

# Kamado Cookers Australia Easy Cooking Recipe Selection

## Dessert Recipes

### *Grilled Queensland Summer Fruit*



Cooking temp guide -	180- 200c
Cooking time -	10 minutes
Skill level -	Easy
Prep time -	5 minutes
Wow factor -	Super High!

### **KCA Queensland Summer fruits with Ginger Rum Sauce**

Per Serve

- 1 x Bowen Mango – not too ripe
- 1 x Lady finger banana- firm
- 1 x piece ginger
- 200gm brown sugar (leave ¼ aside)
- 50ml dark rum
- 1 x Strawberry
- Vanilla Ice Cream

### KAMADO COOKER VENT AND SET UP POSITIONS

Light and Pre Heat Kamado Cooker, set up for a medium to high heat cook initially. Your cooking vent position will be to leave bottom vent at least ¼ to 1/3 open. Top vent 50% fully open, this will give a med humidity and heat.

### PREPERATION OF SAUCE

In a really good quality stainless steel saucepan place brown sugar and rum and a splash of water, mix once only, avoid getting sugar on the sides of pot. On a very low heat bring to a very slow and gentle simmer, an simmer for approx 5 minutes until all sugar has dissolved a rich caramel like sauce is there DO NOT STIR. Just before serving grate into the sauce using a fine micro plane a piece of fresh ginger. Keep sauce warm.

### PREPARING THE FRUIT

Slice mango cheeks off and leave skin on, cut banana length ways leave skin on. Score fruit flesh (slightly cut into with knife) the mango and banana. Sprinkle fruit lightly with brown sugar

### COOKING

Lightly brush the cooking grids where you will be cooking the fruit with some vegetable oil, allow top heat up 2-3 minutes.

Place fruit flesh side down onto grid and grill for 5-6 minutes.

Gently turn fruit over and cook skin side down for further 4-5 minutes.

Remove form Grill.

Place mango on plate skin side down, remove banana form skin and place on plate , garnish with scoop of ice cream and strawberry and liberal coating of warm rum sauce.

**Enjoy!**