

WENDY'S GRILLED POLYN(easy)AN NC SURF & TURF KABOBS

Servings: 8

Recipe by: Wendy L. Perry ©2010

- 2/3 c. tamari (or soy sauce)
- 1/4 c. NC molasses
- 1/4 c. light brown sugar
- 1/2 c. pineapple juice
- 5 clove garlic, grated
- few dashes favorite Mrs. Dash
- 8 oz. NC Cheerwine®

Put all the ingredients in a quart Mason jar and give it a shake. If you have kiddos, get them in the kitchen to do that part and help.

- 2 lb. sirloin or your favorite steak for kabobs, preferably local grass fed beef
- 2 lb. NC Shrimp, peeled and deveined (large or jumbo)
- 1 fresh pineapple, peel ~ sliced into "sticks" then cut into about 1" chunks
- wooden skewers, soaked 1 hour to prevent burning (I soak in juice for added flavor)

Put beef in one zippered freezer bag and shrimp in another one. Scatter pineapple in both bags. Pour about 2/3 of marinade over beef and about 2/3 over the shrimp, reserving the other for basting. Marinate 8 hours or overnight (the longer the better).

- several assorted bell peppers (a variety of colors), cut in about 1 1/2" pieces
- large red onion cut in pieces about same size as peppers
- 1 lb. button mushrooms, stems removed and saved for soup pot



Place veggies in a micro-safe bowl. Cover and cook on HIGH about 1-2 minutes, until slightly tender.

Set up assembly line of skewers...
beef/veggies/pineapple and
shrimp/veggies/pineapple and make kabobs.
I recommend not doing beef and shrimp on same kabobs as the shrimp will cook faster than the beef, especially if you have folks who prefer medium to well (ugh!) beef.

Discard the marinade the meats were in (OR, heat to 165* for 1 minute to make safe for using). I sometimes put this in a small pot and boil, reducing till thick to drizzle over cooked kabobs.

Baste kabobs as they cook with reserved marinade.

Suggested Sides: Sweet NC Roasted Corn ~ Baked NC Seasoned Sweet Tater Fries

