

THE CHEF'S SECRET

COOKING WITH NATURAL GAS



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Are you ready to go gourmet without the grind? Welcome to “The Chef’s Secret,” where I’m serving up a sensation by keeping things simple.

In this season, I’ll be showing you how to create restaurant-quality dishes at home without the hassle, and I’ll be doing it with the power of natural gas.

Whether you’re a seasoned home cook or just starting out in the kitchen, I’ve got you covered. I’ll be sharing my favorite recipes that showcase the versatility and ease of cooking with natural gas, so you can enjoy delicious meals without spending all day in the kitchen.

So, get ready to kick your cuisine up a notch with my mouthwatering dishes and expert tips and tricks for incorporating natural gas into your cooking.

Happy cooking!



Adrian Richardson
Head Chef and owner
of LaLuna Bistro.



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“Meat cooked on the bone is always going to be the sweetest”



“The most delicious chicken I’ve ever cooked!”

Thai-Style Red Curry Chicken

SERVES 4-6

INGREDIENTS

- 6 chicken thigh chops, skin on & bone-in
- 2 teaspoons curry powder
- Salt
- Pepper
- 3 tablespoons olive oil

Curry

- 3 tablespoons olive oil
- ½ red onion, peeled & sliced
- ½ red chilli, deseeded & chopped
- ½ green chilli, deseeded & chopped
- 3 cloves garlic, sliced
- 1 large knob ginger, peeled & finely sliced
- 2 lime leaves
- 2 teaspoons Ayam red curry paste
- 2 tablespoons Ayam light soy
- 270ml Ayam coconut cream
- 500ml chicken stock
- 300 gms green beans, roughly chopped
- 300 gms garlic shoots, roughly chopped (optional)
- 2 spring onions, roughly chopped
- 1 tablespoon coconut sugar

To Garnish

- 5 sprigs coriander, roughly chopped
- 1 tablespoon toasted sesame seeds
- 2 tablespoons, deep-fried shallots



Adrian Richardson

METHOD

1. Grab a frying pan and a heavy based medium-sized pot.
2. Season the chicken with salt, pepper and curry powder, making sure to cover both sides of the chicken.
3. Over a medium heat add the olive oil and chicken to the pan, turn the chicken, and gently sear until golden brown and crispy.
4. In a heavy-based pot, over a medium heat add the ginger, garlic, chilli, lime leaves into the pot & stir until it softens.
5. Add Ayam curry paste and stir through for 2 to 3 minutes.
6. Add the soy, coconut cream & stock.
7. Add the chicken to the curry pot. Make sure you pop all of the oil, after 2 to 3 minutes add the beans, garlic shoots & spring onion, then add the coconut sugar & stir through.
8. Turn the heat down & cook over a gentle heat for 20 minutes, when the chicken is cooked through serve.
9. Garnish with coriander, sesame seeds & fried shallots.
10. Serve with steamed rice.

“You’ll be the person on your block that has the neighbours wondering where the delicious smell is coming from”

“Forget the BBQ. Make a portable gas stove your table’s centrepiece and cook right in front of your guests”



“The Koreans love their BBQ’s just as much as us Aussies do.”

Korean Marinated BBQ Pork



Adrian Richardson

SERVES 2-4

INGREDIENTS

- 500gm pork collar, thinly sliced

Marinade

- 1 tablespoon gochujang
- 1 tablespoon white miso
- 1 tablespoon red onion
- 1 teaspoon ginger, minced
- ¼ red onion, finely diced
- 2 cloves garlic, minced
- ¼ spring onion, finely sliced
- ¼ bunch coriander, picked & chopped
- 1 tablespoon kimchi, diced
- ¼ cup light soy sauce
- ¼ cup olive oil

Salad

- 1 tablespoon kimchi
- ¼ wombok, finely sliced
- ¼ red onion, finely diced
- ½ chilli, deseeded & sliced
- 1 small knob of ginger, peeled & sliced
- ¼ bunch of coriander leaves
- 3 tablespoons light soy
- 2 tablespoons extra virgin olive oil
- ½ cup Kewpie mayo
- Juice of 2 limes
- 1 tablespoon wasabi

