

Lamb Shish Kebab, Laham Mishweh

a recipe from www.maureenabood.com

The key to proper grilling of the meat is to bring it to room temperature for a couple of hours before cooking. This ensures even cooking and prevents the exterior of the meat from burning before the interior is cooked. Two pounds of meat, a large onion and one bell pepper make four long skewers, six servings.

2 lbs. leg of lamb, cut into 2-inch cubes
1 large sweet red onion, cut into 2-inch cubes
1 red, yellow, orange or green bell pepper, cut into 2-inch cubes
Salt and pepper
Olive oil

Season the meat generously with salt and pepper, then let it rest and come to room temperature.

Heat the gas or charcoal grill to a level of medium high heat. Thread the skewers, preferably stainless steel, with a pattern of 2 pieces of meat, 1 chunk of onion, and one pepper, repeated. Or any pattern you like. Or no pattern at all. Just be sure not to thread the meat and vegetables too tightly, to give them room to cook fully and to enjoy more the grilled surface area.

Brush the meat and vegetables with olive oil. Place on the grill and for medium-rare meat, cook for 10 minutes with the top on, then flip with tongs and grill another 10 minutes, top on. Remove from the heat and let the skewers rest for 10 minutes.

Remove the hot meat and vegetables from the skewers by pushing them off with a fork. Serve warm with flatbread or pita bread, yogurt-cucumber salad (laban khiyar) and, if you like, garlic sauce (toum).