



COACH SPOSATO'S BAR-B-QUE CHICKEN KABOBS II



This recipe serves approximately 4 people

2 pounds honed (split or boneless) chicken breasts
1/3 cup soy sauce
1 Tablespoon sugar
1 teaspoon salt
1/3 teaspoon pepper

1/4 teaspoon garlic powder
1/4 teaspoon ground ginger
2 green peppers, cut into 1/2-inch cubes
8 oz. can mushroom caps, drained
3 Tablespoons honey

1. Remove skin from chicken breasts and cut chicken into 1-inch cubes.
2. In a large bowl combine soy sauce, salt, pepper, garlic powder, sugar and ginger; stir to combine.
3. Add chicken pieces and toss lightly to coat pieces well.
4. Alternate chicken pieces, green peppers and mushroom caps on wooden skewers. Reserve soy sauce mixture.
5. Combine honey with reserved soy sauce mixture; brush each kabob liberally with the mixture.
6. Place kabobs in a single layer in a shallow, heat-resistant, non-metallic baking dish.
7. Smoke 5 to 9 minutes turning kabobs occasionally until chicken is cooked and green peppers are tender.
8. Brush on Coach Sposato's Bar-B-Que Sauce the last 5 minutes.
9. Kabobs may be served either hot or cold.

COACH'S TIPS

Smokers

- Use water in your smoker to form steam to help keep your meat moist.
- Add water-soaked green wood to get more smoke.
- Place water pan directly under meat so meat can be self-basting.
- Make sure smoker is hot before adding meat. (250 to 300°).
- Put baked beans or other vegetables in your smoker to get a smoked taste. Do not over smoke. Vegetables can be par-boiled before smoking.
- Smoking should be done at 200 to 250°; if temperature gets too high, close dampers part way; if temperature gets too low open dampers and add wood or charcoal.

Poultry

- Poultry is done when the juices run clear.
- Chicken may turn pink in the middle, even though it is done (especially with hickory wood).

Vegetables

- Most fresh vegetables may be grilled; wash and removed bruised spots.
- Brush with olive oil, vegetable oil or a marinade and place on the grill or smoker.
- Vegetables need to be turned occasionally during grilling to avoid burning.
- For evenly cooked vegetables and meat Kabobs, parboil solid or starchy vegetables before they are threaded onto skewers for grilling or smoking.

We want to hear from you!
Do you have grilling or smoker questions?
Do you want to give us feedback on our sauce or recipes?
Contact Coach Sposato at: coachbbq@pgtc.com

