

# Spiedies

(/recipes/1017420-spiedies)

By Sam Sifton | Yield: 4 to 6 servings |

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## Ingredients

### FOR THE SPIEDIES:

**2 to 3** pounds beef, pork, venison, lamb or chicken, cut into small cubes, at most 1-inch square

Kosher salt and black pepper, to taste

### FOR THE MARINADE:

**1** cup extra-virgin olive oil

**¾** cup red wine vinegar

Zest of 1 lemon

**¼** cup freshly squeezed lemon juice (about 2 lemons)

**4** cloves garlic, peeled, smashed and roughly chopped

**1** bay leaf

**1** tablespoon thyme leaves

**1** tablespoon oregano leaves

**1** tablespoon basil leaves, rolled and chopped into chiffonade

**1** teaspoon granulated sugar

**1** teaspoon kosher salt

**1** teaspoon freshly cracked black pepper

**1** teaspoon red pepper flakes, or to taste

## Preparation

1. Make the marinade: Whisk together all the ingredients in a large bowl.
2. Add the meat to the marinade and cover tightly, or place into large, re-sealable plastic bags and refrigerate for 24 to 36 hours (or 10 to 12 hours for chicken).
3. Build a fire in your grill, leaving about 1/3 of grill free of coals, or set a gas grill to high.
4. Remove the meat from its marinade and thread onto metal skewers, or wooden ones that you have soaked in water for 30 minutes or so. The chunks can be placed quite close together. Sprinkle with salt and pepper.
5. When coals are covered with gray ash and fire is still quite high (you can hold your hand 5 inches above coals for only a couple of seconds), place the skewers of meat directly over the flames. Allow the meat to cook, undisturbed, for approximately 3 to 4 minutes, then use kitchen tongs to turn them over and repeat on the other side. Continue turning the skewers every couple of minutes until the meat is deeply crisp at its edges, and cooked entirely through, approximately another 5 to 7 minutes. (Remove them to the cool side of the grill if they begin to burn, and cover the grill to allow them to smoke-roast until finished; this is much less likely to happen on a gas grill.)
6. Allow the spiedies to rest on a cutting board for a few minutes, then remove the meat from the skewers onto cut hero rolls or a plate. Serve with hot sauce on the side.

## Nutritional Information

### Nutritional analysis per serving (4 servings)

876 calories; 67 grams fat; 13 grams saturated fat; 0 grams trans fat; 46 grams monounsaturated fat; 6 grams polyunsaturated fat; 6 grams carbohydrates; 1 gram dietary fiber; 1 gram sugars; 62 grams protein; 178 milligrams cholesterol; 811 milligrams sodium

**Note:** Nutrient information is not

available for all ingredients. Amount  
is based on available data.

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