Garnish

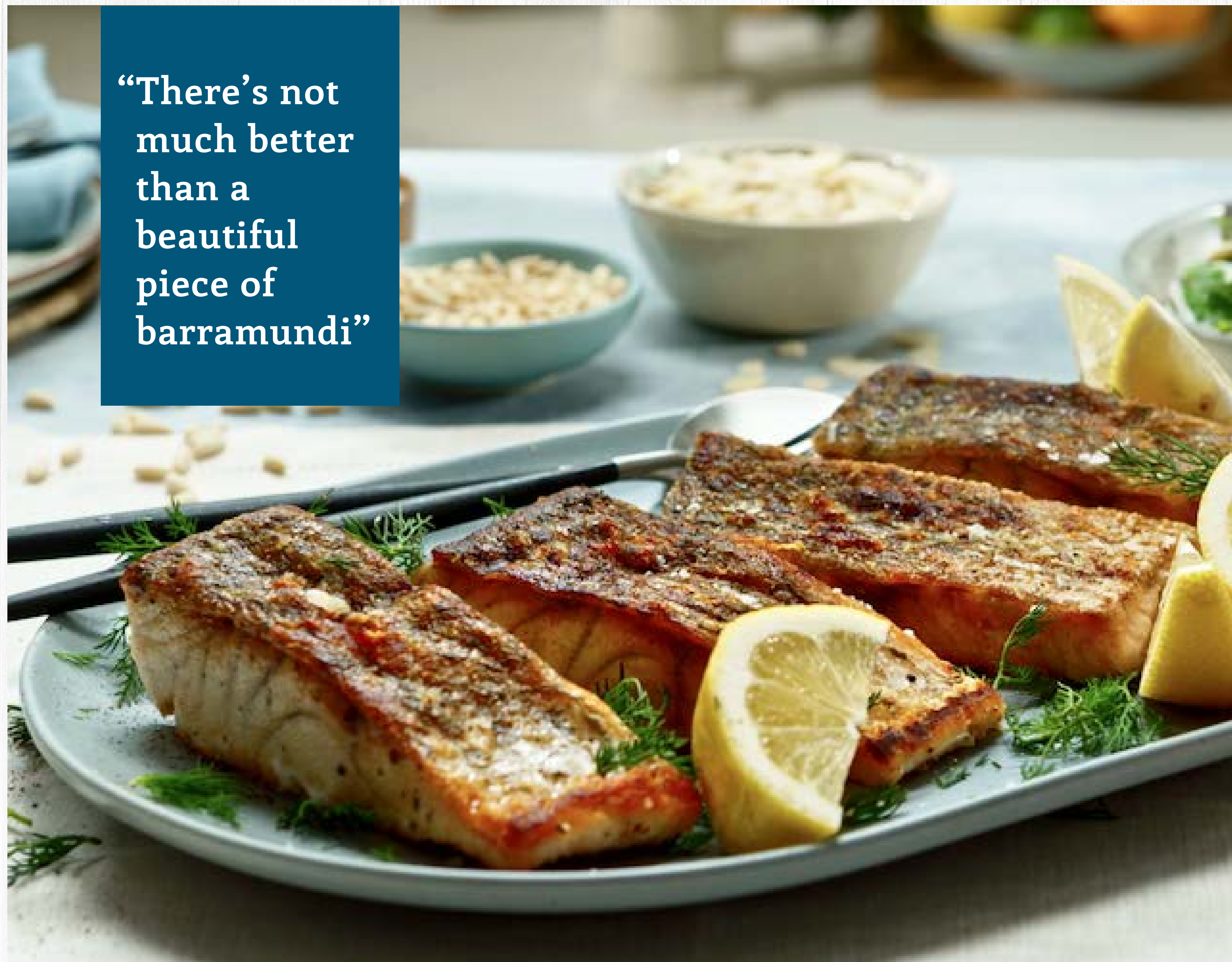
- 1 tablespoon white pickled ginger
- 1 tablespoon pink pickled ginger
- 1 tablespoon deep fried shallot
- 1 tablespoon spring onion

