

BBQ Recipes

It's in our nature



BY APPOINTMENT TO THE ROYAL DANISH COURT

Royal Greenland®



This year will see the 26th edition of National BBQ week in the UK, running from July 4th to July 10th. To mark the celebration, our talented culinary team has developed some great and easy recipes featuring our delicious fish and seafood.

The Chefs were inspired by the flavours of the US Deep South regions, renowned worldwide for their different BBQ styles and competitions. In fact, according to National BBQ Week UK, the biggest BBQ party ever happened in the French Quarter of New Orleans in 2011, when around 17,500 people attended a surprise 40th birthday party! You will find that our Seafood Boil recipe encapsulates some of those jazzy flavours and buoyant colours!

At home, BBQ is one of the top summer home leisure activities with 3 out of 4 UK households now owning some type of BBQ grill (source: National BBQ Week). Over the years, BBQ trends have definitely evolved towards premiumization incorporating different proteins, flavours and formats. If burgers still hold the lion's share of all BBQ occasions, more and more adventurous Brits experiment with seafood now accounting for circa 9% of all BBQ occasions.

We wanted to bring the best of our seafood such as our Newfoundland Lobsters, Snow Crab, Chilean Seabass, our Nutaaq Cod and of course our world famous MSC Cold Water Prawns and hope you will enjoy our Royal Greenland take on seafood BBQ!

Happy Grilling!



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SEAFOOD BOIL

INGREDIENTS

3 lobsters, cooked
700 g shell-on prawns
5-7 snow crab clusters,
depending on the size
10 bay leaves
5 lemons
5 corn cobs
2 onions
10 garlic cloves
100 g Cajun/Old Bay spice
Paprika - Garlic - Salt - Cayenne pepper
Mustard - Red pepper - Black pepper
3 tbsp chopped parsley

COOKING INSTRUCTIONS -

Cooking time: 30 min. / Servings: 10

Clean and cut potatoes, onion, corn cobs and garlic into appropriate sizes pending the cooking time for each ingredient. Bring them to a boil together with the Cajun/Old Bay spice mix and the bay leaves. Add the smoked sausages and lemon wedges and cook for 10-15 minutes.

Add the lobster, shell-on prawns (raw if possible, but cooked will also work) and snow crab clusters. Simmer for a further 5 minutes, depending on the size of the shellfish.

Drain all the ingredients and plate the seafood boil on a big platter, ready to share.

Tip: Serve it with pasta, fries with aioli and/or a salad on the side.



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LOBSTER TACOS WITH CHUNKY TOMATO SALSA

INGREDIENTS

- 4 wraps
- 2 cooked lobsters
- Salad**
- 1 avocado
- 1 red/yellow bell pepper
- Salsa**
- 4 tomatoes
- 1 onion
- 1 red bell pepper
- 2 cloves of garlic
- Oil
- Salt and pepper
- Guacamole**
- 2 avocados
- ½ lime
- 1 clove of garlic
- Salt and pepper

COOKING INSTRUCTIONS -

Cooking time: 30 min. / Servings: 4

Chunky salsa

Chop tomatoes, onion, red bell pepper and garlic roughly and drizzle with oil. Bake at 200°C until the ingredients start to caramelize. Let cool and blend all ingredients at slow speed to get a chunky consistency. Season to taste with salt, pepper and garlic.

Guacamole

Split the avocados in halves, remove the pit and peel. Mash the avocados and season to taste with garlic, salt, pepper and a squeeze of lime.

Prep the salad, slice the bell peppers and finely slice the onion.

To plate, start by adding the guacamole to the middle of the wrap. Build it up with salad, sliced bell peppers and onion. Add the salsa and top it off with pieces of cooked lobster.



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SEAFOOD BARBEQUE

INGREDIENTS

- Cooked lobster
- Shell-on prawns
- Cooked snow crab sections
- Asparagus
- Cherry tomatoes
- Bell peppers
- Courgette flowers
- Cauliflower
- Onion
- Lemons
- Corn cobs
- Potatoes
- Butter
- Herbs

COOKING INSTRUCTIONS -

Cooking time: 30 min. / Servings: 4

Defrost the lobster and cook it open side up to ensure all the flavour and juice stay inside the shell. Add a garlic/herb butter to the lobster for juiciness and flavour while grilling.

Gently heat the snow crab sections in the shell.

Shell-on prawns can be grilled directly in the shell or on a skewer, or try marinating them with a mix of paprika, garlic and parsley prior to grilling.

Put vegetables of your choice on skewers and grill them alongside the shellfish - try asparagus, cherry tomatoes, bell peppers, cauliflower and onion. Serve it with grilled corn cobs and courgette flowers.



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FLAME GRILLED HALIBUT BUN

INGREDIENTS

1.2 kg Greenland halibut fillet with skin
1 lemon
1 lime
½ bunch of mint
1 bunch of coriander
10 g ginger
10 crispy rolls
100 ml rapeseed oil
500 g green salad

COOKING INSTRUCTIONS -

Cooking time: 30 min. / Servings: 10

Gently defrost the halibut and drain well.

Season the fillet with a little oil, lime zest and salt and pepper.

For the salsa - puree the herbs, peeled ginger and lemon juice with the rapeseed oil and season to taste.

Attach the halibut fillet to the wooden board and grill the fillet for about 20 minutes.

Serve the cooked halibut on warm rolls with salsa and salad.



