

# Shishkebabs on the barbecue

## A tasty but tricky delight

The shishkebab is a delicate being. The goal is to cook them without having the skewer burn, the food fall off or the food be raw in the middle.

*What's cookin'?*

Lori and Gerry Kentner



close to the skewer has a tendency to not be cooked all the way through even though the outside is done. So be careful and have a look at

If you are using a bamboo skewer, then soak the skewers overnight or at least a few hours. This will help them from burning when they are on the barbecue. Before you heat the barbecue, spray the area that you will use to cook the kebabs really well with non-stick cooking spray. (If you forget, you can spray it right on the shishkebabs, but I wouldn't recommend using an aerosol spray on a hot grill— you might blow up!) Then warm the grill up to medium heat. Do not cook on a hot grill, especially with chicken because you will burn or dry out the food before it gets cooked all the way through.

The shishkebab is the exception to the turn-it-only-once rule. A kebab actually has four sides because it's kind of square, so you can turn it carefully a few times (gently). The biggest problem with kebabs is that the meat

the meat next to the skewer. This is also why I suggest not folding the meat when it goes on the skewer (especially chicken) because it is harder to get cooked.

As for the stick catching fire, some people blow it out (but that's not quite acceptable in the catering business— to blow on other people's food).

My mother-in-law keeps a little squirt bottle of water next to the barbecue and gives it a little squirt if they flame up (probably the best method I've seen) and I usually just give it a tap with the tongs to put it out. Choose your favorite method.

The squirt bottle works particularly well because it can also be used on small children that wander too close to the cook or guests that question your cooking ability when the barbecue starts to flame!

Have fun and keep cooking!



### Teriyaki Chicken Shishkebabs

(makes 8 shishkebabs)

#### Ingredients:

- 8 4 oz. boneless breasts of chicken
- teriyaki sauce
- 2 red peppers
- 2 green peppers
- 4 cups of fresh pineapple, without rind, cut into large chunks

#### Method:

1. Marinate the chicken breasts in teriyaki sauce in the refrigerator overnight or at least a few hours.
2. Cut each chicken breast into six pieces (approximately the same size).
3. Remove the seeds from the peppers and cut them into chunks approximately the same size as the chicken.
4. Using the skewer, alternate pineapple, chicken, peppers until all the food is used up. Do not fold chicken when putting on the skewer unless absolutely necessary.

### From the Glen

## A road victory!

The Glen Williams Community Association was glad to report a recent victory— the road designations which would have made a minor arterial road of Prince Street, Main Street and Wildwood Road have been changed.

Councillors and town staff were very receptive to input from the residents, and this has been a great example of everyone working together. The GWCA is now focusing on the Secondary Plan review for Glen Williams. The call will soon go out for residents to sit on the Steering Committee and public meetings will start in the fall. For membership information about the GWCA, call Vicky Duncan at 877-6079.

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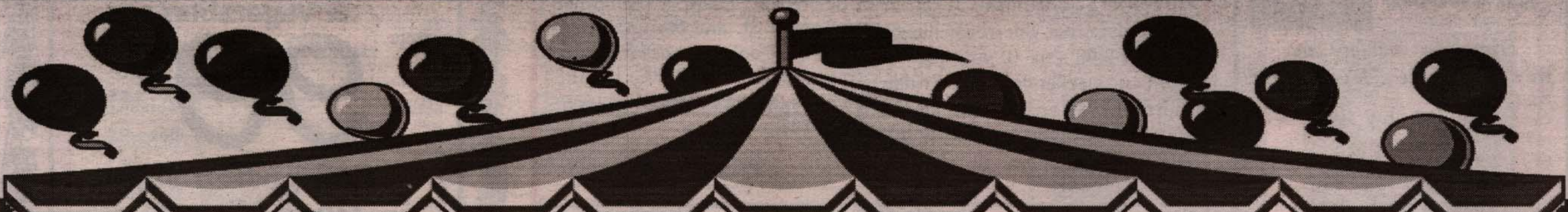
There will be a park clean-up and planting day Sunday (May 30) at 1 p.m.

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School will be winding up soon and there will be a whirlwind of activity. June 1 will be the volunteer luncheon, thanking all the helpers. June 14 is the family barbeque, from 5:30 to 8:30 p.m. at the school— more information will be coming home.

Young people from St. Alban's and the community are welcome to join the bus trip on June 12 heading down to Christ Church Cathedral in Hamilton for the Bishop's Pentecost Fun Day. The activities are from 10 a.m. to 2 p.m., and if you want to join the bus trip, it will leave at 8:30 a.m. Call the church office (877-8323) for more information.

—By Elizabeth Mitchell



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