

Beef Kebabs

Serves 4

500gm rump steak
1 red onion
1/2 red capsicum
1/2 green capsicum
1/2 yellow capsicum
1 zucchini
2 tablespoons warmed honey
1 tablespoon olive oil
Few drops sesame oil (optional)
1½ tablespoons lemon juice



Method:

1. Soak 8 wooden skewers in water for at least 1 hour to prevent them scorching, or use metal skewers.
2. Trim fat from steak and cut into 2cm cubes.
3. Cut onion into 2cm pieces. Cut capsicums into 2cm pieces. Cut zucchini into thick slices.
4. Thread meat onto skewers alternately with onion, capsicum and zucchini pieces.
5. Combine warmed honey with olive oil, sesame oil and lemon juice. Brush over kebabs.
6. Grill or barbeque the kebabs on a medium heat for 8 - 10 minutes. Turn them frequently and brush with the honey mixture.
7. Serve on a bed of cooked rice or couscous, with a lovely fresh garden salad.

Tips:

- If cooking on the barbeque, make sure you heat it well before adding the kebabs.
- The kebabs can be made well ahead of time and stored in a sealed container in the fridge. However, remember to remove from the fridge in time to allow kebabs to return to room temperature before cooking.
- Experiment a bit by using button mushrooms, pickling onions, baby squash quarters, pineapple pieces, whole baby tomatoes or haloumi cheese pieces with the beef for different flavours and textures.

Beef Keftas

Serves 4 – 6

1kg minced (ground) beef
1 brown onion, grated
4 cloves garlic, crushed
1/4 bunch flat leaf parsley, finely chopped
1 egg, lightly beaten
½ cup stale breadcrumbs
2 tablespoons lemon juice
1 tablespoon ground Cumin
1 tablespoon ground Coriander
1 tablespoon ground Turmeric
1 tablespoon Sweet Paprika



Method:

1. Place the minced beef, grated onion, crushed garlic, chopped parsley, beaten egg, breadcrumbs, lemon juice, cumin, coriander, turmeric and paprika in a large bowl and knead together well.
2. Wrap in plastic and chill for 1–2 hours to allow the flavours to develop and make the meat easier to handle.
Roll the meat mixture into small balls about golf ball size and thread 3 or 4 onto each skewer.
3. Pre-heat oven to 180°C. Place kefta skewers onto a lightly oiled baking tray and cook for 15–20 minutes, turning occasionally.
4. To serve Moroccan style – serve on a bed of Couscous garnished with black olives and feta cubes, with Tomato Charmoula Sauce (see below) and a lovely fresh salad.
5. To serve Greek style – spread Tzatziki dip on pita bread, add sliced lettuce and tomato, remove skewer from Keftas, place on top and wrap in pita bread.

Tips:

- To speed things up, do step 1 in the morning before you leave for work.
- Slightly moisten hands make the mince easier to roll into balls.
- If using wooden skewers, soak in water for at least 1 hour before using to stop them burning.

Tomato Charmoula Sauce

1 tablespoon olive oil
1 brown onion, diced
1 clove garlic, crushed
2 x 410gm tin crushed tomatoes
½ tablespoon Cumin
Juice of ½ small lemon
1 tablespoon flat parsley, chopped
1 tablespoon coriander, chopped
Salt and pepper to taste (optional)

Method:

1. Heat oil and fry onion and garlic until soft.
2. Mix in tomatoes, cumin and lemon juice.
3. Simmer for about 20 minutes stirring occasionally.
4. Mix in the parsley and coriander; remove from the heat and season if desired.

Keep in the fridge for about 5 days, or freeze. Makes about 4 cups.