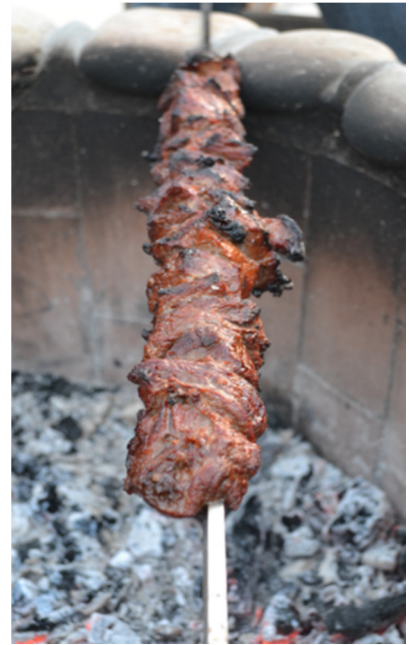




Bill's Teriyaki Beef Kabobs

MARINADE INGREDIENTS:

- 1/2 cup soy sauce
- 1/2 cup pineapple juice
- 1/4 cup Worcestershire sauce
- 1/4 cup orange juice
- Juice from 1 big lemon (or more if you like)
- 1 heaping tea spoon each of paprika and Chile powder– Don't use hot Chile powder or it'll be too hot.
- 3-4 cloves of garlic (about a thumb worth)
- Grated ginger (about a thumb worth)
- Cracked pepper – 1/2 tsp. or so
- Big squirt of Sriracha sauce or 1 tsp dried chili flakes



Preparation:

Use a garlic press or fine grater for the ginger and garlic and mix everything in a bowl and add the beef. This marinade seems to work especially well with chuck roast; the acid in the juice tenderizes and soaks deep into chuck roast. Let it soak for 8 to 24 hours, if you use too much orange juice or let it soak for more than 24 hours the acid actually starts to dissolve the meat so plan accordingly. This is a good one to make the day before you go camping so it's good to go when you setup camp. Cook the beef on a Cowboy Kabob at low heat, (6-7 second on the hand thermometer) the beef actually bastes itself as the juice comes out and sears to the outside. Too much heat and the sugars in the juice will burn, rotate frequently to keep it cooking slowly. Let it rest 10 min after cooking, It's a delicious blend of sweet and spicy tender beef.

HAND THERMOMETER. Hold palm at place where food will go: over coals for broiling, in front of reflector oven for baking. Count "One-and-one," "Two-and-two," and so on, for seconds you can stand to hold your hand. Move your hand to find the temperature you want.

Hand removed at count	Heat	Temperature
6 to 8	Slow	120°C-175°C 250°F-350°F
4 to 5	Moderate	175°C-200°C 350°F-400°F
2 to 3	Hot	200°C-230°C 400°F-450°F
1 or less	Very hot	230°C-260°C 450°F-500°F



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