


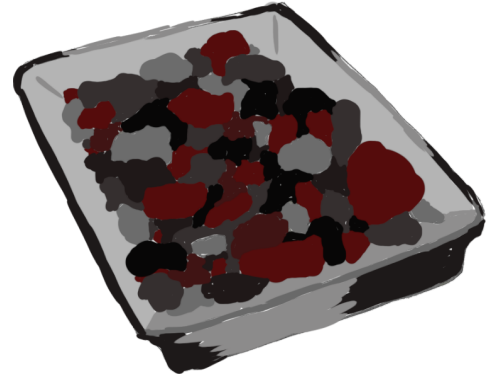
AYDIN'S TRAY KEBAB

Traditional meat and vegetable kebab

 60 Minutes

INGREDIENTS

- 1 pound Lamb shoulder (fatty pieces) or ground meat
- 1 Poblano or kapello peppers
- 1 Small Spanish Onion (chopped)
- Half bunch Parsley
- 2 Tomatoes
- 1 Garlic cloves (or as many as you like)
- Few Shishito or Anaheim chilli (to garnish)
- Kosher salt (not table salt)
- ½ teaspoon Urfa pepper (a smoky ground pepper)
- Olive oil



SPECIALTY TOOLS

- Shallow round aluminium cake pan or cast iron pan (a shallow metal round pan that can go in the oven)
- Traditional kebab knife (large curved knife)

STEPS

1. Dice the meat as small as possible if not using ground meat.
2. Finely chop garlic and vegetables.
3. Puree one tomato into a juice and season with Urfa pepper and salt
4. Work the chopped meat into the chopped vegetables by, working them together as you chop it smaller, folding them together until it is ground together
5. Season mixture with Urfa pepper and continue mixing by chopping.
6. Grease the pan with olive oil.
7. Massage mixture with your hands into a ball the size of your hand and place the ball in the tray and press down, spreading the mixture to fill the bottom of the pan. Do not overload your tray, spread about 2/3rds up the depth of the tray.
8. With a small knife, push the edges of the mixture away from the side of the pan, and then indent with the knife across the mixture 4 triangles, as if you were slicing a pizza to make four quarter slices. This is done so when it cooks it will shrink into serving sizes.
9. Pour tomato puree over the mixture in the pan, just enough to cover it.

10. Slice tomato into wedges and place them around the edges of the pan. Place whole Shishito peppers on top

11. Season whole pan with salt

(Optional) Preheat your oven with a pizza stone, or stones placed on a baking sheet underneath the rack you will place the Kebab tray on. Spray water onto the hot stones to create steam in the oven while cooking.

12. Cook until it is golden brown on top. When meat is cooked, finish on the broiler to give some colour on top.

13. Serve with flatbread or naan.