

Anticuchos with Roasted Yellow Pepper Sauce (*Peruvian Beef Kebabs*)

Recipe by Steven Raichlen

BEEF:

- 1½ pounds boneless sirloin steak, trimmed and cut into ½-inch pieces
- 3 tablespoons red wine vinegar
- 2 teaspoons ground aji amarillo or hot paprika
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric

FIERY RUB:

- 3 tablespoons chopped fresh flat-leaf parsley
- 1 teaspoon salt
- 1 teaspoon ground aji amarillo or hot paprika
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon ground turmeric

Cooking spray

Roasted Yellow
Pepper Sauce

1. To prepare the beef, combine first 7 ingredients in a large bowl; toss well. Cover and chill 3 hours.

2. To prepare the fiery rub, combine parsley, 1 teaspoon salt, 1 teaspoon paprika, ½ teaspoon pepper, and ¼ teaspoon turmeric.

3. Prepare grill.

4. Remove beef from bowl; thread beef onto each of 6 (10-inch) skewers. Press fiery rub onto beef. Place kebabs on grill rack coated with cooking spray; grill 6 minutes or until desired degree of doneness, turning once. Serve with Roasted Yellow Pepper Sauce. Yield: 6 servings (serving size: 3 ounces meat and about 2½ tablespoons sauce).

NOTE: Look for aji amarillo, a fiery yellow chile, in Latin food markets.

(Totals include Roasted Yellow Pepper Sauce) **CALORIES** 188 (34% from fat); **FAT** 7g (sat 2.7g, mono 3g, poly 0.3g); **PROTEIN** 26.3g; **CARB** 3.4g; **FIBER** 0.8g; **CHOL** 76mg; **IRON** 3.6mg; **SODIUM** 809mg; **CALC** 23mg

ROASTED YELLOW PEPPER SAUCE:

- 1 large yellow bell pepper (about 10 ounces)
- ¼ cup finely chopped green onions
- 2 tablespoons white vinegar
- 1 tablespoon water
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon ground aji amarillo or hot paprika
- ½ teaspoon ground turmeric
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 garlic clove, minced

1. Prepare broiler.

2. Cut bell pepper in half lengthwise, discarding seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and coarsely chop. Place bell pepper and remaining ingredients in a blender; process until smooth. Yield: about 1 cup (serving size: 2½ tablespoons).

CALORIES 55 (39% from fat); **FAT** 2.4g (sat 0.3g, mono 1.7g, poly 0.3g); **PROTEIN** 0.7g; **CARB** 8.1g; **FIBER** 0.8g; **CHOL** 0mg; **IRON** 0.5mg; **SODIUM** 203mg; **CALC** 12mg

