

Let's Cook

Chicken Kabobs and Cream Puffs

Description

This class works in almost any season.

Menu

Chicken Kabobs

Couscous

Cream Puffs

Game plan

1. Preheat oven to 400
2. Prepare the marinade for the chicken. So it can have at least 30 minutes to soak up all the good flavors.
3. Next soak the bamboo skewers in water.
4. Follow the recipe for cream puff pastry, bake and let cool
5. Prepare the vegetables for the kabobs
6. Skewer the chicken and vegetables set aside
7. Prepare the couscous
8. Kabobs are traditionally grilled on a barbeque. However, sometimes a barbeque is not available – then a grill pan on top of the stove can be an alternative. For the purpose of this class a grill pan will be used.
9. Heat the grill pan on medium high. When it is hot put the first batch of chicken on the grill. When it is done place it on a platter and keep warm covered in a low oven (300°F) Keep doing batches until it is all done.
10. Plate chicken and couscous.
11. Enjoy the entrée
12. After the main course, whip the cream and finish cream puffs
13. Enjoy dessert
14. Clean up

Recipe: Cream Puffs

Makes 30 mini cream puffs

Ingredients

- 1 cup water
- ½ cup unsalted butter
- 1 cup flour
- 4 eggs
- 1 ½ cups sweetened whipped cream
- Powdered sugar for garnish

Directions

1. Pre-heat oven 400° oven.
2. Measure and sift flour into a bowl; set aside
3. Combine water and butter in a medium saucepan over medium high heat
4. When water is at a rolling boil; stir flour into pan.
5. Reduce heat to low and stir until mixture forms a ball.
6. Remove from heat.
7. Beat one egg at a time into the flour butter mixture; continue mixing until dough is smooth.
8. Drop by spoonful onto ungreased cookie sheet.
9. Bake 23 minutes until puffed, golden and dry.
10. Cool slightly. Cut each cream puff in half and then fill bottom half with 1 tablespoon of sweetened whipped cream then replace top half.
11. Sift powdered sugar over all the cream puffs and serve.

Sweetened Whipped Cream

Makes 2 cups

Ingredients

- 1 pint whipping cream
- 1 tsp vanilla
- 1 tsp sugar

Directions

1. Combine all ingredients and whip with an electric beater until peaks form.

Recipe: Grilled Chicken Kabobs

Serves 8

Ingredients for marinade

- 2/3 cup thinly sliced green onions (about 4 onions)
- 1/3 tsp red-pepper flakes
- 2 cloves garlic, peeled
- 1 fresh jalapeño pepper, de-veined and seeded
- 2/3 cup olive oil
- 2/3 cup fresh lime juice (about 8 limes)
- 1 tsp ground cumin
- 1/4 tsp black pepper
- Salt (1/4 tsp) to taste

Directions

1. Combine all ingredients in a blender or food processor and puree until smooth.
2. Place in gallon-size plastic bag or bowl, add meat.
3. Let marinate for at least 1 hour or overnight. If marinating over 1 hour place in refrigerator and remove to room temperature 1/2 hour before barbecuing.

Ingredients for chicken kabobs

- 2 pounds boneless, skinless chicken, cut into 1 inch cubes
- 2 medium onions cut into 1 inch pieces
- 2 red, yellow, or orange bell peppers, cut into 1 inch pieces
- 16 (8 – 10 inch) bamboo skewers

Directions

1. Prepare marinade
2. Add the chicken and stir to coat
3. Cover and refrigerate for at least 30 minutes to 1 hour (ok to marinate overnight)
4. While chicken is marinating, soak skewers in water
5. 1/2 hour before grilling (remove chicken from refrigerator)
6. Lift chicken from marinade, reserve marinade for basting
7. Place chicken cube, piece of onion, piece of bell pepper on first skewer. Alternate meat, and vegetables on each skewer leaving 2 inches uncovered at the base to serve as a handle.
8. Heat a non-stick grill pan over medium-high heat. Place one batch of kabobs in the grill pan. If using a traditional grill pan, rub some oil over surface.
9. Cook kabobs about 2-3 minutes for each side, turning them so they will cook evenly.

Recipe: Basic Couscous

Serves 8

Ingredients

- 2 cups couscous
- 2 cups water
- 1/4 teaspoon salt

Directions

1. In a saucepan, bring water to a boil. Add salt and stir. Add couscous and remove from heat and allow to sit for about 5 minutes.
2. Couscous should be light and fluffy, not gummy. Be sure to allow the couscous to absorb the water.