



MEAT, FISH & MUSHROOM SKEWERS



Ingredients

Meat Skewers

1 lb (450 grams) boneless pork
e.g. tenderloin, cut in 1-inch cubes

Meat Marinade:

2 tbsp oil
2 tbsp grated ginger
2 tbsp minced garlic
1 tbsp orange zest
2 tbsp orange juice
1 tsp ground cinnamon
1 tsp ground cumin
1 tsp ground coriander
½ tsp paprika
salt and pepper, to taste

Fish Skewers

1 lb (450 grams) white fish
e.g. mahi-mahi fillet, cut in 1-inch cubes

Fish Marinade:

2 tsp oil
1 tsp lime zest
1 tbsp lime juice
Salt and pepper, to taste

Mushroom Skewers

1 lb assorted mushrooms
2 tsp oil
salt and pepper, to taste



Instructions

Servings
4 per type

Prep
30 mins

Marinade
1-2 hours

Grill
10 mins

1. Mix together the marinades for the meat and the fish in separate containers. Slice the meat and fish into cubes, then cover them fully in their respective marinades. Cover and chill in the fridge for one hour.

Note: You can marinate the pork overnight for a stronger flavour, however don't do this with the fish - it will turn mushy. The mushrooms don't require any marinade either.

2. Soak the bamboo skewer sticks for at least 30 minutes before using to prevent them from burning on the grill. If using metal skewers you can skip this step.
3. Preheat the grill to medium-high heat. Medium high heat on a barbecue is usually 375-450°F (190-230°C), or when the coals of a charcoal grill glow red with a light layer of ash.
4. Toss the mushrooms in a bowl with the oil, salt and pepper.
5. Thread the marinated meat, fish, or mushrooms onto the skewers. You can make skewers of just meat, just fish or just mushrooms. You could also create combo skewers with a mix of ingredients - meat and mushroom skewers, meat and fish skewers, or skewers with a variety of mushrooms.
6. Grill the skewers. Cook them for 2 minutes per side, rotating every 2 minutes or until the meat or fish is cooked through, or the mushrooms are tender, about 6-8 minutes in total. For most meats, the internal temperature should be at least 145°F (63°C). For fish, the internal temperature should reach at least 145°F (63°C).
7. Use tongs to remove the skewers from the grill and transfer them to a serving platter. Turn off the grill and enjoy your skewers!