



# Beef skewers

**MAKES: 25**

## INGREDIENTS



3 wooden skewers



150 g rump steak



2 teaspoons olive oil



2 teaspoons kecap manis



2 teaspoons sweet chilli sauce



½ capsicum, cut into 4 pieces



2 mushrooms, cut into quarters



½ onion, cut into quarters



½ cup rice



2 tablespoons soy sauce

Preparation

**30 mins**

Cooking

**25 mins**

Serving & Presentation

**5 mins**

Total time:

**60 MINUTES**

## METHOD

### SKEWERS

- 1 Soak skewers in water for 10 minutes.
- 2 Cut meat into thin strips.
- 3 Combine oil, kecap manis and sweet chilli sauce to make the marinade.
- 4 Add meat to marinade and leave for at least 5 minutes.
- 5 Thread the meat and vegetables neatly onto the skewers.
- 6 Light the grill and cook skewers on each side.
- 7 Serve the beef skewers on rice.

### BOILED RICE

- 1 Bring a large saucepan of water to the boil.
- 2 Add the rice and bring back to the boil. Stir once.
- 3 Boil for approximately 10–15 minutes.
- 4 To serve, strain through a colander and present on a plate.
- 5 Mix the soy sauce through the rice for flavour.

## tips & Techniques

The wooden skewers must be soaked in water for at least five minutes. This will prevent them from burning when grilled.

The door of the grill must remain open at all times when it is turned on.

Take care when cooking the rice. Be sure to turn the saucepan handle in to prevent an accident.



RECIPES: **Red meat, poultry and seafood**

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