

Cultures all over the world have been grilling skewered meat over glowing coals for thousands of years – it may be the oldest form of cooking. Here is an ages-old recipe from Greece.

Lamb Souvlaki (Arni Souvlaki)

1 leg of lamb, about 4 lbs (1.8 Kg), boned and cut into 1 1/2-inch (4 cm) cubes
1/2 cup (125 ml) olive oil
1/2 cup (125 ml) white wine
Juice of 1 lemon
2 tsp (10 ml) dried oregano (Greek if possible)
3 – 4 bay (laurel) leaves, broken into several pieces
Salt and freshly ground pepper to taste

Place the meat in a large non-reactive bowl or plastic bag. Combine the remaining ingredients in a separate bowl and pour the mixture over the meat. Toss to coat the meat and marinate in the refrigerator for 12 to 24 hours. Remove the meat from the marinade and thread on metal skewers. Cook over hot coals or under the broiler, turning and basting with the marinade frequently, until cooked to taste, about 15 minutes. Serve immediately. Serves 6 to 8.

Bon appetit from the Chef at World Wide Recipes