

*"Il n'y a que Maille qui m'aïlle" (the famous French slogan which means "only Maille mustard is my mustard")*



**IT'S ALWAYS A GOOD TIME FOR  
MAILLE (MY) BARBECUE**







# Barbecue Bliss

## What is it? Barbecue? Barbeque? Bar-b-q? Or BBQ?

According to the Macquarie Dictionary, it really doesn't matter.

What does matter is enjoying yourself – and Australians have always enjoyed gathering together around a barbecue.

We get our word "barbecue" from the Spanish "barbacoa" which is derived from an American Indian word for the framework of wood on which meat or fish was dried and roasted over a fire.

Others believe that the French should be credited – French Haitians claim that "barbecue" came from "barbe a queue" meaning "from head to tail," how a spit is run through the length of an animal.

Whatever we believe about its origins, there's no doubting that for most of us the barbecue is more than a meal.

It's a social event, a way of gathering together to watch, smell, cook, eat, tell stories and catch up. Barbecued food is comfort food.

In the old days, a barbecue involved putting a plough disk on the fire and throwing on a few sausages. These days most Australians own a gas barbecue on which we cook a variety of pre-marinated meats, poultry and vegetables. Many of us now cook a complete meal on our barbecues.

Contemporary barbecues have been strongly influenced by our immigrant population. Marinades and cooking styles originating in countries like France, Italy, Lebanon, Malaysia, Thailand and Indonesia have been well accepted and adapted to our individual tastes.

Most meats, fish or vegetables have better flavour if marinated before cooking.

Best of all, most of the work can be done ahead so there's little last minute fussing.

The 'House of Maille' offer a range of tasty elegant condiments which will add flavour to your barbecues. 'Maille' Dijon and wholegrain mustards partner perfectly with juicy steaks and lamb; 'Maille' vinegars add zest to marinades and salad dressings; 'Maille' Vinaigrettes make splendid easy marinades and are great on salads.





## A Few Hints for Successful Barbecuing

Make sure your barbecue is in a sheltered, though not isolated position, so that the smoke doesn't blow all over your entertaining area.

Which barbecue? There are so many different types available today that it can be hard to choose – from the simplest charcoal-fuelled brazier to elaborate vented barbecues with motorised rotisseries, built-in thermometers and lids. Many people find the idea of charcoal and heat beads too messy and opt for a gas or electric barbecue.

For best results, always pre-heat your barbecue. If using heat beads, wait until they have turned whitish-grey before cooking, about 45 – 60 minutes. Shape them into a mound and light with three or four fire-starters. Never try to cook over an open flame and do not use on a total fire ban day.

If food has been refrigerated, bring it back to room temperature before barbecuing or it may burn on the outside but stay raw in the middle. Use tongs to turn meat. For best results turn steaks and cutlets only once. A fork will puncture the flesh and cause loss of valuable juices and flare-ups.

Cover large or thick pieces of meat (or meat on the bone) with a lid to speed up cooking time. The lid can be as simple as a piece of aluminium foil (shiny side down), stainless steel bowl or wok lid.

Clean grill or plate with a wire brush and brush with oil

## A Few Tips for Marinating

A marinade is a seasoned liquid used to 'marinate' food before or after cooking so that it will absorb flavour and/or become more tender.

When you have the best products to hand, making a marinade is a simple business – **'Maille'** mustards and vinegars mixed with olive oil and fresh herbs are all you need to add flavour to meat, chicken, seafood, game and vegetables.

- Use a glass or ceramic dish for marinating your food as metal can corrode.
- As a general rule, do not marinate for more than 3–4 hours, except for large pieces of meat and octopus.
- Make sure you drain the food well before placing on the barbecue otherwise it will stew rather than sizzle.
- Turn the food a few times while it is marinating so that the flavours are absorbed.
- Never pour marinade over the food when cooking as it will cause flare-ups. Place the marinade in a small cup or jug and brush it over the meat or vegetables.





# Why Maille?



'Maille' fine products include a line of Dijon mustards, red and white wine vinegars and flavoursome vinaigrettes made from French wines as well as a line of ready-to-use fine sauces.

'Maille' condiments boast a broad palette of flavours and delicate tastes. They are perfect for at-home chefs while at the same time offering a world of gourmet flavours to savour. **Maille** products are suitable for every type of barbecue from ready-to-use marinades (**Maille Vinaigrettes**) to home-made marinades (**Maille** mustards and vinegars).

With a touch of **Maille**, everyday, simple barbecue dishes can become something extraordinary.

'Maille' **Dijon Originale** and wholegrain (**A l'Ancienne**) mustards add flavour and zing to steaks, cutlets and sausages. They also add punch to a marinade.

'Maille' vinegars flavour and tenderise meat when added to a marinade and add zest to a salad dressing.

'Maille' vinaigrettes double as fabulously tasty marinades and dressings for all your salads and steamed or roasted vegetables.

**Dijon Vinaigrette** is a traditional dressing made with Dijon original mustard and French white wine from Burgundy. Splash it over sliced tomatoes, green salads or use as a marinade for chicken or lamb.

**Provençale Vinaigrette** embraces all the flavours typical of the South of France including extra virgin olive oil, garlic and herbs. Use as a marinade for vegetables or drizzled over pasta salad and char-grilled meats.

**Bordeaux Vinaigrette** is full of robust flavours made with French Bordeaux red wine and wholegrain mustard. Drizzle over a juicy red steak or use as a marinade for lamb or beef.

**Normandy Vinaigrette** is a mild vinaigrette made from apple cider vinegar from Normandy and eschalots. Use as a marinade for pork and chicken or drizzled over waldorf salad.

**Maille Vinaigrettes** were introduced in September 2004.

Once opened, make sure they are stored in the refrigerator to retain colour and flavour.

