

St. Paul's Cooking Class Crew

Veggie Kebabs Info Sheet

Tips for Veggie Kebabs

- Wooden skewers should be soaked in water for 30 minutes beforehand, so they don't burn.
- Thickly cut vegetables in the same size chunks so they cook evenly and stay on the skewers.
- Pack them tightly because the vegetables shrink as they cook.
- Cut skewers to appropriate size if using small air fryer.

Best Veg for Kebabs

Courgettes, onions, bell peppers, mushrooms, corn, cauliflower, broccoli, tomatoes, unpickled beetroot, aubergine, parboiled root veg such as carrots, turnip, and squash.

Other Meat Alternatives

Halloumi cheese, veggie sausages, marinated paneer cheese, tofu or soya chunks.

Seasoning Suggestions

Drizzle veggies with olive oil and spread it evenly with your fingers. Season the olive oil with salt, pepper, and any of the following herbs:

Tarragon, Oregano, Marjoram, Mint, Basil, Garlic, Cumin, Chile powder, Allspice, Italian seasoning blend, Ginger

Add a sauce after cooking if you want more flavour, e.g., pesto.

Cooking Kebabs

To grill: Place kebabs on grill grate and cook until grill marks appear, then flip and continue cooking (no need for foil).

To roast: Place skewers on a shallow baking tray covered with parchment paper. Bake in a pre-heated oven at Gas mark 6, 400°F/200°C – Fan oven 180°C for 10-15mins, turning half-way through.

To air fry: preheat air fryer to 390F/198C. Place skewers in air fryer, ensuring they are not touching. Cook for 10 minutes, turning halfway through. Air fryers vary, so start with less time, and add more if needed.

Barbecue: Similar to grilling it. Don't set fire to yourself.