METHOD

1. Mix all of the marinade ingredients together in a bowl, lightly season the pork, add the marinade to the pork, and cover and leave in the refrigerator overnight (or for 2 hours).
2. Heat up your BBQ flat top or portable gas stove and when you are ready to start cooking turn down the BBQ to a low to medium heat, this will stop the pork from burning, this should take 2 to 3 minutes each side until the pork is cooked.
3. To make the salad, add all the ingredients to a large bowl and mix them together until well combined.
4. Garnish your pork & serve with the salad.

“With a blend of exotic flavours built on a foundation of delicious gochujang, this succulent Korean marinated BBQ pork will have their mouths watering as soon as it hits the grill”

“There’s not much better than a beautiful piece of barramundi”



“I leave the skin on, because to me that’s the most important part”

Crispy Barramundi & Fennel Salad



Adrian Richardson

SERVES 4

INGREDIENTS

- 4 pieces barramundi fillets, scaled, skin on 200gms each
- Salt
- Pepper
- 3 teaspoons olive oil

Fennel Salad

- 1 bulb fennel, finely shaved
- 1 cucumber, roughly chopped
- ½ bunch of parsley, picked leaves only
- ½ bunch dill, tips only
- ½ bunch of chives, chopped
- ½ cup flaked almonds
- ½ cup whole toasted almonds
- ½ cup pine nuts
- ½ cup yoghurt

Dressing

- Juice of ½ lime
- Juice of ½ lemon
- Juice of ½ orange
- Salt & pepper to season
- ¼ cup olive oil

METHOD

1. Pat the skin of the barramundi dry with some paper towel and season with salt & pepper, make sure to season both sides.
2. Heat a non-stick fry pan to a medium to high heat.
3. Place your barramundi skin side down in the pan, sometimes the fish will want to buckle, just simply place a little pressure on the fillet to hold the skin flat to the base of the pan with a fork to prevent this. After 30 seconds or so the fish will relax and you can release the pressure.
4. When the skin is crisp and golden brown turn to sear the other side of the fish until it is also golden brown.
5. Turn the heat down to cook the fillet through.
6. To make the salad place the fennel, cucumber, parsley, dill, chives and nuts in a bowl.
7. To make your dressing whisk all the dressing ingredients together and add to the salad.
8. Serve family style on individual plates.

“Crispy skin that is like the ‘bacon of the sea’, whilst the inside remains moist and juicy all the way through”



“I love using gas because gas is what gives me the control I need”



“Turn it down nice and low so these ribs cook slowly so they stay moist, juicy and succulent”

Texas Baby Back Ribs with a Spicy Kick



Adrian Richardson

SERVES 6

INGREDIENTS

- 2 pork ribs 600 gms each approx.
- Salt
- Pepper

Dry Rub

- 1 tablespoon oregano, dried
- 1 tablespoon cayenne pepper
- 1 tablespoon sweet paprika
- 1 tablespoon cumin, ground
- 1 tablespoon coriander, ground
- 1 tablespoon smoked paprika
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- ¼ cup Murray River salt flakes

