

# Hoisin Marinated Beef Kebabs

From a Phillis Carey cooking class, 8/2011



You can also use leg of lamb for this dish.

- 1 tablespoon minced garlic
  - 1 tablespoon ginger, minced, fresh
  - 1/3 cup hoisin sauce
  - 1/4 cup rice vinegar, not sweetened type
  - 1/4 cup sugar
  - 1/4 cup low sodium soy sauce
  - 2 tablespoons chili paste, with garlic
  - 1 teaspoon freshly ground black pepper
  - 1/2 cup vegetable oil
  - 2 tablespoons sesame oil, use toasted oil
  - 1 cup green onions, minced
  - 1/3 cup cilantro, minced
  - 1/4 cup fresh lemon juice
  - Salt to taste (it may need none)
  - 2 1/2 pounds beef tenderloin, or top sirloin, cut in 1 1/4 inch cubes
  - 2 tablespoons toasted sesame seeds, for garnish
  - 2 tablespoons green onions, sliced, for garnish
- Serving Ideas: So serve this with a big green salad containing ample colorful vegetables in it.*

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 6

1. MARINADE: Combine ginger, garlic, hoisin, vinegar, sugar, soy sauce, chili paste and pepper in food processor and puree. With machine running add vegetable and sesame oils. Stir in the green onions and cilantro and puree.
2. REMOVE 1/2 CUP OF MARINADE TO A SMALL BOWL. To it, add lemon juice and salt. Cover and chill until serving time.
3. Marinate beef in remaining marinade for 2-8 hours. Remove from marinade and thread cubes onto metal or bamboo skewers and grill for about 3 minutes per side.
4. Meanwhile, remove reserved marinade from refrigerator and drizzle over top of finished kebabs. Garnish with toasted sesame seeds and sliced green onions.

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Per Serving (excluding unknown items): 845 Calories; 68g Fat (72.6% calories from fat); 36g Protein; 22g Carbohydrate; 2g Dietary Fiber; 135mg Cholesterol; 760mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 11 Fat; 1 Other Carbohydrates.