

On a Skewer!

June 17, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



It's BBQ time! I love chicken kabobs, I can eat them just the way they are on a skewer or off the skewer and over my favorite summer salad. The versatility of the kabobs are endless, you can make them with veggies, shrimp or steak. You can even add fruit like pineapples and peaches for grilled fruit kabobs! One of my favorites are honey bbq chicken kabobs and very easy using your favorite bbq sauce.

Serves: 6 Total cook time: 30 minutes

- 2 tablespoons canola oil, divided
- 3 cloves garlic, minced
- 1 onion, diced
- 1 1/2 cups Texas style BBQ sauce or whatever bbq sauce you have
- 3 tablespoons honey
- 3 tablespoons whole grain Dijon mustard
- 1 teaspoon reduced sodium soy sauce
- 1 teaspoon coarsely ground black pepper
- 1/2 teaspoon ground ginger
- 2 pounds boneless, skinless chicken breasts, cut into 1-inch chunks

In a small saucepan over medium heat add 1 tablespoon canola oil. Add garlic and onion, cook, stirring occasionally, until translucent, about 3-4 minutes. Stir in BBQ sauce, honey, mustard, soy sauce, pepper and ginger. Reduce heat and simmer, stirring occasionally, until the flavors have blended, about 3-5 minutes. Let cool 10 minutes. In a gallon size Ziploc bag, combine chicken and half of BBQ sauce mixture. Marinate for at least 2 hours to overnight, the longer it sits...the better. Place remaining BBQ sauce mixture in the refrigerator. When ready, drain the chicken from the marinade, discarding the marinade. Preheat indoor or outdoor grill to medium high heat. Thread chicken onto skewers. Brush with remaining 1 tablespoon canola oil; season with salt and pepper, to taste. Add skewers to grill, and cook, turning occasionally, until the chicken is completely cooked through, reaching an internal temperature of 165 degrees F, about 10-12 minutes. Brush skewers with remaining BBQ sauce mixture, cooking for an additional 1-2 minutes. Serve immediately with remaining BBQ sauce mixture. Serve hot and enjoy!

Also here's a little tip: if using wood skewers soak in water for at least an hour. This will prevent the skewers ends from burning off.