

Kebabs



Meat can often be marinated to give flavour and to make it softer (tender). Ideally, meat should be marinated overnight to allow the marinade to soak into the meat. The marinade should coat the meat, not drown it!

Please bring your marinated meat to school in a liquid tight container. You will need an additional container for taking them home in.



Ingredients for Marinade:

- You will be making two kebabs; school will provide the wooden skewers.
- You will need to select a protein food, an oil, an acid and an additional flavour/s.
- Dice your protein food into even size pieces.
- Please remember to marinade your protein food at home. It should be left to marinade overnight.

Protein: 100g	Oil: 1 Tablespoon	Acid: 2 Tablespoons	Additional Flavours: Add as Required
Chicken Halloumi Pork Prawns Quorn Pieces Tofu  	Olive Rapeseed Sesame Sunflower Vegetable 	Balsamic Vinegar Lemon Juice Lime Juice Orange Juice Soy Sauce Tabasco White / Red Wine Vinegar Worcester Sauce Yoghurt 	Coconut Milk Garlic Herbs of your Choice Honey Minced Onion Mustard Spices of your Choice Sweet Chilli Sauce 

Ingredients needed for making Kebabs:

- You need to select at least 2 vegetables or fruit. You only need a small amount as you will be making 2 kebabs.
- You may use other ingredients of your choice but remember they must be suitable to thread onto a skewer and cook under the grill.

Vegetables	Fruits
Onion Peppers Mushrooms Courgettes Tomatoes Sliced Corn on the Cob 	Pineapple Mango Grapes 

Method:

1. Ensure the wooden skewers have been soaked in cold water – this will stop them burning!
2. Cut the vegetables / fruits into chunks large enough to thread onto the skewers.
3. Divide and thread the ingredients between two skewers – arrange the ingredients how you want. Do not push them too close together otherwise they will not cook properly.
4. Place the kebabs on a grill tray.
5. Cook for approximately 10 to 15 minutes; ensure you turn the kebabs every 3 to 4 minutes to get a golden colour on each side. The protein food must have a core temperature of at least 75°C. You will need to use a food probe to check this.