

Boti Kebabs

chunks of lamb or chicken
marinated with herbs and spices

serves 2 – 3
medium

Boti kebabs are traditionally made from lamb although they are equally good made with chunks of chicken breast.

My version contains plenty of herbs which give a nice fresh taste. Just what you need for a sunny summer barbecue.

If you can't get hold of bottled mint sauce use very finely chopped fresh mint and increase the lemon juice and sugar a little.

You can use lamb leg steaks instead of chump steaks if you wish. Leg steaks are cheaper and there is less waste but the meat is not as tender so you will need to buy good quality meat and marinate it for at least 4 hours to ensure it is not tough when cooked.

ingredients

either...

450g lamb chump steaks (to give about 300g when trimmed)

or...

350g chicken breasts (about 2 large chicken breasts)

2 fat cloves garlic

25mm piece fresh ginger

4 × 15ml spoons Greek-style (full cream) yoghurt

2 × 15ml spoons groundnut oil or other vegetable oil

1 × 15ml spoon finely chopped coriander leaves (cilantro)

1 × 5ml spoon lemon juice

1 × 5ml spoon English mint sauce (preferably Colman's)

about ½ to ⅔ of a 2.5ml spoon of hot chilli powder for a medium taste

1 × 5ml spoon ground coriander seed

1 × 5ml spoon ground cumin seed

½ × 2.5ml spoon turmeric powder

1 × 2.5ml spoon sugar

a good pinch of garam masala

3 or 4 grinds of freshly milled black peppercorns

salt to taste (add the salt only at the last minute)

special equipment

a hot barbecue grill where the charcoal has turned grey
kebab skewers (preferably double-pronged)
kebab rack (optional)

method

1. If using lamb, trim the chump steaks to remove any sinew and fat. Cut the steaks into even sized chunks (if you're not sure how big to make the chunks aim for around 20 in all)
2. If you are using chicken then trim the breasts of any sinew and white membrane and cut them up into chunks (if you're not sure how big to make the chunks aim for about 18)
3. Make the garlic paste by grating the garlic on the finest mesh of a grater. Discard any solid pieces you have left over. Otherwise use a garlic press and then mash the pieces with the back of a fork
4. Make the ginger paste by peeling off the skin and grating the ginger using the finest mesh on a grater
5. Add the garlic and ginger paste to a small bowl.
6. Add all the other ingredients, except the lamb/chicken and salt, to the bowl and whisk until thoroughly mixed and smooth.
7. Now transfer the chunks of lamb/chicken and all the whisked marinade into a bowl which will just fit both. Using a metal spoon, gently stir the marinade so that it completely covers the chunks of meat. Spoon any marinade that has gathered around the edge of the bowl onto the meat so that any bare bits are completely covered.
8. Refrigerate the meat and marinade for at least 2 hours and preferably 4 hours or more.
9. Some of the oil will probably gather on the surface of the marinade. That's OK, just stir it back in from time to time. The oil will gradually drip off while cooking and, in doing so, will baste the kebabs.

10. When the marination is complete add the salt and stir to mix until the salt has dissolved.
11. Thread the chunks of meat onto skewers leaving a clear gap between each one.
12. Grill at a medium height over the hot charcoal. Rotate the skewers regularly so the chicken/lamb cooks evenly. Ensure that the meat is thoroughly cooked before serving and, if using chicken, cut a piece open to make sure the meat is not still pink inside. If it is, return the chicken kebabs to the barbecue and cook until done.



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