

Backyard Hipster Bohemian Cook out

Set the scene for a mid to late summer outdoor event; aromatic spices burring in the open air from the grill. Fresh clean marinated meats, breads, assorted vegetables, condiments, salads and dips for building grilled “wraps,” or serving proteins with vibrant, refreshing and fun accoutrements to make your outdoor event filled with bright, light and tasty food.

Gather an assortment of grilled meats with interesting marinades and/or spice rubs served with heathy, light and fresh sides that might look like:

Roasted beets, tabbouleh salad, marinated cumpers, chick pea salad, green salads with grains, marinated feta, watermelon and pickled items such as turnips, cabbage and onions.

Summer Grilling Chicken Shawarma

INGREDIENTS

2 ½ pounds boneless, skinless chicken thighs cleaned & skewered
(*You can certainly marinate and grill whole thigh on the bone too*)

Marinade

- ¼ cup olive oil
- 3 tablespoons fresh lemon juice
- 1 Lemon
- 1 Black pepper, freshly ground
- 1 teaspoon cardamon
- 1/2 teaspoon cayenne pepper
- 2 teaspoons paprika, smoked sweet
- 1 Tablespoon lemon zest
- 2 tablespoons plain yogurt
- 3 small garlic cloves, crushed/chopped
- 1 teaspoons cumin
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon sea salt
- ½ teaspoon ground ginger
- ¼ teaspoon turmeric

INSTRUCTIONS

1. Marinate the Chicken. Combine the marinade ingredients in a large bowl. Add chicken; toss to coat. Cover bowl with plastic wrap and let the chicken marinate in the fridge for 2 hours or overnight.
2. Grill The Chicken; Heat your grill to medium-high
3. Cook chicken skewers about 4 minutes on each side turning a few times
4. Heat the pita bread just before serving, coat a large cast iron or nonstick skillet with a small coating of oil.
5. Heat over medium-high heat. One by one, lay each pita in the pan and press down on it with a spatula for about 30 seconds per side, adding more oil, if needed. Set warm pitas on a paper-towel-lined plate. Keep warm/wrap in foil

Serve Shawarma/grilled meats with fun MYO condiments such as: flavored or plain hummus, feta crumbles, sweet potato fries, marinated cabbage salad and/or vegetables, tahini sauce, pickled beets, raw vegetables, red onions, sliced pickle pillows, cucumber salad roasted peaches, feta tomato salad & sriracha, if you like.

Middle Eastern Lamb Skewers

INGREDIENTS

- 1 medium onion
- 1 clove peeled garlic
- 1 chard small plum tomato
- 4 flat-leaf parsley sprigs
- ½ tsp. finely grated lemon zest
- 3 tbsp. fresh lemon juice
- 1 tsp. ground allspice
- ¾ cup fresh mint leaves
- 1 tablespoon ground cumin
- 1 tbsp. kosher salt
- 1 pinch saffron threads
- 1 teaspoon ras-el-hanout garam masala
- 1 ½ lb. trimmed lamb loin
- 3 tbsp. olive oil
- Warm pita and Greek-style plain yogurt for serving

INSTRUCTIONS

1. In a blender, combine the onion, garlic, parsley sprigs, lemon zest, lemon juice, allspice, salt, and saffron and puree until smooth.
2. Toss with cubed lamb, and turn to coat.
3. Refrigerate the lamb for at least 6 hours or preferably overnight.
4. Light a grill or preheat a grill pan. Drain the lamb, shaking off the excess marinade. Thread the lamb onto 4 long skewers, leaving a bit of room between the cubes. Brush the lamb with the oil and grill over high heat, turning occasionally, until lightly charred, about 5 minutes for medium-rare meat. Serve the lamb skewers with warm pita and yogurt.