



Moroccan fish & seafood kebabs

An easy recipe to impress and entertain friends. Saffron is an important ingredient and complements the fish and seafood beautifully, but its not always readily available or affordable. So include it if you can. The marinade is enough for 1 - 1.5 kg fish or seafood.

Ingredients

From the AMC Book

Serves 6 - 7

Marinade

2 medium onions, finely chopped
4 - 5 cloves of garlic, crushed
5 ml ground cumin
5 ml paprika
2.5 ml cayenne pepper
0.5 g saffron (if possible)
125 ml fresh coriander, chopped
100 ml fresh, Italian parsley, chopped
125 ml olive oil
50 - 60 ml lemon juice
15 ml lemon rind, freshly grated
salt and freshly ground black pepper

Fish & seafood

750 g fresh, firm line-fish, such as kingklip, yellowtail, cubed
200 g uncooked prawns, thawed, cleaned and patted dry
450 g uncooked mussels, thawed, cleaned and patted dry
12 - 14 wooden skewers
15 - 30 ml oil for frying

Method

1. Mix all the dressing ingredients together in an AMC 24 cm Dome. Place fish and seafood in a single layer in a large glass dish and pour marinade over. Cover and refrigerate overnight or for at least 3 - 4 hours. Skewer pieces of fish alternatively with the seafood.
2. Preheat an AMC Electric Fry Pan (probe on 6) or 30 cm Gourmet Fry Pan over a medium temperature until the Visiotherm® reaches the first red area.
3. Add half the oil and place half the kebabs in the unit. Fry for 3 - 5 minutes and turn over. Fry for another few minutes until just cooked, but not tough and dry. Keep warm while frying the remaining kebabs. Serve kebabs with a green salad, rice or couscous.

TIPS & VARIATIONS:

- Cut fish cubes to be equal in size to prawns and mussels, once skewered. This ensures even cooking.
- If preferred, heat any remaining marinade and serve with kebabs.
- Grill kebabs on the AMC Braai - remember to soak the wooden skewers in water 10 minutes before skewering ingredients to prevent skewers from burning.