

# What's Cookin': Kebabs, Kebobs, Kabobs and Kababs...

Tatziki is not just for kebabs! Tatziki (also spelled tzatziki) is excellent as a dip all on its own or served with just about any barbecued meat. And of course, with yogurt and cucumber as the main ingredients, you can't go wrong!

But now that we are on the subject of kebabs— my sons and I were in Toronto the other week, in the Eaton Centre and Chinatown areas and we saw dozens of advertisements for restaurants and shops with kebabs. With many different spellings! I always thought the word was “kebob” but we saw it all of the following ways... Kebob, Kebab, Kabob, Kabab.

And when does it have a “shisk” in front of it and when doesn't it? Hmmmm, very confusing. Well, I discovered that in English, however you want to spell the word, it generally signifies meat and/or vegetables on a skewer of some kind. But in the Middle East, “kebab” the definition relates to the cooking method— so “kebab” means meat of any kind that is cooked over or next to open flame. But it could be large pieces of meat, small pieces, it could even be ground meat and it is not always served on a skewer. Sometimes it is served on a bun, sometimes on a plate, sometimes in a bowl.

But since roughly translated “shisk” is Armenian for skewer, if the dish is called shishebab, then in English or

**Lori Gysel & Gerry Kentner**



Middle Eastern, the meat is threaded on a skewer.

I have no idea where I got the idea that it was “bob”, not “bab”, but I stand corrected.

Have fun and keep cooking!  
Email questions and comments to [whatscooking@theifp.ca](mailto:whatscooking@theifp.ca)



## Tatziki

Serves 4-6

### Ingredients

- 1 750 ml container Astro Original, Balkan style yogurt
- 1 1/2 cucumber
- 2 cloves garlic, minced fine
- 1 tbsp olive oil
- salt and pepper to taste

### Method

1. Setup a strainer over a bowl. Line the strainer with a coffee filter. Place all the yogurt into the coffee filter. Cover with plastic wrap. Place in the refrigerator. Allow to drain overnight. Next morning, dispose of the liquid.
2. Grate cucumber, skin on. Squeeze to remove all excess liquid.
3. Mix yogurt, cucumber, garlic, olive oil, salt and pepper.
4. Serve with grilled meats or pita bread.

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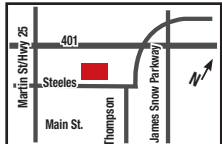
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