

## **CHICKEN KABOB WITH SAFFRON RICE**

*July 28, 2022*

*Chicken kabob is one of the most popular dishes in the Middle East (Turkey, Iran, Greece, etc.)*

- 2 lbs boneless chicken breast cubed (boneless chicken thighs preferred)
  - 1 cup plain yogurt
  - 2 tablespoons lemon juice
  - 2 cloves garlic, chopped
  - 1 large onion, sliced
  - 1/2 teaspoon salt
  - 1/2 teaspoon pepper
  - 1/2 cup olive oil
  - 2 tablespoons saffron tea
  - Fresh parsley for garnish (optional)
1. In a medium bowl, mix all ingredients (except chicken).
  2. Add chicken to the mixture and toss to coat.
  3. Cover this mixture with plastic wrap and marinate in refrigerator at least 4 hours.
  4. Remove from refrigerator and put chicken on skewers (4 - 5 pieces of chicken per skewer).
  5. Preferably, cook on charcoal or gas grill until center of chicken is 165 degrees on meat thermometer.
  6. This dish can be served with rice, pita bread or Lavash bread. In some cultures, this dish can be served with cucumber yogurt sauce (tzatziki sauce made from yogurt, garlic, and cucumber).
  7. In this demo, Chef Manouch will make saffron rice in a rice cooker.