

OVERALL time: 40 mins

Lamb & Apricot Sosaties / Kebabs

Sticky & sweet! A delicious dish to make on the braai for any season.

Metric

Number of servings : 8

ingredients

For the glaze

- 125 ml apricot jam
- 1 Tbsp soy sauce
- 1 Tbsp red wine vinegar

For the kebabs

- 2 kg lamb leg, deboned and cut into cubes
- 4 Tbsp fresh rosemary, finely chopped
- **Cape Herb and Spice Smoky Braai/BBQ Shaker**
- 250 g dried apricots (plump & juicy apricots like Turkish style are excellent for this)
- 4 large red onions, cut into chunks

For cooking

- olive oil

For braaing/bbq

- metal skewers
- (If using wooden skewers - soak in advance)

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 20 mins

Prepare braai in advance until you have a nice medium to low heat coal bed.

For the glaze:

Combine all the ingredients in a small saucepan.

Bring to a gentle simmer until the apricot jam melts and everything is well mixed together.

Simply warm up just before glazing the lamb.

Add a splash of water if your apricot jam is very thick and the glaze needs thinning out.

For the lamb:

Place cubes of lamb in a large mixing bowl.

Drizzle with olive oil and scatter with rosemary.

Season generously with **Cape Herb & Spice Smoky BBQ Braai Shaker**.

Mix well to coat.

If you have the time - marinate the lamb for a few hours or overnight.

Soak the dried apricots in warm water for a good few minutes to soften and rehydrate them.

This step also prevents them from burning and keeps them nice and juicy.

Alternate the lamb cubes, red onion and apricots on skewers.

Don't press everything too tightly together so that the lamb can cook nicely and evenly.

Transfer to the braai and cook, turning often, until the lamb is just cooked and the veggies are lightly charred.

Brush the lamb with the apricot glaze towards the end of the cook.

Turning and glazing until all sides are nicely coated.

Serve straight off the braai alongside your favourite sides and enjoy!

<https://capeherb.co.za>

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