



Crafting Food. Inspiring Change.

BAR V QUE

★ Join the Bar-V-Que Movement ★

Our Story So Far...



In the early days, I would pack extra burgers, schnitzels and braai sausages into my cooler box when going to a friend's "braai" (the South African name for a BBQ) with my wife, Debbie, and our three children. I was often asked what I was putting on the braai. When I explained that these were vegetarian sausages or burgers they didn't seem particularly impressed. As a family, we would just keep to ourselves and dish up a burger or schnitzel each and leave the rest on the grill or on its own platter... And guess what.... Every time, without fail, all of the Fry's would be gone, leaving an empty plate with the meat items left behind. We never made any comments about the leftovers nor when our friends ate our schnitzels or burgers without realizing! But the thought was planted like a seed that would slowly grow into a sturdy tree.

Wally Fry, Fry's Co-Founder

Wally Fry



Join the Bar-V-Que Movement

Whether you are already following a vegan diet, or are just beginning to cut down eating meat, let us show you how amazing a plant-based BBQ (or BVQ!) can be! Gone are the days when catering for the veggie or vegan at the BBQ meant a lonely veggie sausage on the side. Now the plant-based options are the hero of the grill. Throughout summer we'll be encouraging you and your friends to get together and share a fabulous BVQ – and be sure to take loads of photos to share with us - #BVQ - as there are prizes to be won. We teamed up with Ava Szajna-Hopgood of Guac and Roll to collaborate with us in creating delicious BVQ recipes. You can find out more about Ava at www.shakeguacandroll.com or on Instagram at @guacandrolluk.

All Our Products Are:

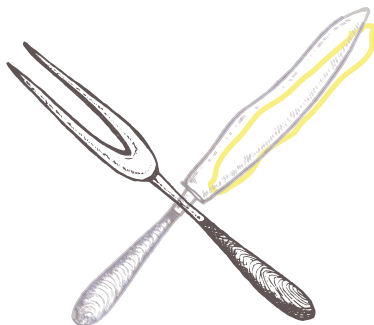
Made with a wide range of nature's plant proteins

High in protein

Non GM

Naturally cholesterol-free

100% vegan



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KOFTA KEBABS

with a Fattoush Salad

Cooking time: 20 mins
Prep time: 20 mins
Serves: 4 people



Ingredients

For the Koftas:

4 Fry's Traditional Burgers, defrosted
1 white onion, chopped small
2 cloves garlic chopped small
3 tbsp olive oil
2 tsp cumin seeds
1 tsp chilli flakes
2 tbsp chopped parsley
2 tbsp chopped mint
Salt and pepper to taste
Plus skewers for grilling

For the Fattoush salad:

2 pitta breads	1 Romaine lettuce, chopped
2 tsp sumac	2 inches cucumber, sliced
1 tbsp olive oil	1 red onion sliced
20g pine nuts	50g cherry tomatoes, chopped

Method

Heat a little of the oil in a frying pan and add the onion. Sauté until tender, then add in the garlic, cumin and chilli flakes. Cook for another two minutes then set aside to cool.

Crumble the Fry's Traditional Burgers into a food processor along with the parsley and mint, then add in the onion and garlic mix on top. Blend, then add in a drizzle of olive oil and some salt and pepper. Blend again for a few seconds until the mixture can come together as a rough burger — be careful not to overblend.

Shape into hand-size balls drizzle with a little more olive oil on a plate and leave in the fridge for ten minutes to firm up.

When the BBQ or grill is ready, skewer each kofta and place on the grill, gently turning so as to brown on all sides.

To make the fattoush salad, slice the pitta into small strips, and toast with half the sumac and olive oil in a hot frying pan for about two minutes each side.

When the pitta is toasted, turn off the pan but add in the pine nuts which will toast in the residue heat.

To assemble, layer up the lettuce, cucumber, red onion slices and tomato on a large plate, topping off with the pitta, pine nuts and the leftover sumac.

Add on the grilled kofta and finish with a final drizzle of olive oil.



