



KEBABS

Serves 8 - 10

INGREDIENTS:

Lamb Kebabs

200 ml

400 ml (1½ cups)

45 ml (3 Tbsp)

2 kg

200 g

Sweet & Spicy Marinade/ Glaze R/P (07131010)

Water

Oil

Lamb steak, cubed

Turkish apricots

Chicken Kebabs

2 kg

50 g

Chicken thighs, deboned Shisanyama All Purpose Seasoning (07233010)

Pimento peppers, red or
orange

240 g (2 large)

520 g (2 cans)

Pineapple pieces, drained

Beef Kebabs

375 ml (1½ cups)

250 ml (1 cup)

2 kg

4 g (8)

120 g (8 small)

Prego Sauce (07625040) Delinnaise (07663050)

Beef steak, cubed

Bay leaves, whole

Pickling onions

METHOD:

- 1 For the Lamb Kebabs: Add the Sweet & Spicy Marinade/Glaze, water and oil to a bowl and stir until it is lump free. Allow to stand for 15 minutes to thicken.
- 2 Mix the lamb with the marinade and set aside in the fridge to marinate for ± 30 minutes.
- 3 Thread the marinated lamb alternately with the Turkish apricots onto 8-10 skewers.
- 4 For the Chicken Kebabs: Mix together the chicken and Shisanyama All Purpose Seasoning in a bowl.
- 5 Cut the peppers into large squares. Thread the chicken alternately with the peppers and pineapple onto 8-10 skewers.
- 6 For the Beef Kebabs: Mix together the Prego Sauce and Delinnaise in a bowl. Add the beef to mixture.
- 7 Thread the beef alternately with the bay leaves and onions onto 8-10 skewers.
- 8 Braai or grill the kebabs over medium heat for 10-15 minutes or until the meat is cooked. Use the remaining marinades to baste the respective kebabs while grilling.
- 9 Plate the lamb, chicken and beef kebabs and serve hot or cold.

Chef's Tip: Fry in an oiled griddle pan over medium to high heat for ± 3 minutes on each side or until cooked through.