

Lamb Shish Kebab

Tender lamb shish kebabs marinated in aromatic Middle Eastern spices and grilled to perfection. Perfect for barbecue parties and outdoor cooking.

1h PREP	12 min COOK	1h 12min TOTAL	4 SERVINGS	Medium DIFFICULTY
------------	----------------	-------------------	---------------	----------------------

Lamb Shish Kebab

Ingredients

- 1 lb stew meat

Instructions

- Prepare the lamb**

Cut 1 pound lamb into uniform 1½-inch cubes, trimming away any excess fat or sinew.
- Make the marinade**

Whisk together olive oil, lemon juice, minced garlic, yogurt, cumin, paprika, salt, and black pepper in a large bowl until smooth and well combined.
- Add lamb cubes to the marinade and toss until all pieces are completely coated. Cover tightly and refrigerate for at least 1 hour or up to overnight.**
- Prepare for grilling**

Remove lamb from refrigerator 20-30 minutes before cooking to bring to room temperature. Soak wooden skewers in water for 30 minutes if using.
- Thread marinated lamb onto skewers, leaving ¼-inch gaps between pieces for even cooking and browning.**
- Preheat grill to medium-high heat (400-450°F/200-230°C) and brush grates with oil to prevent sticking.**
- Grill the kebabs**

Grill kebabs for 10-12 minutes total, turning every 2-3 minutes until all sides are golden brown and internal temperature reaches 145°F (63°C) for medium-rare.
- Transfer kebabs to a platter and rest for 5 minutes before serving to allow juices to redistribute.**

Tips

Soak wooden skewers in water for at least 30 minutes before threading the meat to prevent them from burning on the grill.

Cut the lamb into uniform pieces, about 1.5-2 inches in size, to ensure even cooking throughout all the kebabs.

Don't pack the meat too tightly on the skewers - leave small gaps between pieces to allow for proper air circulation and even cooking.

Let the marinated meat come to room temperature for about 20-30 minutes before grilling for more even cooking.

Oil the grill grates well before cooking to prevent the meat from sticking, and avoid moving the kebabs too frequently while cooking.

If your lamb pieces are different sizes, group similar-sized pieces on the same skewer so they cook at the same rate.

Allow the cooked kebabs to rest for 3-5 minutes after grilling to let the juices redistribute throughout the meat.

For extra flavor, brush the kebabs with any remaining marinade during the first half of cooking, but avoid using marinade that has been in contact with raw meat.