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SUMMER ROLLS

With shredded BBQ Chicken-Style Pieces

Cooking time: 10 mins
Prep time: 30 mins
Serves: 4 people



Ingredients

Fry's Chicken-Style Strips
1 pack summer roll wrappers
½ mango, julienned
2 carrots, julienned
¼ red cabbage, julienned
½ cucumber, julienned
1 red pepper, julienned
1 portion rice noodles, cooked and allowed to cool



For the Peanut Dipping Sauce:

2 tbsp smooth peanut butter
Juice 1 lemon
2 cloves garlic
2 tbsp sesame oil
1 tsp chilli flakes



Method

Heat up the BBQ.

When ready, fry up the Chicken-Style Strips in a cast iron skillet over the BBQ or by using a grill plate. Leave to cool.

Prepare the rest of the summer roll filling ingredients, ready to go to assemble.

Follow the instructions on your summer roll wrapper packaging to prepare, then pile on the rice noodles, the Chicken-Style Strips, red cabbage, mango, red pepper, cucumber and carrot however you like.

Continue until you have a pile of summer rolls.

To make the peanut dipping sauce, combine all of the ingredients together in a blender and sprinkle over additional chilli flakes to serve.



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GRILLED CHICKEN-STYLE TORTA

With Coriander, Lime and Jalapeno Mayo

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Cooking time: 10 mins
Prep time: 10 mins
Serves: 4 people



Ingredients

4 Fry's Golden Crumbed Schnitzels (or use Fry's Soy and Flaxseed Schnitzels)

For the Mayo:

4 tbsp vegan mayonnaise
Handful of coriander
Juice 1 lime
1 garlic clove, minced
Salt and pepper, to taste



Serve with toasted torta rolls or ciabatta, slices of avocado, shredded lettuce and mustard

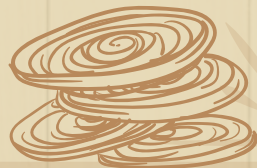
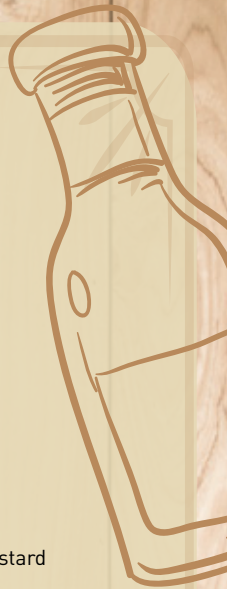
Method

Heat up the BBQ and when ready, place the Golden Crumbed Schnitzels on top.

In a food processor, blend together all of the mayo ingredients. Season with salt and pepper, adding more lime juice or mayo to suit your taste - this mayo works best when it's nice and tangy.

Toast the torta or ciabatta rolls on the grill, when the schnitzels are ready, start to assemble.

Layer up the torta with the Schnitzels, slices of avocado, mayo and shredded lettuce.
Devour immediately!



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HOT DOGS

*topped with Ranch Dressing, Pickled Pink Onions
and Coconut Bacon*

★
Cooking time: 15 mins
Prep time: 15 mins
Serves: 4 people



Ingredients

8 Fry's Original Hot Dogs

For the Pickled Pink Onions:

2 red onions, sliced into thin rings
30g white sugar
1 tbsp salt
230ml apple cider or white wine vinegar
120ml freshly squeezed lime juice

For the Coconut Bacon:

160g large coconut flakes	Salt and pepper, to season
1 tbsp sunflower oil	1/2 tsp liquid smoke
2 tbsp soy sauce	1 tbsp agave syrup
1 tsp paprika	

Toasted hot dog rolls, vegan mayonnaise and chopped gherkin to serve.

Method

Start with the pink onions as they take an hour to pickle.

Place the onions in a medium bowl and pour over enough boiling water to cover them. Count to 10, then drain the onions and add them to a glass bowl or jar and set aside.

In a small pan over medium heat, whisk the sugar, salt, vinegar and lime juice until the sugar and salt dissolve. Pour the sugar solution over the onions, and leave for at least an hour, until the onions turn a dark shade of pink and have cooled.

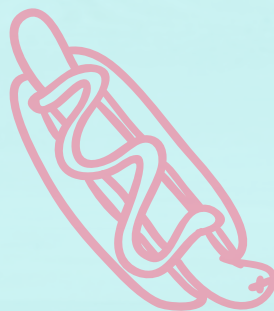
Now move on to the coconut bacon. Preheat the oven to 160°C and line a baking sheet with parchment paper.