## 'Maille' Vinaigrettes

– Dijon, Provençale,  
Normandy, Bordeaux

250 ml bottles RRP \$3.58







# Maille Mustards & Vinegars

Dijon Originale



## 'Maille' Mustards

250 years of mustard-making expertise stand behind the finesse and flavour of this outstanding world-renowned mustard. It goes brilliantly with all types of food – meat, fish, cooked or raw vegetables – and is a welcome addition to dressings and sauces.

*RRP \$3.28*

A l'Ancienne  
Wholegrain Mustard



To make this wholegrain mustard, mustard seeds and white wine are blended into a rich, fruity, delicately scented paste. This unique recipe, characterized by its crunchy seeds and pungent flavour, has been handed down from generation to generation by **Maille** master-mustard makers. This mustard is delicious with daily fare, cheese, cold fish and shellfish, as well as in sauces and dressings.

*RRP \$3.28*

Dijonnaise



Discover the uncommonly rich flavour of this creamy mustard that features **Maille Dijon Originale** mustard. It's made from superb ingredients that add a refined, subtly spicy accent to any dish – especially tasty with meats.

*RRP 200gr - \$3.28*

*350gr - \$4.99*



**Vinegars** - Red wine vinegar 250ml – *RRP from \$2.48*  
- White wine vinegar 250ml – *RRP from \$2.48*

Available in supermarkets nationally.

## The House of Maille

Founded in France in 1747, the '**House of Maille**' has produced premium condiments for over two and a half centuries. '**Maille**' mustards, vinaigrettes, vinegars and ready-to-serve sauces follow the time-honoured tradition of excellence, diligence and refinement established by founder **Antoine-Claude Maille**. Products continue to be manufactured in Dijon, France, and are distributed to both commercial and retail outlets in over 50 countries. **Maille** mustards and sauces have been available to discerning Australian consumers since 1987 and are widely available through leading supermarkets and delis.





## Maille (My) Lamb Brochettes

We Aussies love our lamb and what better way to cook it than on the barbecue?

A quick marinade made from **Maille** condiments will lend added flavour and tenderness.



### Serves 4

500g lamb back straps, trimmed and cut into 3 cm pieces

2 tablespoons **Maille Red Wine Vinegar**

4 tablespoons extra virgin olive oil

1 tablespoon **Maille Wholegrain or Dijon Originale**, mustard

2 cloves garlic, peeled and crushed

Freshly ground black pepper

A few mushrooms and baby capsicums

Combine the vinegar, oil, mustard, garlic and pepper in a non-corrosive bowl.

Add the lamb pieces and mix well to ensure they are covered in the marinade.

Cover and leave for 30-40 minutes at room temperature, turning occasionally.

Heat the barbecue. Thread the meat onto skewers, alternating the meat with baby mushrooms and/or capsicums.

Cook the brochettes both sides, allowing 3-4 minutes each side.

Serve immediately with char-grilled vegetables and a crisp green salad.



Tip: some freshly chopped rosemary added to the marinade is a nice addition.





## Mussels with Maille (My) Dijonnaise

Mussels are a cheap and tasty seafood. Cooked quickly on the barbecue and eaten from the shell with some of their juices, they are very more-ish.



**Serves 4 as a starter**

1 kg black mussels, scrubbed thoroughly and de-bearded

1/2 cup **Maille Dijonnaise**

2 cloves garlic, finely chopped

1/2 cup freshly chopped herbs (flat-leaf parsley, chives, basil, lemon thyme)

Olive oil spray

Heat barbecue plate, and spray well with olive oil.

Place **Maille Dijonnaise**, fresh herbs and garlic into a bowl and mix to combine.

Place mussels onto hot grill. As each one opens, remove from grill with tongs and place into a bowl, to avoid over cooking.

Place a teaspoonful of the Garlic Dijonnaise on top of each mussel as it is cooked. Eat from the shell accompanied by crusty bread.



**Tip:** Pull beard from shell and use steel wool to scrub the mussels.





## Maille (My) Barbecued Blue-Eye



### Serves 2

- 2 x blue-eye steaks, approx 180g each
- 4 tablespoons **Maille Wholegrain** mustard
- 2 tablespoons olive oil
- 1-2 teaspoons soy sauce
- Olive oil spray

Preheat barbecue plate or grill and spray with oil.

Combine the **Maille Wholegrain** mustard, olive oil and soy sauce in a bowl and mix well to combine. Coat both pieces of fish in the mustard mixture.

Barbecue on the hot plate, allowing 2-3 minutes for each side. Be careful not to over cook the fish – it's important it remains juicy and tender. Cooking time will depend on thickness.

Serve immediately accompanied by wedges of lemon, tomatoes and basil and a tossed green salad drizzled with **Maille Dijon Vinaigrette**.



Tip: you can substitute swordfish or ocean trout for the blue-eye.







## Maille (My) Barbecued Vegetables



**Serves 4**

- 2 green zucchini, sliced lengthways
- 2 yellow zucchini, sliced lengthways
- 4 finger eggplants, sliced lengthways
- 4 banana chillies
- 4-6 tablespoons **Maille Provençale** or **Dijon Vinaigrette**
- Olive oil spray

Place the prepared vegetables in a non-corrosive bowl.

Drizzle over the **Maille Vinaigrette** and toss well to combine.

Cover and leave for 15-20 minutes.

Cook on the pre-heated barbecue hot plate or grill until golden on both sides and cooked through. Serve with the lamb brochettes.



**Tip:** Use seasonal vegetables like capsicums, mushrooms, corn, spring onions.





## Maille (My) Fridge Magnets



*Collect four Magnets  
to put on your fridge*

*For further information, product samples and digital images, contact:*

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