

AFGHANISTAN

Kabaub

(lamb kebabs with yoghurt marinade)

Serves 5-6.

Cooking time about 15 minutes with 4-5 hours marinating time.

Ingredients

750g boneless lamb shoulder

1 cup yoghurt

2 cloves of garlic (crushed)

1 teaspoon salt

Freshly ground black pepper

5-6 skewers

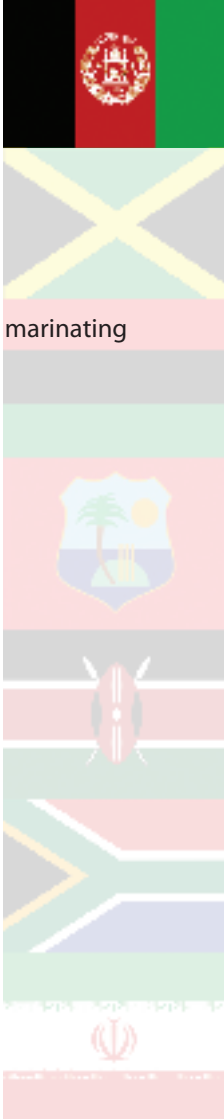
For serving:

5-6 lawash or other flat bread

Sliced tomatoes

Sliced onions

Lemon wedges and coriander sprigs



Method

- 1 Cut lamb into 3cm cubes.
- 2 Combine the yoghurt, garlic, salt and a generous grind of pepper in a glass or a ceramic bowl. Add meat, stir to coat, cover and refrigerate for 4-5 hours or overnight.
- 3 When ready to cook kebabs, thread 5-6 pieces of lamb onto each of 5-6 skewers, leaving a little space between cubes. Brush off excess marinade, though meat should be coated with a thin film.
- 4 Cook over glowing charcoal (or alternatively grill). Turn kebabs frequently.
- 5 Push meat off skewer onto one half of flat bread. Add tomato and onion slices. Garnish with lemon and coriander.