In a large mixing bowl, combine the coconut flakes, oil, soy sauce, agave syrup, liquid smoke and salt and pepper. Mix with your hands so all the coconut flakes are thoroughly coated.

Bake in the oven for six minutes, then turn over the coconut flakes and bake for another five to seven minutes, until the flakes are a golden brown. Be careful not to let them burn - it's very easy to do at this stage!

Let the coconut bacon cool, they will crisp up as they do - and then store in a jar until ready to use.

Now fire up the grill and cook the Original Hot Dogs. Assemble the toasted hot dog rolls with the Hot Dogs, a dash of vegan mayo, the pink pickled onions, a sprinkle of chopped gherkin and the coconut bacon.



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KOREAN BBQ

Beef-Style Tacos with a Quick Pickled Salad

Cooking time: 5 mins
Prep time: 15 mins
Serves: 4 people



Ingredients

Fry's Chargrilled Beef-Style Strips or Fry's Thick Cut Chunky Strips (defrosted)
1 tbsp sesame oil
1 tbsp gochujang (Korean chilli paste)

For the Quick Pickled Salad:

50g radishes
50g carrots
100ml white wine or cider vinegar

8 soft tacos, to serve
Chopped spring onion, wilted spinach leaves and chilli flakes, to serve



Method

Heat up the BBQ.

In a large mixing bowl, add the Chargrilled Beef-Style Strips (or the Thick Cut Chunky Strips), sesame oil and gochujang and combine so the strips are thoroughly covered. Leave them to marinate while the grill heats up.

Once ready, place a cast iron pan on top of the grill (or use a grill plate if you have one), and pour in the Strips and marinade mixture to fry - you want it to absorb as much of the gochujang sauce as possible. Turn regularly to stop the Strips from burning.

While that's happening, use a mandolin or thinly slice with a knife the radishes and carrots, and pour into a jar with the vinegar to make a quick pickle.

When the strips are ready, heat the tacos on the grill for 10 seconds each so they are toasted.

Then assemble with the tacos, Strips, wilted spinach, pickled salad, spring onions and chilli flakes.



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SMOKED POLONY BURGERS

With Coleslaw

Cooking time: 20 mins
Prep time: 20 mins
Serves: 4 people



Ingredients

Fry's Polony

For the BBQ Rub:

2 tbsp Dijon or yellow mustard
2 tbsp soy sauce
1 tsp Hickory liquid smoke
1 tbsp BBQ sauce

For the Rainbow Slaw:

2 handfuls shredded red cabbage
1 handful kale
50g radishes, thinly sliced
3 tbsp vegan mayonnaise
Small handful of dill, roughly chopped
Salt and pepper, to taste
A squeeze of lemon

Serve with toasted burger buns and thick slices of vegan cheese

Method

Fire up the BBQ.

Score the Polony in diagonal lines so the BBQ sauce can cover more surface area.

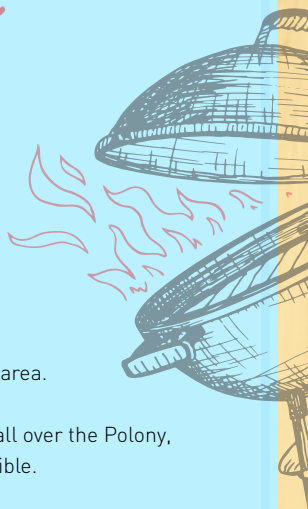
Mix up the mustard, soy sauce, liquid smoke and BBQ sauce. Apply liberally all over the Polony, spooning it into the cracks and making sure as much sauce stays on as possible.

When the BBQ is ready, place the Polony on the grill and turn every five minutes so it cooks and chars evenly. If you have any sauce left, baste it on as you go - you want to add in as much of that flavour as possible.

While the Polony is grilling, assemble the rainbow slaw. Simply add the cabbage, kale and radishes into a mixing bowl with the mayonnaise and dill. Combine, check the seasoning and add salt, pepper and a dash of lemon juice.

