



## Barbecue Beef Kebabs

Makes 4

Prep time: 15 minutes

Marinade time: 2 hours to overnight

Cook time: 10 – 15 minutes

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### *Ingredients*

1 lb/500 grams Beef, cut into cubes (I used sirloin tip)  
1 Large white onion, cut into large pieces  
1/4 Cup/60 ml olive oil  
1/4 Cup/60 ml soy sauce  
1 Tablespoon lemon juice  
1 Tablespoon white wine vinegar  
1 Tablespoon honey  
2 Teaspoon Dijon mustard  
2 Garlic cloves, crushed  
1 Teaspoon black pepper  
1 Teaspoon salt

### *Method*

In a large bowl combine the olive oil, soy sauce, lemon juice, vinegar, honey, mustard, garlic, pepper and salt. Stir well.

Add the beef to the marinade and coat all the pieces in the marinade. Cover and refrigerate for at least two hours to overnight.

Remove beef from fridge 1/2 hour before cooking.

Arrange beef on skewers with chopped onions.

Cook over a preheated medium to high barbecue to your liking of doneness. Spoon over extra marinade while cooking.

Serve on their own or with your sauce of choice.

## *Julia's Cuisine*

**By:** Julia Pinney  
Main Course/Beef and Pork

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<http://www.juliascuisine.com/>