



## Shashlik

*Russian dish from Jenn*

There are several choices to be made before you start regarding meat, fish and liquid.

Quantity	Ingredients	Preparation Notes
2 lbs	Pork, Lamb or Sturgeon cut in 2 inch squares	<ul style="list-style-type: none"> <li>Selecting the meat is the first task. Russians will prepare Shashlik using; either lamb, pork, or sturgeon. You can use any one of the three, but for our recipe we will use pork. Whichever selection you make you trim off all fat and cut the meat into 2 inch by 2 inch squares.</li> </ul>
2 - 3	Small Onions	<ul style="list-style-type: none"> <li>For this next step you have another choice to make. Shashlik can be prepared using vinegar and water, dry wine, or Pomegranate juice. In the Ukraine on the Crimean peninsula you may find dry wine or Pomegranate juice used more frequently, but on the steppes of south Russia and in Siberia it has been my experience that vinegar and water is used more often as the base for the marinate mixture. We will select the vinegar and water as our marinate base for our pork and marinate the meat overnight.</li> </ul>
2 Lrg	Garlic Cloves	
	Red Pepper	<ul style="list-style-type: none"> <li>We will take our selected vinegar and water base and mix it in the mixing bowl with 1 tablespoon of mayonnaise, onions cut into large partially round shaped pieces, garlic cloves minced, tablespoon of freshly chopped parsley, red pepper, and black pepper. The amount of pepper you use is according to your taste, but I use a teaspoon of each.</li> </ul>
	Black Pepper	
1 Tbsp	Mayonnaise	<ul style="list-style-type: none"> <li>Pour the marinate mixture into the baking dish and place the meat in it. Put in the refrigerator overnight.</li> </ul>
2 Tbsp	Corn Oil	
1 Tbsp	Freshly chopped Parsley	<ul style="list-style-type: none"> <li>When preparing the meat after it has been marinated, pat it down with a paper towel to remove the excess prior to putting it on the skewer. Skew all of the meat on the skewers and ready the cooking method. The more modern Russian approach to Shashlik is to use mayonnaise in the mixture and cook it as is, but in times gone by the meat would be basted with the corn oil. It is not uncommon for Russians today to do both; use the mayonnaise and baste the meat with corn oil.</li> </ul>
2 Tbsp	Vinegar	
	Water or Dry Wine or 1 1/4 C	<ul style="list-style-type: none"> <li>There are two methods of cooking Shashlik. The first is to broil it on high heat in your oven, turning it as needed as you cook it. The second and more traditional method is to cook it over hot coals turning it as needed. The latter is a favorite Russian method during the summer months much like the American tradition of having an outdoor BBQ.</li> </ul>
1 C	Unsweetened Pomegranate Juice	
		<ul style="list-style-type: none"> <li>As the meat cooks strain the onions and garlic from the marinate juices and finely mince them up. Place them in a skillet with a very small amount of oil to keep them from sticking to the skillet, stirring them while cooking. Use the minced onion and garlic as a topping for the Shashlik when it is cooked and ready to eat.</li> <li>Shashlik can be served with a nice salad, but it is not uncommon for the Russians to make the Shashlik the whole meal. Enjoy Shashlik the way the Russians prepare it.</li> </ul>