



# BARBECUED HONEY AND SOY PORK KEBABS

gluten free  
makes 18

THIS RECIPE REQUIRES ADULT SUPERVISION

## INGREDIENTS

600g pork shoulder steaks  
2 cloves garlic, crushed  
juice of 1 orange  
½ cup mirin (sweet Japanese rice wine)  
4 tablespoons gluten free soy sauce  
4 tablespoons honey  
1 yellow capsicum  
1 red capsicum  
2 young zucchini

## EQUIPMENT

knife  
chopping board  
18 x 16cm skewers  
cup measures  
measuring spoons  
bowls

## METHOD FOR MARINADE

1. Put the soy sauce, honey, mirin and garlic into a medium sized bowl.
2. Whisk together until thoroughly blended and honey is dissolved. Set aside.
3. Slice the pork into small even sized cubes about 2cm square.
4. Add to the marinade and allow to steep at room temperature for half an hour.

## TO MAKE THE KEBABS

1. Soak the bamboo skewers in water for 20 minutes to prevent them from burning.
2. Cut the yellow and red capsicums in half lengthways. Remove stem and seeds and cut into 2cm squares. Keep colours separate in two bowls.
3. Top and tail zucchini and slice into 1cm thick rings and put in a small bowl.
4. Place a sieve over a medium sized saucepan and pour in the pork and marinade.
5. Put the saucepan of marinade on the stove over a gentle heat and simmer until syrupy. Set aside.
6. Put the pork in a bowl and line up on your bench with the bowls of capsicum and zucchini.
7. Pierce the centre of a piece of pork and thread onto the skewers alternating with red and yellow capsicum and zucchini.
8. Ask an adult to help you barbecue the skewers for 2-3 minutes on each side.

## TO SERVE

Serve on a bed of steamed jasmine rice and drizzle over the warm, syrupy marinade. Steamed green vegies or a salad tastes good with this!

## FROM THE MARKET

Friebe's and Doo Bee Honey  
Bushmin's Adelaide Plains Pork

Virgaras Garden, H & L Hydroponics  
and N & M Tsmiklis - Tomatoes & Zucchini

## INTERESTING FACTS

- A marinade is a wet mixture of flavours used to soak food in. It will enhance flavours and sometimes tenderise meats.
- Capsicums and chillies originate from Bolivia in South America. The ancient Mexicans grew them and loved to eat them so much they developed hundreds of different sorts!