

# Chef from the Hood Recipes



**Chef:**  
Culinary Director Dan Berman

**Restaurant:**  
Pacific Markets

**Recipe:**  
Dan Berman's Kabob Grilling Tips & Marinade!



The original fast food, kabobs are great for a casual picnic at the park or a festive family gathering at home. Marinate chunks of meat and seafood ahead, then have the kids help skewer their favorite vegetables. Kabobs are easy to make and fun to eat! If you prefer to skip the preparations, you can buy kabobs already assembled at Pacific Market, then just grill them at home. Kabobs originated in Afghanistan where food is reminiscent of the delicious cuisines of neighboring Persia and India. Meaty kabobs are traditionally grilled over a wood fire, then served with fragrant basmati rice pilaf, pungent vegetable dishes and sweets perfumed with rosewater. So spread out a picnic cloth, scatter some rose petals, pick up a chocolate cake for dessert and enjoy an exotic yet easy to prepare Mother's Day Feast!

## **Kabob Grilling Tips & Marinade!**

Pacific Market's Culinary Director and Chef Dan Berman says. "To make a kabob that grills evenly, cut vegetables and meat to the same overall size. The goal is to have all the edges of the food touch the hot grill so that as you turn the kabob, it cooks evenly. Weigh down wood skewers under tap water in a casserole or pan for a few hours before skewering to prevent the end of the skewer from becoming a lit torch as you grill the kabobs!

Pick colorful, sturdy vegetables like bell peppers, onions, eggplant, whole mushrooms and tomatoes and thread each kabob in the same order for an attractive final presentation. The recipe makes enough marinade for five pounds of meat or seafood. Choose a meatier seafood (salmon, tombo, ahi tuna, prawns or swordfish) that will stand up to both the Pinot Noir marinade and the grill.

Plan to marinate the meat and seafood in separate non-reactive bowls for 4 to 6 hours. If cooking only meat, 8 hours or overnight is even better.) Do not combine meat and seafood on the same skewers. Tri-tip makes a great kabob; ask our meat counter for other suggestions. You may also buy kabobs from them that are grill ready and spend the extra time visiting with Mom instead!

### ***Marinade Ingredients:***

- 1 carrot, sliced
- 1 onion, sliced
- 1 celery stalk, sliced
- 3 to 4 cloves of peeled garlic, crushed
- 2 to 3 tablespoons olive oil (Asti brand)
- 1 bottle of Pinot Noir (Pacific Palate)  
(or Zinfandel if using only meat)
- 1/2 cup champagne vinegar (International Collections) (or red wine vinegar if using only meat)
- A bouquet garni: thyme sprigs, whole parsley stems, and a bay leaf
- 2 teaspoons EACH of the following:  
black peppercorns, coriander seeds & fennel seeds  
(Morton & Basset)

### ***To prepare:***

Sauté the carrot, onion, celery, and garlic in half the oil in a saucepan until soft but not browned. Add wine, wine vinegar, bouquet garni, peppercorns, coriander and fennel and bring to a boil. Simmer until vegetables are tender, about 10 minutes. Add remaining oil and let cool. Chill marinade before adding it to the raw ingredients. (Marinate seafood & meat in separate bowls. See notes in intro above.)