

Armenian Shish Kabob

Oscar · 29/09/2024



Prep Time

1 day

Difficult

Medium

Servings

1 day 1 hr 18 mins

Description

Mouth watering BBQgrilled lamb or beef with veggies and spices Serve with rice pilaf and pita bread

Ingredients

- - ½ cup olive oil - 2 tablespoons fresh lemon juice - 1 teaspoon dry white wine - 1 tablespoon minced garlic - ? teaspoon salt - ? teaspoon black pepper - ? teaspoon dried oregano - ? teaspoon dried rosemary leaves - 1 bay leaf - 2 pounds boneless leg of lamb
- cut into 1 1/2-inch cubes - 2 large onions
- peeled
- cut into 8 wedges each - 2 large green bell peppers
- cut into 8 wedges each - 12 mushrooms
- stems removed - 2 large tomatoes
- cut into 8 wedges

Instructions

1. Stir together olive oil
2. lemon juice
3. wine
4. and garlic; season with salt
5. pepper
6. oregano
7. rosemary
8. and bay leaf. Toss lamb with marinade until evenly combined
9. then pour into a resealable plastic bag
10. and marinate in refrigerator at least 24 hours. Position oven rack to its top setting and set oven to broil. Remove lamb from marinade and thread onto metal skewers; reserve marinade. Thread onion wedges
11. green peppers
12. and mushrooms onto separate metal skewers. Brush vegetables with reserved marinade. Broil the skewers on a broiler pan
13. turning frequently. Cook onions for 12 minutes
14. lamb for 10 minutes
15. green pepper for 7 minutes
16. and the mushrooms for 3 minutes. Remove from oven
17. and allow to cool until cool enough to handle. Remove skewers from ingredients and set aside. Reassemble skewers
18. alternating lamb
19. onions
20. green peppers
21. mushrooms
22. and tomatoes. Place onto broiler pan and brush again with marinade. Discard remaining marinade. Broil skewers again to finish cooking
23. turning frequently until the lamb is medium-rare and the vegetables begin to blacken in spots
24. 5 to 7 minutes.