

# Kebab Grilling with International Flavor

*From: Executive Chef Simon Pesusich*

- Soak wooden skewers in water for a 1 hour to prevent from burning.
- Cut pieces of selected meat, poultry, fish and vegetables into approximately 1" cubes or pieces.
- Preheat the grill for medium-high heat.
- Thread cut pieces onto skewers alternating meat and veggies for a colorful presentation. Season with salt and pepper.
- Lightly oil the grill grate. Grill skewers for 8-12 minutes total on both sides depending on the size of the meat and the item. If is a fish, shrimp or scallop it will require less time. If is a chicken, grill until no longer pink in the center, and the juice runs clear.

## MEDITERRANEAN

### START WITH:

- Swordfish, lemon and bay leaves
- Tuna, cherry tomatoes and bread cubes
- Shrimp, fennel, orange and red onion
- Pork, red peppers and yellow squash
- Beef, fennel, tomatoes and onions

### BRUSH WITH 4 HERB OIL:

In a processor, pulse ½ cup olive oil, 2 garlic cloves, 10 sage leaves, thyme and rosemary until herbs are chopped. Season with salt, black pepper and hot pepper flakes.

### SERVE WITH HERB AND SUN-DRIED TOMATO PESTO:

Make another batch of the Herb Oil. Add 1 cup Italian parsley leaves and ½ cup sliced sun-dried tomatoes to the processor; pulse to chop. Season with salt, black pepper and hot pepper flakes.

## MEXICAN

### START WITH:

- Shrimp, chorizo sausage and zucchini
- Pork, pineapple and pickled jalapenos
- Chicken, yellow squash and poblanos
- Tuna, okra and cherry tomatoes
- Beef, red onion and red peppers
- Scallops, okra and tomatoes

### BRUSH WITH CUMIN-ADOBO OIL:

In a bowl, combine ½ cup olive oil with 1½ teaspoon ground cumin, 1½ teaspoon minced fresh oregano, 1 minced garlic clove and 2 teaspoons adobo sauce (from a can of chipotles). Season the oil with salt.

### SERVE WITH CHIPOTLE MAYONNAISE:

Mix ½ cup mayonnaise, 3 finely chopped chipotles in adobo, 1 tablespoon orange juice, 1 teaspoon lime juice, ¾ teaspoon minced fresh oregano and 1 tablespoon of minced red onion and cilantro. Season with salt to taste.

## ASIAN

### START WITH:

- Beef, scallions and mushrooms
- Tofu, zucchini and red peppers
- Shrimp, sugar snap peas and zucchini
- Chicken, asparagus and mushrooms
- Scallops, Chinese sausage and peppers
- Salmon, asparagus and green beans

### BRUSH WITH GINGER-SESAME OIL:

Mix ½ cup vegetable oil, 2 tablespoons low-sodium soy sauce, 2 teaspoons each of minced ginger and garlic and 4 teaspoons Asian sesame oil. Season with ½ teaspoon five-spice powder and a big pinch of white pepper.

### SERVE WITH HOISIN GLAZE AND SAUCE:

Mix ½ cup hoisin sauce with ¼ cup each of Shaoxing wine, low-sodium soy sauce and finely chopped scallions. Add 2 teaspoons each of Asian sesame oil and finely grated fresh ginger; season the sauce with white pepper.