

Mongolian Beef Lamb Kabob

Serves 6-8

Ingredients

1.5 lb boneless leg of lamb, trimmed and cut into $\frac{3}{4}$ ' cubes

1 bunch of scallions

Marinade

3 Tbsp sherry

3 Tbsp rice wine vinegar

1 Tbsp Ribs Within Secret Rub

1 Tbsp Ginger powder

1 Tbsp 5-spice powder

2 Tbsp fresh ginger peeled and grated

2 cloves garlic, minced

10 bamboo skewers, soaked for at least an hour

In a plastic ziplock bag, mix all marinade ingredients put in lamb, remove the air and refrigerate overnight.

One hour before you are ready to cook, take the meat out of the refrigerator.

Pre-heat grill to medium high (350-375 degrees)

Thread 4 pieces of lamb onto each skewer, 2 pieces at a time, 4 on each skewer

TIP: If you want medium-rare meat, Bunch the meat closer together. For medium –well spread apart slightly.

Put the marinade in small pan over a medium flame and cook for 10 minute, stirring frequently

While sauce is heating, grill skewers directly over medium fire for 4 minutes, then flip over and cook for 4 more. Check for doneness. Put scallions on the grill for 1 minute on each side.

Place skewers and scallions on a serving plate

Serve over a bed of rice