

CHICKEN GIBLET KEBABS WITH VEGGIE PARCELS

Prep time: 3 hours

Cook time: 30-40 minutes

Serves 4 people



INGREDIENTS

FOR CHICKEN GIBLET KEBABS:

800g chicken giblets ▪ 250ml milk ▪ 5g salt

3g pepper ▪ 80ml ready-made barbecue chicken sauce

Kebab sticks

FOR STICKY BBQ CHICKEN FEET:

12 chicken feet ▪ 25ml ready-made barbecue sauce

3g salt ▪ 1g pepper

FOR BACON-WRAPPED CHICKEN LIVERS:

140g sliced bacon, cut in half (lengthways) ▪

350g chicken livers ▪ 2.5g salt ▪ 1.5g pepper

250ml milk

FOR STOKBROOD:

135g white bread flour ▪ 2.5g sugar ▪ 25g butter

5g yeast ▪ 2.5g salt ▪ 20g melted butter ▪

Kebab sticks

FOR VEGETABLE PARCELS:

80g heirloom tomatoes ▪ 150g courgettes ▪

150g green beans ▪ 150g carrots ▪ 2 potatoes

12 baby onions ▪ 150g baby corn ▪ 2 cloves garlic

4g salt ▪ 4g pepper ▪ Herbs of your choice

12ml butter ▪ Juice and zest of 1 lemon

INSTRUCTIONS

CHICKEN GIBLET KEBABS

1. Start by cleaning the chicken giblets. Cut the giblets open, taking care not to cut through the encasing membrane.
2. Rinse the inside of the chicken giblets well under cold, running water.
3. Marinate the giblets in milk for 2-4 hours.
4. String the giblets onto kebab sticks.
5. Season with salt, pepper and the barbecue sauce.
6. Braai over medium heat until cooked through. Baste with the barbecue sauce while braaing.

STICKY BBQ CHICKEN FEET

1. Wash the chicken feet with water.
2. Use a knife to scrape off the skin on the top section of the chicken feet (skip this step if your chicken feet already have the outer yellow skin removed).
3. Put a pot of water on the stove and allow to simmer (not boil). Drop the feet in the water for approximately 30 seconds and peel off the skin or the remaining skin.
4. Use kitchen scissors or a sharp knife to cut off the nails.
5. Season with salt, pepper and the barbecue chicken sauce.
6. Braai until cooked through and golden.

BACON-WRAPPED CHICKEN LIVERS

1. Wash the livers and cut away any sinew or unpleasant-looking parts.
2. Place the livers in a medium-sized mixing bowl and cover with milk. Allow to marinate for 2-4 hours.
3. Remove livers from the milk and wrap a slice of bacon around each liver. Pin closed with a toothpick.
4. Braai until cooked through.

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12 baby onions ▪ 150g baby corn ▪ 2 cloves garlic

4g salt ▪ 4g pepper ▪ Herbs of your choice

12ml butter ▪ Juice and zest of 1 lemon

INSTRUCTIONS

STOKBROOD

1. Beat the yeast, sugar, salt, white bread flour and butter on low speed in an electric mixer with the hook attachment.
2. Slowly add the water until a soft dough forms.
3. Knead in the mixer with the hook attachment for 5-7 minutes until smooth.
4. Place the dough in a mixing bowl, wrap with cling film and allow the dough to rise for 45-60 minutes.
5. Divide the dough into 4 balls. Roll each ball out into a long strip. Wind each strip around a stick.
6. Place the bread sticks on a tray and allow time to rise.
7. Braai until cooked through and golden brown. Remove from heat and brush with melted butter.

VEGETABLE PARCELS

1. Cut the vegetables into your desired shape.
2. Cut 4 x 30cm squares of foil.
3. Divide all the vegetables equally among them.
4. Add the lemon juice, garlic, salt, pepper and herbs to each parcel. Add a little butter to each parcel.
5. Fold up the sides of the foil to close the vegetable parcels.
6. Cook over medium heat on the braai, turning occasionally.
7. Squeeze fresh lemon juice on top just before serving.