

Jason Pettit – Capital Radio Recipe



Shish Tawook with 'Toum' – *garlic sauce*

Originally an Ottoman dish, shish (skewer) and tawook (chicken) has become hugely popular across the Middle East. The marinade and sauce can be prepared well in advance leaving you enjoy your BBQ and take less than 10 minutes to cook!

Ingredients – serves 4 people

4 lrg	chicken breasts skinless (cut into 30mm cubes)
	<i>marinade</i>
1 sm	natural yoghurt pot (approx. 200gm)
1.5 Tbsp	lemon juice
2 Tbsp	tomato puree
3 lrg	garlic cloves (finely grated)
1 Tsp	salt
1.5 Tsp	ground paprika
¼ Tsp	ground black pepper
1 Tsp	ground cinnamon
1 Tsp	ground ginger
¾ Tsp	dried oregano

'Toum' – garlic sauce

10 lrg	garlic cloves
¾ cup	vegetable oil
1 Tbsp	lemon juice
½ Tsp	salt
	handful of ice cubes

Serve with Tabbouleh, flat breads, hummus or simply as part of your BBQ feast!

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Method

Place all marinade ingredients into a bowl and whisk together.
Place chicken cubes into a zip lock bag then add the marinade. Close the bag and massage the marinade into the chicken cubes evenly.
Set aside for at least an hour but no more than 12 hours.

Soak wooden skewers (if using) in water for at least 30 minutes.
Thread pieces of marinated chicken until the skewer is full but with a 2inch space at each end.
Repeat until all skewers are full/all chicken is used.

Crush the garlic cloves with the flat of a knife blade and add to the blender jug/food processor.
Add the salt and blend to a fine paste.
Add half the lemon juice and blend until combined.
Place a funnel full of ice into the hole of the food processor lid.
With the processor running, slowly pour half the oil over the ice – a thin, constant stream is required.
Add the remaining lemon juice.
Slowly add the remaining oil and keep the processor running until a white fluffy paste forms – approx. 5 minutes.
Taste for salt.

Place shish tawook onto a pre-heated BBQ allowing space between each skewer.
Turn each skewer once the surface is seared golden brown and continue cooking.
Move them around the bbq to ensure they cook evenly and achieve a nice 'charring' but do not burn.

Notes from the chef:

The marinade and toum can be made in advance and kept in the fridge for up to a week in an air-tight container.

If the flavour of the toum is too strong then add several Tbsp of mayonnaise to lessen the garlic impact.

You can marinade chicken thighs/drumsticks but make multiple slashes over the skin to allow the marinade and heat to penetrate.

Tbsp - tablespoon

Tsp - teaspoon