



# Lamb Fennel Kabobs

# Lamb Fennel Kabobs & Parsley Marinade

Serves 6 to 8

Time: As long as it takes



## Ingredients for Lamb and Marinade

### Lamb:

- 1 ½ lbs boneless leg of lamb (or stew meat to cube)
- ½ Tbsp Kosher salt (coarse)
- ½ Tbsp Freshly ground black pepper

### Fennel & Parsley Marinade:

- 1 Medium fennel bulb coarsely chopped
- 1 Tbsp Fennel Pepper
- 1 tsp Allspice
- ½ tsp Nutmeg

½ tsp Cardamom

1 cup Packed fresh parsley (Italian)

½ cup Extra virgin olive oil

5 Tbsp Agave or honey (substitute maple syrup)

1 Lemon (juice and zest)

Dissolve in a bowl large enough to cover chicken

Refrigerate overnight or at least 4-6 hours

**Lamb**  
cut into 1 ½" cubes or pieces

**Juice and zest from one lemon. Use juice from another lemon or half if not very juicy**

**Marinade**  
Use a food processor to produce thick marinade

**Refrigerate overnight or at least 2 hours minimum**

**Marinate at room temperature at least 30 minutes if you don't have time**

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## Marinade and Preparation

Lamb:

Cut lamb into 1" to 1 ½" cubes or pieces and put them in a large mixing bowl. Season with salt and pepper and vigorously mix until mixture is uniform.

Marinade:

In a food processor, combine the fennel, fennel pepper, spices, parsley, olive oil and lemon juice. Cover and run the processor until everything is finely chopped (you should end up with a thick green fennel marinade).

Pour the fennel marinade over the lamb, add the lemon zest and mix well to make sure all the lamb is well coated with marinade.

Cover and refrigerate for at least 2 hours. (If you do not have time,

let the lamb marinate at room temperature for about 30 minutes).

Grill prep~:

Grilling will be at high heat. Brush the grates with oil so the kabobs don't stick.

Kabobs:

Shake excess marinade off lamb pieces and thread onto long skewers. Allow a little room between pieces. Use about 6 wooden skewers that have been soaked in water.

Place lamb kabobs in single layer on heated grill. Grill at high heat, turning each kabob one-quarter turn every couple minutes, until the meat is browned all over for about 7 to 9 minutes.\*

Season lamb pieces and mix well in a bowl with salt and pepper. Let stand and rest

while making marinade and other preparations.

~ Roast kabobs if grilling is not an option. Preheat oven to 475 °F. Roast kabobs turning often or as needed until browned all over. ...or, use a griddle

\* Cooking time: Expect 7 to 9 minutes, depending on how well you like your lamb cooked (7 minutes on my grill produced medium-rare kabobs).