

Betty's Brown Sugar-Soy Sauce Marinated Chicken Kebabs Recipe



Uploaded on 3 Aug 2009

In this video, Betty demonstrates how to make her Brown Sugar-Soy Sauce marinated Chicken Kebabs. This video contains the marinade recipe, and the assembling of the kebabs. It provides a very refreshing summer meal that suits most people's tastes!!!

Ingredients:

- 1 pound uncooked chicken breast chunks (Place your chicken in the freezer for a couple of hours, and then cut good-sized cubes with kitchen shears.)
- meat tenderizer, to taste
- 1 fresh pineapple, cut into chunks
- 1 container baby portabella mushrooms, cut in half if very large
- 1 large red bell pepper, cut in about 1-inch squares
- 1 cup extra virgin olive oil
- 1/4 cup soy sauce
- 1/4 cup light brown sugar

Several hours before cooking your chicken kebabs, prepare your chicken chunks, vegetable/fruit chunks, and your brown sugar soy sauce marinade. Place your chicken chunks in a bowl, and set aside. Place your vegetable/fruit chunks (as much as desired) in a different bowl, reserving some for sauteing as a side dish, and set aside. Now prepare your Brown Sugar-Soy Sauce marinade. In a small bowl, mix together 1 cup olive oil, 1/4 cup soy sauce, and 1/4 cup brown sugar. Mix as well as you can, but you will probably need to use a funnel and transfer it to a clean jar with a lid, so that you can shake it to combine all ingredients. Now pour about 1/3 of the marinade over the chicken chunks, and stir it thoroughly. Pour another 1/3 of the marinade over the vegetables in the bowl, and stir it thoroughly. Reserve the last 1/3 of the marinade for the leftover fruits/vegetables, which you can store in a bowl, for now. Cover all three bowls, and refrigerate for at least four hours. If you can occasionally stir the marinated chicken and marinated vegetables/fruits, occasionally, that will be great. When you are ready to cook your chicken kebabs, remove your marinated chicken and marinated vegetables/fruits from the refrigerator. Start assembling the kebabs by placing 1 piece of chicken, 1 piece of red pepper, 1 pineapple chunk, and 1 mushroom on a skewer. Repeat this assembly until you have used as much as the skewer will hold. (Be sure to leave a little maneuvering room at the handle end, and go a little shy of the other end. Make as many skewers worth of kebabs as you desire. Place them on a hot grill outdoors or on the broiler tray of your oven. Watch them very carefully, as the chicken will have a tendency to stick and want to pull away from the skewer. When the chicken is done, and the vegetables/fruits are beginning to brown, remove the skewers from the grill, and place them on a serving platter. When ready to serve, just use a fork to slip them off the skewer, and set the skewer aside. Serve with fluffy white rice and sauteed leftover vegetables/fruits. Scrumptious!!!