

Chef from the Hood Recipes



Chef:
Parker Maloney

Recipe:
Sonoma Lamb Shish Kebabs!

Ingredients:

olive oil for sautéing
3/4 cup minced onions
6 cloves garlic finely minced
1/2 cup fresh lemon juice
1/2 cup smooth peanut butter
1/3 cup brown sugar
1/3 cup soy sauce
2 cups water
1 beef bullion cube
1 teas. crushed dried chili pepper (red or green)
1 teaspoon fresh grated ginger
1/8 teaspoon ground coriander
2 to 4 pounds lamb meat cut into 1" cubes
2 green bell peppers cut into 1" cubes
1/2 of a fresh pineapple cut into 1" chunks
1/2 pound bacon cut into 1" pieces (optional)
4 small onions quartered

Serve with bulgur pilaf or rice & pineapple garnish

. Add oil to coat bottom of a heavy 12" skillet. Heat oil, add
. minced onions and sauté 10 minutes or until lightly
. browned. Add minced garlic and stir for a few seconds.
. Add lemon juice, peanut butter, brown sugar, soy sauce,
. water, bullion cube, crushed pepper, ginger and
. coriander. Simmer 15 minutes, set aside to cool. Place
. lamb cubes in a large bowl, pour cooled marinade over
. and toss to coat. Marinate overnight in fridge. Drain
. meat, reserving marinade. Skewer lamb, alternating with
. pineapple, bacon, bell pepper and onion. Brush skewers
. with marinade. Cook in 400° preheated oven on a rack
. over a pan to catch drippings (25 minutes, turn once for
. even cooking) or grill kebabs, turning to cook evenly.
. Don't overcook! Lamb is best when still pink inside.
. Serve over bulgur pilaf or rice!