



# BBQ PORK TENDERLOIN

Serves – 4 people, entrée size

## Ingredients

- 1kg Pork Loin
- ½ tsp Salt
- 6 tsp Sugar
- 2 tsp Soy sauce
- 2 tsp Hoisin sauce
- 2 tsp Sherry
- 1 tsp Five spice powder (available at supermarkets)
- 2 Garlic cloves, crushed
- Dash red pigment, i.e. food colouring

## Method

In a large bowl combine; salt, sugar, soy sauce, Hoisin sauce, sherry, five spice, garlic, red pigment. Mix the marinade thoroughly

Cut pork into long strips and add to the marinade, make sure the meat is fully coated. Marinate for at least 1 hour

Place pork strips in a shallow baking dish. For something extra – Coat the baking dish with a thin layer of honey. Cook in a pre heated oven at 180-200°C for approximately 25 minutes, until meat is golden brown.

Serve immediately with rice and your favourite vegetables

Recipe by  
John Yeung, Head Chef at Yum Cha Dragon  
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# BUTCHER'S GRILL

**B**utcher's Grill's premier location along Waterfront City's picturesque promenade, lends itself perfectly for a wonderful Mediterranean style dining experience.

Restaurant Manager John Goff's passion for quality and exceptional service exceeded expectations as he meticulously provided professional guidance through the food and beverage menus.

The traditional grilled scored pork sausage entrée was mildly smoked, flavoured with robust spices served with a flavoursome tomato concassé.

Simply brilliant! Opting to sample a mini banquet for the main affair, John proudly presented the Mixed Grill - an array of precision grilled meats.

Balkan style beef and pork Chevapchichis, mince Sarska Pleskavica filled with kashkaval cheese, succulent lamb cutlets, and beef and pork Raznjici – were all inspired by their ethos of 'simple food done well'. John also selected a light and refreshing Shopska – Balkan salad to cut through the richness of the aged beef and perfectly complimented with a bottle of 2005 Kangarilla Rd Sangiovese.

Dessert was sublime and presented by Head Chef, Ben James. Layers of nougat and almond sponge with a zesty citrus sauce was heightened with a glass of Kruskova, a Croatian fine pear liqueur.

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[www.butchersgrill.com.au](http://www.butchersgrill.com.au)  
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## CHEF'S HINTS



Photo of Julie by Kai Brethouwer

### Chef Julie Lo, from Fish Seafood Grill hints and tips on cooking fish...

Rub lemon juice on fish before cooking. This will help the fish maintain colour and enhance its natural flavour.

Coat fish in flour when pan frying. This will help develop a crisp flavoursome crust, while keeping the inside tender and flakey

To check for doneness, cut through the thickest part of the fish. The meat should be opaque in colour and still moist. [www.fishrestaurant.com.au](http://www.fishrestaurant.com.au)