
Pork, Fennel and Fig Kebabs

Summer Cookout Cookbook

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TIPS and TRICKS

** If you are using wooden skewers, soak them in water for 20 minutes before grilling to prevent scorching.

** To ensure even cooking, cut your meat into similar-size pieces.

** Don't overcrowd your skewers with too many ingredients - you need room for heat circulation.

2 teaspoons fennel seeds

1 teaspoon Kosher salt

1/2 teaspoon red pepper flakes

2 torn bay leaves

1 1/2 pounds pork tenderloin, cut into one-inch cubes

1 teaspoon chopped rosemary

2 cloves garlic, sliced

sliced fennel

halved figs

2 tablespoons olive oil

1 tablespoon honey

juice of one lemon

In a spice grinder, grind the fennel seeds, Kosher salt, red pepper flakes and the bay leaves.

Toss with the pork loin, rosemary and garlic cloves. Refrigerate for one to four hours.

Thread the pork onto skewers along with the sliced fennel and halved figs.

Grill on oiled grates over medium heat, turning, for 10 to 12 minutes, brushing with a mix of olive oil, honey and lemon juice during the last 5 minutes.

Grilled, Pork

Per Serving (excluding unknown items): 1143 Calories; 51g Fat (40.9% calories from fat); 144g Protein; 22g Carbohydrate; 2g Dietary Fiber; 443mg Cholesterol; 2226mg Sodium. Exchanges: 0 Grain(Starch); 20 1/2 Lean Meat; 1/2 Vegetable; 5 1/2 Fat; 1 Other Carbohydrates.