



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



This recipe serves approximately 6 people

6 chicken breast halves
1 cup of dry white wine
1 teaspoon of rosemary, crushed
2 ½ cup chicken broth
2 yellow squash, medium
1 zucchini squash, medium

1 Tablespoon green onions, chopped
1 teaspoon paprika
2 garlic cloves
2 Tablespoons vegetable oil
1 cup rice, uncooked

1. Mince the garlic cloves. Cut squashes into ½-inch thick slices.
2. Remove bones and skin from chicken breasts and cut into 1 ½ inch cubes; place in large bowl. Add paprika and stir to coat. Combine wine, oil, rosemary and garlic; pour over chicken. Marinate at room temperature for 1 hour.
3. About 30 minutes before serving, bring broth to a boil in a medium saucepan; stir in rice. Cover tightly and simmer 20 minutes. Remove from heat and let stand tightly covered until all liquid is absorbed, about 5 minutes. Stir in green onions.
4. While rice is cooking, thread chicken and squash pieces onto skewers. Brush with marinade.
5. Cook 4 to 5 inches from heat, either under the broiler or on a charcoal grill, for 8 to 10 minutes or until chicken is cooked through. Turn once and baste with marinade during cooking. Arrange kabobs over rice to serve.

COACH'S TIPS

Grill

- The grill is easier to clean when it is warm. Use a wire brush or a wadded up newspaper.
- Always remove the ashes after the grill is cooled down. This will prevent corrosion in the bottom of the grill.
- Oil the grill with olive oil or a vegetable spray before grilling.
- If using charcoal to grill it will take 30 to 45 minutes before the coals are ready. Do not start grilling before the coals are covered with a light ash. The coals should not be flaming. HOT coals are barely covered with gray ash. MEDIUM coals glow through the layer of gray ash. LOW coals are covered with a thick layer of gray ash.
- Use a water or apple juice filled spray bottle to extinguish flare-ups.
- Anything that can be pan fried, broiled, or roasted indoors can be grilled or smoked.
- If using wooden skewers, soak them for 30 minutes before using to prevent burning while cooking.
- If using metal skewers place one end outside the cooking area, this prevents that end from getting very hot.

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.
- For evenly cooked vegetables and meat Kabobs, parboil solid or starchy vegetables before they are threaded onto skewers for grilling or smoking; vegetables need to be turned occasionally during grilling to avoid burning.

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

