

Kebabs

A kebab (or kabob) is a meal of cooked meat that comes from the Middle East. The kebab is believed to have first been eaten in Turkey as long ago as the early 14th century. Soldiers at the time hunted animals for food and would grill the chunks of meat over their fires, using their swords for skewers. The Turkish word kebab comes from the Arabic word kabāb, which means roasted meat. Today, kebabs are eaten all over the world. They are commonly served with rice, but are also sometimes served with bread. In Arabia, kebabs made from marinated (soaked in a seasoned sauce) lamb make up a large part of people's diet. The marinade is the most important part of the kebab because it gives the meat its flavor. A kebab marinade is a sauce usually made from some combination of lemon juice, olive oil, milk and yoghurt, onion juice, cinnamon, wild marjoram, tomato juice and spices.



What is the main ingredient in a kebab? _____

What part of the world are kebabs from? _____

What is a marinade and why is it important?

Have you ever had a kebab? Did you like it?