Pork Glaze

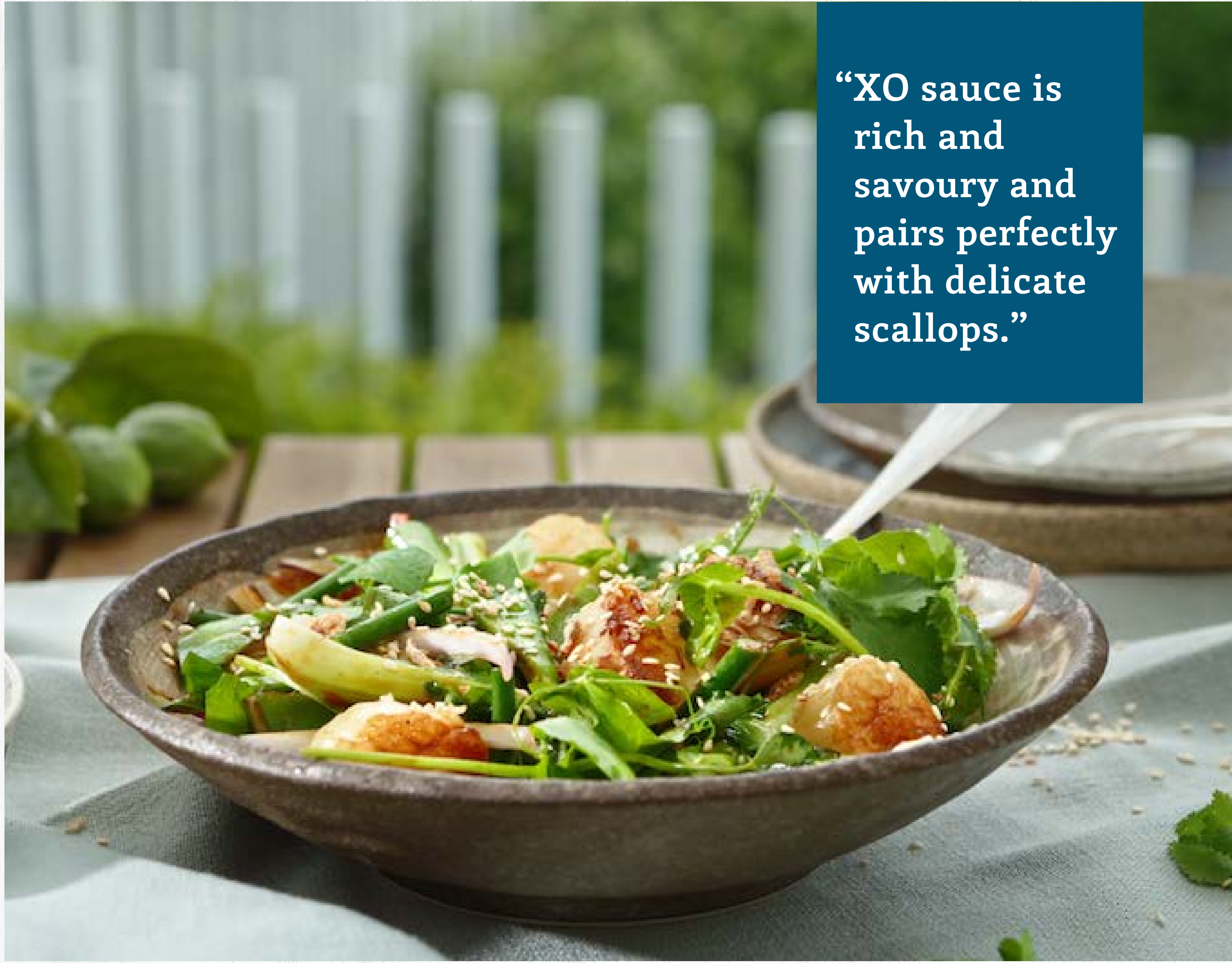
- ¼ cup chilli paste (Sriracha)
- 1 tablespoon light soy sauce
- Juice of 1 lemon
- 1 tablespoon honey

METHOD

1. Preheat your gas BBQ on high.
2. Mix all the dry ingredients for the spicy rub together in a bowl.
3. Mix your glaze ingredients in another bowl.
4. Season your ribs, with salt and pepper, coat the ribs in the spice mix on both sides.
5. Pop the ribs on the BBQ.
6. Turn the heat down to a low to medium, close the lid and leave for 30 minutes.
7. Turn the ribs every 10 minutes.
8. Brush the ribs with the glaze, touching up the glaze every 10 minutes.
9. Turn heat down to low.
10. All BBQ's are different. Adrian cooks the ribs over a low heat so the ribs become tender, keeping the heat low and slow will keep the pork and glaze from burning.
11. Test to see if they are tender.
12. Serve with your favourite salad.

