

Build-Your-Own Shish Kabobs



Recipe courtesy of Bob Blumer

Show: The Surreal Gourmet Episode: Some Assembly Required



Level: Easy

Total: 2 hr 55 min

Prep: 40 min

Inactive: 2 hr

Cook: 15 min

Yield: 4 servings

Ingredients:

Dijon-Rosemary Steak:

- 1 tablespoon Dijon mustard
- 2 tablespoons fresh rosemary, stemmed
- 4 cloves garlic, minced
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons balsamic vinegar
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 pound sirloin steak, cut into 1-inch cubes

Citrus-Tarragon Chicken:

- 1 orange, zested, then juiced, remainder discarded
- 1 lemon, zested, then juiced, remainder discarded
- 1 lime, zested, then juiced, remainder discarded
- 4 cloves garlic, minced
- 1 tablespoon fresh tarragon leaves
- 1/4 cup soy sauce
- 1/4 cup canola oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes

Lemon-Garlic Shrimp:

- 3 cloves garlic, minced
- 2 shallots, minced
- 1 bay leaf (fresh or dried)
- 2 tablespoons fresh thyme leaves
- 1/4 cup finely chopped fresh Italian parsley
- 1 teaspoon chili pepper flakes
- 1/4 cup olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 pound (16 to 20 count) shrimp, shelled and deveined

Veggies For Kabobs:

- Bell peppers
- Onions
- Cherry tomatoes
- Mushrooms
- Italian squash
- Baby potatoes, boiled until cooked through
- Corn on the cob, husked and sliced into 1/2-inch-thick rounds

Directions:

- 1** If using bamboo skewers, soak them in water for 1 hour to retard charring.
- 2** Whisk together all of the Dijon-rosemary steak ingredients (except the steak) in a bowl. Toss the steak in the mixture until evenly coated. Cover and marinate in refrigerator for 2 hours.
- 3** Whisk together all of the citrus-tarragon chicken ingredients (except the chicken) in a bowl. Toss the chicken in the mixture until evenly coated. Cover and marinate in refrigerator for 2 hours.
- 4** Whisk together all of the lemon garlic shrimp ingredients (except the shrimp) in a bowl. Toss the shrimp in the mixture until evenly coated. Cover and marinate in refrigerator for 2 hours.
- 5** Cut vegetables into bite-size pieces.
- 6** Puree balsamic basting vinaigrette ingredients in a blender for 30 seconds.
- 7** Place meats, shrimp, and veggies in individual bowls and set out buffet style. Instruct your guests to skewer their own kabobs and baste veggies with balsamic vinaigrette.
- 8** Grill kabobs directly over heat source for about 10 to 15 minutes, turning 1/4 rotation every 2 to 3 minutes, or until the meat and/or fish is cooked throughout.

Cook's Note

Recommended beverage: Beer

Balsamic Basting Vinaigrette for Veggies:

- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper

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