

“Terry-aki” Kabobs

Ingredients:

Kabobs

- 2 lbs. beef cubes
- 2 lbs. chicken tenders, cut to bite-size pieces
- mushrooms, whole or cut into bite-size pieces
- pineapple chunks
- small white onions, whole, peeled
- red bell pepper, cut into bite-size pieces
- green bell pepper, cut into bite-size pieces

“Terry-aki” Sauce

- 1 ten-ounce bottle soy sauce
- 2 ten-ounce bottles water (any size may be used, but ratio should be 1-part soy sauce to 2-parts water)
- ½ cup packed brown sugar

Stir the liquid and sugar until well-mixed (sugar can be added until the consistency lightly coats the back of the spoon. Then add:

- 1 large onion, diced
- 4 cloves garlic, smashed
- fresh ginger root (3 to 4-inch piece grated, for this size batch)

Preparation:

Reserve ½ cup of the marinade for use during grilling. Marinade beef cubes and chicken tenders for at least 30 minutes (or can be as long as overnight). Marinade mushrooms, onions, pineapple chunks, peppers and other vegetables for 2 hours. Skewer meat and vegetables, alternating on skewer. (If wooden skewers are to be used, soak in water for an hour prior to grilling so they do not burn.) Grill until meat cooked thoroughly, and to desired doneness. Brush with marinade periodically during grilling.



TERRY HARRIS
McKonly & Asbury