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BARBECUED PRAWNS WITH JALAPEÑO-LIME BUTTER

INGREDIENTS

2 kg cold-water prawns with shell
0,05 l sesame oil
20 g garlic cloves
1/2 bunch of dill
100 g jalapenos (cut, pickled)
1 lime
200 g butter
300 g crème fraîche
10 pita bread

COOKING INSTRUCTIONS -

Cooking time: 30 min. / Servings: 10

Defrost the prawns, drain thoroughly and peel.

Mix the soft butter with the chopped jalapenos, garlic, chopped dill and lime zest.

Place the prawns on skewers, spread the butter on them and grill for 40 seconds on each side.

Mix the sesame oil with the crème fraîche. Serve the dressing with the prawn skewers and warm pita bread.



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BBQ-MARINATED NUTAAQ® COD
WITH TERYAKI AUBERGINE AND SPRING ONIONS

INGREDIENTS

1,2 kg NutaAQ® Cod fillet with skin
10 g BBQ seasoning
1,5 kg aubergines
100 ml sesame oil
1 bunch spring onions
200 ml Teriyaki sauce
100 g ginger
100 g sugar
50 g red chillies
20 ml rice vinegar

COOKING INSTRUCTIONS -

Cooking time: 30 min. / Servings: 10

Defrost the NutaAQ® cod fillets and drain thoroughly.

Mix the grill seasoning with half of the sesame oil and place on the cod.

Leave to marinate in the fridge for 3 hours.

Finely chop the ginger and chili and mix with the rice vinegar, sugar and teriyaki sauce.

Slice the aubergine into thick slices, remove the roots from the spring onion and marinate with the teriyaki sauce.

Grill the cod with the lid closed for about 11 minutes.

Place the vegetables in a grill tray and cook for 8-10 minutes, use the cooking sauce as a dressing later.

Plate the cod with the grilled vegetables and garnish with chopped coriander and the cooking sauce from the vegetables.



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PO-BOY SANDWICH WITH PRAWNS IN CRISPY BREADING

INGREDIENTS

- 4 Plain white buns
- 2 Tomatoes
- 2 Avocado
- 1 Pickled red onion
- ½ Iceberg salad
- 300-400 g Crispy prawns
- 4 squeezes Thousand Island dressing

COOKING INSTRUCTIONS -

Cooking time: 30 min. / Servings: 4

Toast the buns and slice them without cutting all the way through.

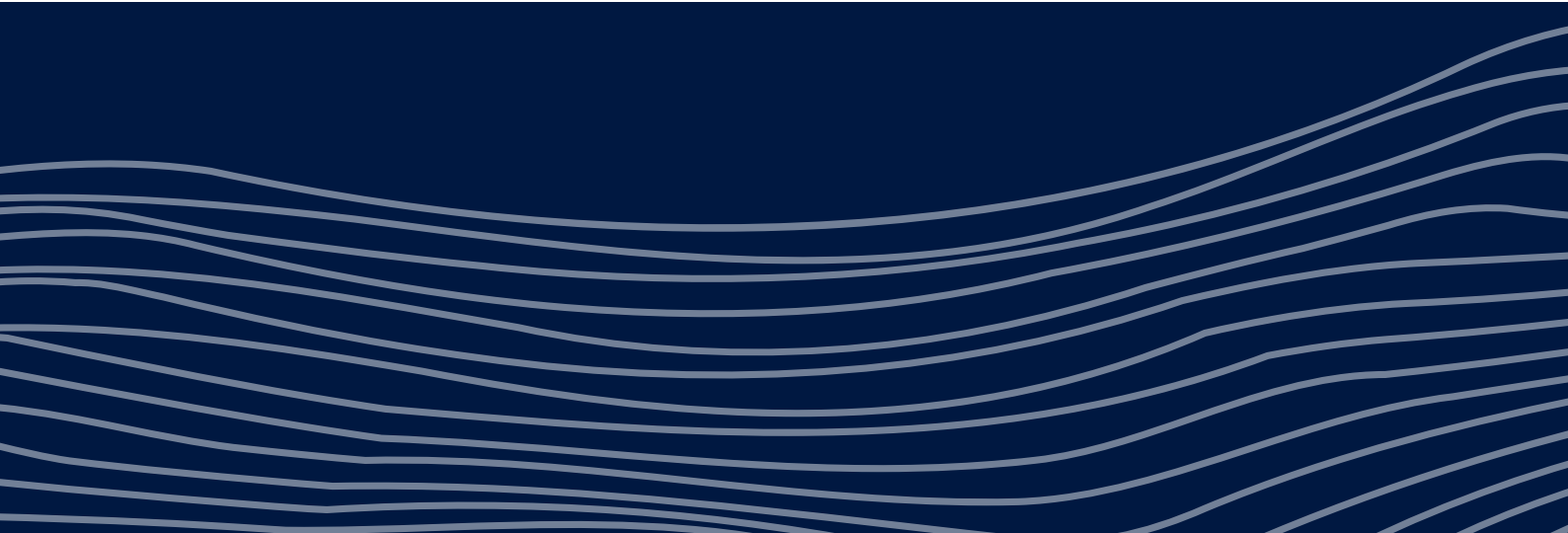
Slice the tomatoes, avocado and iceberg salad. Drain the pickled onion.

Fry or heat the crispy prawns as instructed on the packaging.

Arrange the salad in the bun and add tomatoes, avocado and breaded prawns. Drizzle the dressing on top before serving.



Royal Greenland UK is based in Manchester and services retail-, online and wholesale customers throughout the UK with branded items as well as Private Label solutions. Feel free to reach out to us anytime with questions or queries.



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