

Cooking School

with the London Chef

Beef Shish Kebab with Tabbouleh, Preserved Lemon Yogurt & Sumac Roast Eggplant

A note: This recipe is flexible, and you can adjust it to your taste. Add more or less of what you like, and feel free to make substitutions - enjoy cooking. These measurements will feed 2 people, often with leftovers, and can be doubled. You may need larger cooking equipment or to cook in batches when cooking for more people.

Kebab

1 large steak, or cubed steak
1 lemon
1 tbsp chili flakes
1 tbsp ground cumin

Tabbouleh

2 cups bulgur wheat
2 bunches flat leaf parsley
2 ripe tomatoes
1 lemon

Yogurt

2 cups greek yogurt (higher fat is better)
¼ preserved lemon
2 sprigs fresh mint

Eggplant

1-2 small eggplant
2 tbsp sumac

Cooking Equipment

Oven pre-heated to 400 F
Large pot
Baking tray
Large non-stick frying pan
Large mixing bowl
Small mixing bowl
Tongs
Wooden Skewers
Knife
Cutting board
Olive oil
Salt

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Method

1. Pre-heat oven to 400 F. Finely slice the eggplant then place on a baking tray with a generous amount of olive oil and salt. Heavily sprinkle sumac (or lemon juice) on top and place it in the oven for about 12-15 minutes. You are looking for a bit of charred edges.
2. In a large pot, add water and bulgur wheat, in a ratio of 2:1 on a high heat. Once boiling, put a lid on then turn it down to low. After 10-12 minutes, open the lid and taste. We want them cooked like al dente, with a bit of bite. Once perfect, turn off the heat, but leave lid on.
3. Dice tomatoes without the seeds and finely chop the parsley. Add this mixture to the bulgur wheat then mix. The heat in the wheat will cook the parsley. Add salt, olive oil and a bit of lemon juice to taste.
4. Cube the steak then in a mixing bowl, mix the beef with 1 tsp chili flakes, $\frac{1}{2}$ tsp ground cumin, juice of $\frac{1}{2}$ lemon, olive oil and salt. Optional: have the mixture marinate overnight for more flavour.
5. Thread the diced steak into skewers, making sure not to overload a skewer. Put the frying pan, dry, on a medium-high heat, then place the skewers in. Turn over a few times then turn off the heat so the residual heat remains cooking.
6. In a mixing bowl, mix thick Greek yogurt, chopped up mint leaves, chopped up preserved lemon (or lemon juice), olive oil and salt.
7. Build up the plate, starting with tabbouleh, eggplants, kebab and a generous serving of yogurt.