

# Beef Skewers

## Ingredients

1/2 cup extra-virgin olive oil  
1/4 cup red wine vinegar  
2 cloves garlic, grated  
1 tablespoon chopped fresh rosemary  
1 tablespoon chopped fresh parsley  
1 tablespoon chopped fresh oregano  
2 teaspoons honey  
1/2 teaspoon red pepper flakes  
Kosher salt and freshly ground pepper

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2 lbs of boneless top sirloin steak, filet mignon, or beef of your choice (1 1/2 to 2 inches thick)  
4 bell peppers (variety of red, orange, yellow and green), cut into 1 1/2 to 2-inch pieces  
1 large Vidalia onion, cut into 1 1/2 to 2-inch pieces  
2 zucchini (yellow and green), cut into 1-inch pieces  
8 baby portabella mushrooms, halved  
Skewers and water for soaking

## Directions

1. Whisk the olive oil, vinegar, garlic, rosemary, parsley, oregano, honey, red pepper flakes and 1/2 teaspoon each salt and pepper in a medium bowl.
  2. Combine vinaigrette marinade with the meat in a large resealable bag; turn the bag several times to coat the meat. Refrigerate at least 3-4 hours or overnight, turning the bag occasionally.
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3. Transfer the meat to a plate or baking sheet, letting the excess marinade drip off; season the steak with salt and pepper. Let stand at room temperature, 30 minutes. While waiting, soak wooden skewers in water to prevent them from burning on the grill.
  4. Begin layering the meat and vegetables in any desired order onto the skewer. Repeat until all ingredients are securely on the skewers.
  5. Preheat the grill on high. Place skewers onto grill and let cook, turning occasionally, until meat reaches desired doneness, about 10 minutes. Transfer to platter and let rest 5 minutes before serving.

# Chicken Skewers

## Ingredients

1/4 cup balsamic vinegar  
2 tablespoons Dijon mustard  
2 tablespoons fresh lemon juice  
2 garlic cloves, chopped  
2 tablespoons olive oil  
1/2 cup low-salt chicken broth  
1 teaspoon lemon zest  
1 tablespoon chopped fresh parsley leaves  
Salt and freshly ground black pepper

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2 lbs of boneless chicken thighs (1 1/2 to 2 inches thick)  
4 bell peppers (variety of red, orange, yellow and green), cut into 1 1/2 to 2-inch pieces  
1 large Vidalia onion, cut into 1 1/2 to 2-inch pieces  
2 zucchini (yellow and green), cut into 1-inch pieces  
8 baby portabella mushrooms, halved  
Skewers and water for soaking

## Directions

1. Whisk the vinegar, mustard, lemon juice, garlic, olive oil, chicken broth, lemon zest, parsley, and 1/2 teaspoon each salt and pepper in a medium bowl.
2. Combine vinaigrette marinade with the meat in a large resealable bag; turn the bag several times to coat the meat. Refrigerate for 3 hours, turning the bag occasionally.
3. Transfer the meat to a plate or baking sheet, letting the excess marinade drip off; season the chicken with salt and pepper. Let stand at room temperature, 30 minutes. While waiting, soak wooden skewers in water to prevent them from burning on the grill.
4. Begin layering the meat and vegetables in any desired order onto the skewer. Repeat until all ingredients are securely on the skewers.
5. Preheat the grill on high. Place skewers onto grill and let cook, turning occasionally, until meat reaches desired doneness, about 8 minutes. Transfer to platter and let rest 5 minutes before serving.

# Shrimp Skewers

## Ingredients

1/4 cup kosher or coarse salt  
1/4 cup granulated sugar  
1 cup boiling water  
2 cups ice

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2 pounds uncooked jumbo shrimp (size: 11-15 shrimp per pound), peeled and deveined with the tail on  
Olive oil  
Old Bay seasoning  
Skewers and water for soaking

## Directions

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1. Soak wooden skewers in water for at least 30 minutes to prevent them from burning on the grill. Begin brining the shrimp to make them firm for grilling by combining salt, sugar, and boiling water in a large bowl until dissolved. Add ice and shrimp, mixing well. Let sit for only 20 minutes to prevent shrimp from getting too firm/tough. Thoroughly rinse shrimp and toss with olive oil, slightly coating the shrimp.
  2. Skewer 4 shrimp onto a pair of skewers. This will make grilling easier, preventing the shrimp from twisting.
  3. Preheat grill on high. Sprinkle each side of the skewered shrimp with Old Bay seasoning to taste. Caution, Old Bay seasoning tends to be salty.
  4. Place seasoned skewers on grill, turning once. Cook until shrimp flesh is opaque. Transfer to platter. Do not overcook, shrimp will become dry/tough.
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