



# KILLER KABOB GAME

SKEWER DINNER WITH A VERSATILE SHISH KABOB

**Try creative pairings with any of the following.**

**Protein:** Chicken, Shrimp, Sirloin Steak, Pork Tenderloin

**Fruit:** Pineapple, Mango, Grapes

**Vegetables:** Bell peppers (all colors), Zucchini (green and yellow), Cherry Tomatoes, Fresh Mushrooms, Onions (Sweet White or Red), Baby Potatoes, 1/2" sliced corn on the cob

To cut onions for skewers carefully slice the onion in half lengthwise. Peel the skin off of each onion half and then place the onion cut sides down. Cut each piece in half, then half again to create four wedges. Peel layers apart.

To prevent protein, fruit and veggies from falling off the skewers while cooking, cut them slightly larger than the spaces between the grill grates, about 1-inch thick. Make sure to thread each piece right through the center. To avoid the tragedy of an entire kabob falling into the coals, place it across the grill grates diagonally. You can also grill them on foil or a grill mat or pan. To prevent sticking, marinate the kabobs or oil your grill grates before grilling.

Add flavor to kabobs by brushing them with your favorite marinade while grilling.

To prevent burning, soak wooden skewers in water or invest in metal skewers.

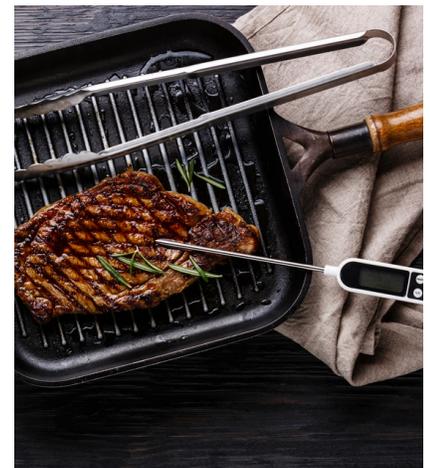
## TAKE HEED TO TEMPS

**Use a food thermometer to ensure meat is not dried out, but also cooked enough to kill harmful germs. Whether you use an instant read, wireless or laser surface thermometer, ensure it's approved for use on the grill. The following guide will help help you create expertly cooked meats.**

Insert thermometer probe into the thickest portion of the meat, avoiding touching any bones, which will cause an incorrect reading.

- 145°F - Whole cuts beef, pork, lamb, veal, fish (*let rest for 3 minutes after*)
- 160°F - Hamburgers and other ground beef
- 165°F - all poultry, and pre-cooked meats, like hot dogs.

Note: Keep meat smoking cook temperatures at 225°F-300°F.



**EATING IS A NECESSITY, BUT COOKING IS AN ART.**