



Presents



Italian Marinade for Lamb Kabobs

Presented July 27, 2013 by Sandy Sorrels

Ingredients:

3 Tablespoons Balsamic Vinegar
3 Tablespoons Olive Oil
1/2 tsp. fresh garlic minced
1/2 tsp. salt
1/4 tsp. pepper
2 tsp. basil
1/2 tsp. oregano
1 ½ lbs. lamb cut into cubes (use either leg or shoulder or lamb already cut into pieces for kabobs)

Mix above ingredients together. Pour over Lamb chunks. Marinate 2 to 4 hours before grilling. Put lamb pieces on skewers and grill 4 to 5 minutes per side on a hot grill.

Mexican Marinated Beef (Carne Asada)

Ingredients:

2 Tbsp. vegetable oil
1 teaspoon oregano
1 teaspoon salt
1/2 teaspoon pepper
1/4 cup orange juice
1 Tbsp lime juice
1 teaspoon vinegar
(6 oz) tenderloins or sirloin steaks or 1 1/2 pounds kabob meat

Rub oil on both sides of the steaks or beef. Sprinkle with oregano, salt, and pepper. Rub in.

Mix orange juice, lime juice, and vinegar. Pour over beef. Marinate several hours, turning occasionally.

Grill on a heated barbecue, 3 to 8 minutes per side, depending upon the thickness of the meat or kabob.