“Flame licked, spicy, sweet and succulent. Most importantly though, these ribs are highly shareable.”

“XO sauce is rich and savoury and pairs perfectly with delicate scallops.”



“Look at that beautiful little scallop, nice and plump and juicy, cooked to perfection”

Stir-Fried Scallops in XO Sauce



Adrian Richardson

SERVES 2

INGREDIENTS

- 400 grams fresh Victorian scallops
- ¼ red onion, finely sliced
- 2 cloves garlic, finely sliced
- Small knob of ginger, finely sliced
- ½ red chilli, deseeded and finely sliced
- Salt
- Pepper
- ½ bok choy
- ½ cup green beans
- ½ cup snow peas
- 1 tablespoon Ayam XO Sauce
- 1 tablespoon Ayam Hoisin Sauce
- 1 tablespoon Ayam Oyster Sauce
- 1 tablespoon Ayam Teriyaki sauce
- 2 cups snow pea tendrils
- ½ bunch of coriander, roughly chopped
- ¼ bunch chives, roughly chopped

Garnish

- 1 tablespoon deep fried shallots
- 1 tablespoon sesame seeds

METHOD

1. Mix together the XO sauce, hoisin, oyster and teriyaki sauce.
2. In a non-stick fry pan on your BBQ, heat a tablespoon of vegetable oil, and add the onion, garlic, ginger and red chilli.
3. Sweat for 2 to 3 minutes.
4. Add the scallops, and season with salt and pepper.
5. Add and stir thru the bok choy, beans and snow peas.
6. Add the XO sauce, hoisin and teriyaki sauce.
7. Add the snow pea tendrils, coriander, and chives, and toss in the pan 45 seconds until the greens begin to soften.
8. Serve and garnish with the shallots and sesame seeds.

“The intense, even heat of a gas BBQ can quickly sear the outside of the scallop, creating a crisp crust while leaving the inside tender and juicy.”

“Is there a finer way to fill a plate? It’s easy, it’s tasty and it smells good in the oven!”



“I get moist, juicy, tender chicken cooked to perfection with a lovely crisp skin”

Mexican Spiced Roast Chicken



Adrian Richardson

SERVES 6

INGREDIENTS

- 1 whole chicken, sliced down the middle & flattened (spatchcocked)
- 1 tablespoon smoked paprika
- 1 tablespoon sweet paprika
- 1 tablespoon cumin, ground
- 1 tablespoon coriander, ground
- 1 tablespoon chilli flakes
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 2 tablespoons Murray River salt
- Spray olive oil

Salad

- 1 packet Fibre Super Blend (freekeh & lentils) 300 gm
- 1 cup dill
- 1 cup spring onion
- 1 cup coriander
- 1 cup mint
- 1 cup pomegranate seeds

Dressing

- 1 tablespoon red wine vinegar
- Juice of 1 lemon
- Salt & pepper to taste
- 2 tablespoons extra virgin olive oil

Garnish

- Juice of 1 lime
- 1 tablespoon pomegranate molasses

METHOD

1. Preheat your oven to 200°C.
2. Score the breast and legs and place the chicken on to an oven rack on a roasting tray (this will allow the heat to circulate evenly and give you a nice crispy chicken) cover both sides with the spice rub generously, spray with olive oil, turn over and repeat.
3. Pop into the oven skin side up.
4. Cook for 30 to 40 minutes until golden brown and cooked through.
5. To cook the Fibre Super Blend, add 300gms fibre blend into 1 and a ½ litres of water.
6. Cook for 20 mins in boiling water.
7. Cool down on a tray, this can be done the day before.
8. Combine the dressing ingredients, add the dill, spring onion, coriander, and mint to the Fibre Super Blend mix, mix the dressing and add just before you serve, toss all the ingredients to combine.
9. Remove the chicken from the oven and pop it onto a serving plate, dress with a drizzle of pomegranate molasses, a squeeze of lime and fresh herbs.

“A chicken so good, so easy to prepare and so succulent, it will become a high-rotation regular on your table.”



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