



Vegetable kebabs

Equipment

- Campfire or barbecue
- Cooking brush
- Bowl
- Spoon
- Knife
- Chopping board
- Metal skewers (or FSC wooden ones)
- Oven gloves

Ingredients

- Vegetables (for example, a courgette, a pepper, an onion, a tomato, an aubergine, and some mushrooms). Home-grown or locally produced vegetables are ideal.
- One tablespoon of local clear honey
- One teaspoon of grainy mustard
- One tablespoon of vegetable oil
- Salt and pepper

Method

1. If you're using wooden skewers, soak them in water for 30 minutes.
2. Mix the honey, oil, and mustard in a bowl to make the glaze and add seasoning.
3. Chop the vegetable into thick slices or chunks.
4. Thread the chopped vegetables onto the skewers. Make sure you have a good variety of vegetables on each skewer.
5. Use the cooking brush to brush the glaze onto the skewers. Leave a little bit in the bowl to add just before serving.
6. Put the skewers on the campfire or barbecue to cook for about 20–30 minutes.
7. Wear your oven gloves to remove the skewers from the barbecue.
8. Add the remaining glaze, serve, and enjoy.