



TURKEY

DINNER

PRINTABLE RECIPE PDF

Turkish Shish Taouk

Shish Taouk is a popular dish in Turkish cuisine, often enjoyed during family gatherings and celebrations. The name translates to 'skewered chicken,' reflecting

PREP

30 min

COOK

20 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 500 g chicken breast - cut into bite-sized pieces
- 4 cloves garlic - minced
- 3 tbsp plain yogurt - for marinating
- 2 tbsp olive oil - for marinating
- 2 tbsp lemon juice - freshly squeezed
- 1 tbsp paprika - for flavor
- 1 tsp cumin - for flavor
- 1 tsp salt - to taste
- 1 tsp black pepper - to taste
- 4 skewers wooden or metal - if wooden, soak in water for 30 minutes
- 1 cup fresh parsley - chopped, for garnish
- 1 lemon cut into wedges - for serving

WHY THIS WORKS

About this recipe

A printable Turkish Shish Taouk recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Shish Taouk is a popular dish in Turkish cuisine, often enjoyed during family gatherings and celebrations. The name translates to 'skewered chicken,' reflecting its grilling method, which is a staple in the vibrant

ORIGIN & TRADITION

Mediterranean context

Shish Taouk is a popular dish in Turkish cuisine, often enjoyed during family gatherings and celebrations. The name translates to 'skewered chicken,' reflecting its grilling method, which is a staple in the vibrant culinary traditions of the region.

METHOD

Step-by-step instructions

1

In a large bowl, combine minced garlic, yogurt, olive oil, lemon juice, paprika, cumin, salt, and black pepper. Mix well to create the marinade.

2

Add the chicken pieces to the marinade, ensuring they are well coated. Cover and refrigerate for at least 1 hour, or overnight for better flavor.

3

Preheat a grill or grill pan over medium-high heat. Thread the marinated chicken pieces onto the skewers.

4

Grill the skewers for about 15-20 minutes, turning occasionally, until the chicken is cooked through and has nice grill marks.

5

Remove from the grill and let rest for a few minutes before serving. Garnish with chopped parsley and serve with lemon wedges.

CHEF'S TIP

For an authentic touch, serve Shish Taouk with a side of garlic sauce (toum) or a tangy tabbouleh salad.

NUTRITION PER SERVING (EST.)

Calories	350 kcal	Fat	20 g
Protein	32 g	Fiber	1 g
Carbohydrates	5 g	Sodium	600 mg

SERVING SUGGESTION

Serve the Shish Taouk with warm pita bread and a fresh salad for a complete meal.

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