When the Polony is charred all over, cut off a small slice to check it's cooked the whole way through. Then cut into burger-width slices, top with cheese and put each slice back on the BBQ for a few minutes to melt the cheese.

Assemble the burgers with toasted buns and the Polony and cheese, topping off with rainbow slaw.



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HAWAIIAN HOT DOGS

with Grilled Pineapple and Teriyaki Mayo

Cooking time: 15 mins
Prep time: 10 mins
Serves: 4 people

Ingredients

8 Fry's Braai-Style Sausages
½ a pineapple, cored and then sliced into strips
1 tsp paprika
1 red onion, thinly sliced
Handful of chopped coriander

For the Teriyaki Dressing:

4 tbsp mayonnaise
2 tbsp teriyaki sauce
Juice 1 lime
2 tsp paprika

Serve with toasted hot dog buns and a squeeze of lime

Method

Heat up the BBQ.

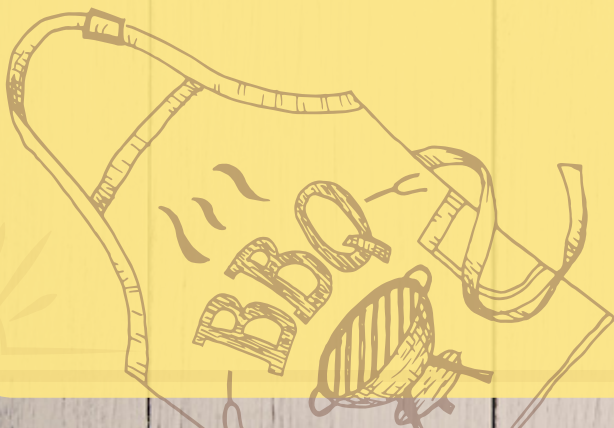
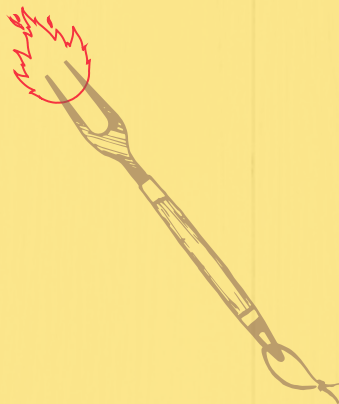
Mix together the teriyaki dressing ingredients and set aside

Grill the Braai-Style Sausages and pineapple on the BBQ, watching that the pineapple doesn't burn.

Remove from the BBQ and assemble in toasted hot dog buns with the teriyaki dressing.

Sprinkle over a little paprika and slices of red onion and coriander.

Squeeze over some lime juice and you're ready to serve!



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BRUNCH PLATE

*Seared Sausages, Beetroot Hummus
and Sweet Potato Wedges*

*
Cooking time: 10 mins
Prep time: 30 mins
Serves: 4 people



Ingredients

8 Fry's Traditional Sausages

For the Beetroot Hummus:

4 beetroot, peeled and halved
400g tinned chickpeas
2 tbsp tahini
2 garlic cloves
2 tbsp olive oil
Juice 1 lemon
Salt and pepper, to taste

For the Sweet Potato Wedges:

2 sweet potatoes
1 tbsp sunflower oil

Plus tomato, sprouts, spinach leaves, crumbled vegan cheese and courgetti, or anything else you'd like on a brunch plate.

Method

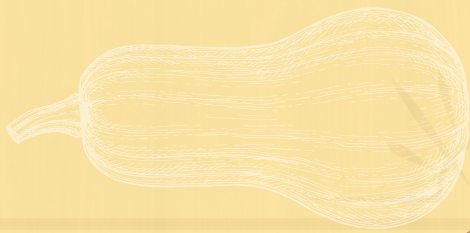
Start with the beetroot hummus. Boil the beetroot until soft the whole way through. Drain and leave to cool slightly.

In a food processor, blend together the chickpeas, tahini, garlic, olive oil and lemon juice, then add in the beetroot. Season with salt and pepper to taste and set aside.

Now fire up the BBQ.

Toss the sweet potato in a little oil, then heat on a grill plate or cast iron pan on the BBQ. Add the Traditional Sausages straight to the grill.

