

# August IN THE ISSUE



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## COVER RECIPE ❀

### Beef kebabs with fig dressing

**SERVES 4**

**1kg beef fillet, rump or sirloin, cut into 2.5cm cubes**

**2 lemons or limes, each cut into 6-8 wedges**

**2 red onions, peeled, each cut into 6-8 wedges**

**olive oil, for basting**  
*for the fig sauce*

**4 dried figs, cut in half, seeds scraped out and reserved**

**½ a garlic clove, peeled, chopped**  
**1 tsp honey**

**1 tbsp white balsamic vinegar**  
**1 tbsp extra-virgin olive oil**

**squeeze of lemon juice**  
**chopped flat-leaf parsley, to serve**

Soak 8-10 wooden skewers in a bowl of cold water for an hour before preparing this recipe.

In a small bowl, whisk together all of the ingredients for the fig sauce, except for the parsley.

Thread the wooden skewers with the beef, citrus fruit and onion, in quantities to suit your taste. Baste with a little olive oil.

Grill the skewers on the barbecue for 8-10 minutes, basting and turning so that they cook evenly.

Serve the skewers with the fig dressing drizzled over the top and scattered with flat-leaf parsley.

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