

FROM CAN TO PAN – RECIPES EPISODE 6

RECIPE 1: LAMB & FRUIT KEBABS

Makes about 6 kebabs

Ingredients:

2kg cubed lamb pieces
1 can apricot halves (drain, but keep juice)
1 can pineapple pieces, drained
12 small onions, peeled
12 button mushrooms, washed
2 green peppers, cut into thick pieces
Salt and pepper
25ml brown vinegar
10ml juice from the tinned fruit
5ml curry powder
12.5ml chutney
5ml ground ginger
10ml soy sauce

Method:

1. Season cubes of meat with salt & pepper
2. Place the meat on skewers, alternating with apricot halves, pineapple pieces, onions, mushrooms and green pepper pieces.
3. Mix all the other ingredients (Brown vinegar, juice from tinned fruit, curry powder, chutney, ground ginger and soy sauce) together to form a basting sauce.
4. Baste the kebabs well before placing under the grill.
5. Turn and baste regularly



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RECIPE 2: TROPICAL CHICKEN KEBABS

Ingredients:

A cup of lemon juice
2 cans pineapple chunks, juice reserved
salt and pepper
2 teaspoons ground cinnamon
3 skinless, boneless chicken breast halves, cubed
1 cup butter, melted
2 tablespoons brown sugar
1 teaspoon ground nutmeg
24 large strawberries

Method:

1. Combine lemon juice, juice from canned pineapple, salt, pepper and 1 teaspoon cinnamon in a shallow glass bowl. Mix together.
2. Add cubed chicken and marinate for 1 hour in the refrigerator.
3. Preheat grill to medium heat.
4. In a small bowl combine the melted butter, 1 teaspoon cinnamon, brown sugar and nutmeg.
5. Lightly oil grate. Using metal or water soaked wooden skewers arrange chicken, pineapple chunks and strawberries on each stick (approximately 4 to 6 pieces of each item per skewer).
6. Brush kebabs with butter mixture place on grill and cook, turning on all sides, until chicken is cooked through and strawberries are sizzling. Approximately 8 to 10 minutes.



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