



# Olympic kebabs - practical skills to prepare different ingredients and dips for kebabs.





# Ingredients for the kebabs

- Look at the picture to identify ingredients you may want to use.
- Can you identify where in the world the ingredients come from?
- Find out how to prepare some of these ingredients.





# What could we use?



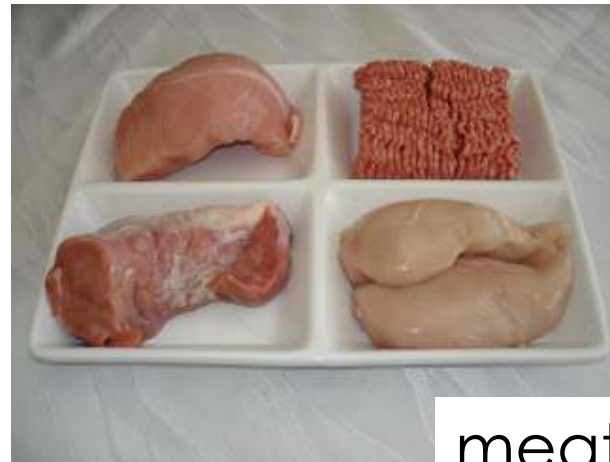
fruit



vegetables



cheeses



meats



# Preparing a mango



1. Use a sharp knife to cut off the mango 'cheeks' either side of the stone.



2. The slice in the centre around the stone can be removed and any flesh cut up.



3. Score the flesh in a diamond pattern, do not cut through the skin.

4. Turn the skin inside out to make a mango 'hedgehog'. Remove the cubes carefully with a knife or spoon.



# Preparing a pineapple



1. Cut off a large slice from the base of the pineapple.

2. Remove the skin at the base carefully.



3. Place the slice down on the chopping board, cut the skin off to remove the 'eyes' as well.

4. Cut in half and remove the core.



5. Cut each half into chunks.



# Preparing a kiwi fruit



1. Cut off the top and tail with a sharp knife.



2. Remove the skin by using a sawing motion down the sides of the fruit.



3. Cut in half, then cut each into three slices.





# Preparing baby onions



1. Cut off the tops.



2. Peel off all the skin.



3. Cut off the bottoms of the onions. They could now be blanched for 5 minutes (with the potatoes).



# Preparing potatoes



New potatoes can be par boiled for use on skewers. Almost cover with boiling water, simmer for 10 minutes.

- Drain CAREFULLY into a colander in a sink. Leave to cool until easy to handle.
- It may be easier and quicker to use canned new potatoes.



# Preparing peppers



1. Cut in half.



2. Pull out the seeds.



3. Place flat side down  
Use a 'bridge', cut into  
half lengthways.

4. Cut each quarter into  
2 pieces.



# Preparing cucumber



1. Hold firmly.



2. Cut in half.

3. Cut into quarters.



4. Slice into eighths.





# Preparing an aubergine



1. Cut the aubergine in half lengthways and put the flat side on the board. Cut off the top with a sharp knife.



2. Cut in half lengthways again, cut into chunks – about 6 from each piece.





# Preparing an onion



1. Cut off the top and peel the onion.

2. Cut in half through the top to the root leaving the root on.



3. Place flat side down, make a 'bridge' with your first finger and thumb. Make fine cuts, slicing into the onion.

4. Hold the onion firmly with the 'claw' made by your fingers, as shown.



5. Make fine cuts back towards the root end, carefully holding the onion down on the chopping board.



## Making a strawberry, mango and pineapple dip to go with fruit kebabs.



Take care,  
blender. Adult  
use only.



Into a blender goblet put: 150g washed strawberries, half a chopped mango and a 10cm slice of fresh pineapple, add 50mls fruit juice. Blitz until blended thoroughly. Serve with fruit kebabs.



## Making a mint, crème fraiche and yogurt dip to go with the vegetable kebabs.



1. Into a bowl: Measure 2 x15ml spoons of crème fraiche, 1x15ml spoon plain yogurt, 1x5ml spoon runny honey, 1x5ml spoon mint sauce or freshly chopped mint.



2. Mix thoroughly and serve.