When the sweet potatoes and sausages are fully cooked, assemble on a plate with the beetroot hummus, some big leaves of spinach and anything else you'd like to include - courgette spaghetti, crumbled vegan cheese or slices of tomato.



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GRILLED PRAWN-STYLE PIECES
with Veggie Parcels

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Cooking time: 30 mins
Prep time: 10 mins
Serves: 4 people



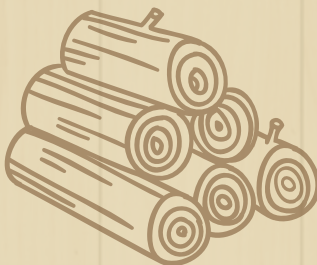
Ingredients

1 box Fry's Battered Prawn-Style Pieces, defrosted

For the Veggie Parcels:

1 courgette
2 sweetcorn cobs
2 red onions
1 red chilli
4 tbsp sunflower oil
Handful of flat leaf parsley
Juice of 1 lemon
1 tsp dried oregano
1 tsp dried basil
Salt and pepper, to taste

Plus skewers for grilling and foil for the parcels



Method



Fire up the BBQ and thread the Fry's Battered Prawn-Style Pieces onto wooden skewers. Set aside.

Now prepare the foil parcels. Chop the courgette, sweetcorn and red onion into bite-size chunks and place in a large mixing bowl.

Finely chop the chilli and add into the vegetable mix, alongside the sunflower oil, parsley, lemon juice, dried oregano and basil, and a good sprinkle of salt and pepper.

Combine with your hands, making sure everything is well covered in oil. You can make this marinade ahead of time too, and the vegetables will happily sit in the fridge for a day or so if needed.

When you're ready to grill, tear off a piece of foil and sit it in a small bowl. Spoon in the vegetables with some of the marinade - the bowl will stop everything from spilling out while you scrunch the foil at the top to secure it.

Place the foil parcels on the BBQ, and after 10 minutes of cooking, add the Prawn-Style skewers to the grill.

Grill the skewers until the Prawn-Style pieces are golden brown. Check on the foil parcels by opening one and seeing if the corn is cooked through - if not, grill for another five minutes.

When the parcels are ready, plate up with the skewers leaving the parcels closed until the last minute. Open up the parcels and release the delicious aromas. Serve hot.

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CARNIVAL ETON MESS

With Edible Flowers and Charred Pineapple

Prep time: 30 mins
Serves: 4 people



Ingredients

For the Aquafaba Meringues:

400g can of chickpeas - strain the chickpeas (save back for another recipe) and reserve the liquid from the can - this is your chickpea water.

1/2 tsp cream of tartar

125g icing sugar

1/2 tsp vanilla extract

Slices of pineapple



Method

Chill a tin of coconut milk in the fridge overnight to create a coconut cream to serve alongside the Eton Mess.

The meringues take around four hours in total to prepare, so make sure you leave enough time.

Preheat the oven to 110°C and line a baking tray with greaseproof paper.

Add the chickpea water into a large bowl and use an electric hand blender or stand mixer to whisk for around five minutes until the chickpea water has doubled in size and is white and foamy.

Add in the cream of tartar, whisk for another minute, and then start spooning in the icing sugar, whisking until the foam has turned into stiff, glossy peaks. Stir in the vanilla extract.

Now spoon the meringue mixture onto the baking tray - use an icing bag if you'd like to create separate meringues, or just spread out evenly as it will eventually be broken up anyway.

Bake in the oven for two hours - do not open the oven in this time. After the two hours are up, turn off the oven and leave to cool for another hour, until the meringue is totally cold.

In this time you can prepare your fruit - grill slices of pineapple on the BBQ and chop your chosen berries up, ready to assemble.

Plus chilled coconut milk to serve, passion fruit seeds, chopped berries and sprigs of mint.

Remove the meringue from the oven and gently break into chunks. Arrange with chilled coconut milk (whip up if desired) and the grilled pineapple, berries and sprigs of mint.

We hope you enjoy our BVQ recipes this summer!

*You can find loads more great recipes online at
www.fryfamilyfood.com*

Don't forget to send us your photos and comments – we'd love to hear from you! #FrysFamily #BVQ



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