

# Chicken Skewers with Yogurt-Mint Sauce

From Robert Petzold of Bocadillos in San Francisco.

## INGREDIENTS:

### Chicken Skewers

- 1 tablespoon cumin seed
- 1 tablespoon coriander seed
- 1 tablespoon fennel seed
- 1 tablespoon ground turmeric
- ½ yellow onion
- 3 garlic cloves
- 2½ pounds boneless, skinless chicken leg and thigh meat
- 1 tablespoon kosher salt

- ¼ bunch fresh thyme (leaves only)

- Zest of ½ lemon

### Sauce

- 1 pint plain nonfat yogurt
- ¼ bunch mint, minced
- 1 teaspoon sugar

### To finish

- Canola or vegetable oil
- 15-20 bamboo skewers, soaked in water for 30 minutes

**INSTRUCTIONS: For the chicken skewers:** Grind the whole spices in a spice grinder, then blend in the turmeric. Slice the onion and crush the garlic. Marinate the chicken overnight in all the seasonings: spices, onion, garlic, salt, thyme and lemon zest.

The next day, either grind the mixture on the coarse setting of a meat grinder, or roughly chop it with a knife and then pulse it in a food processor until it has the consistency of ground beef. Form the meat into 3-inch-long, ½-inch-thick patties. Set aside.

**For the sauce:** Combine the yogurt, mint and sugar in a mixing bowl. Whisk to blend, then refrigerate for at least 1 hour before serving.

**To finish:** Preheat oven to 400°. Pour enough canola oil into a skillet to coat the bottom. Place over medium-high heat. When hot, add the chicken patties and fry until browned on all sides, turning as needed. Finish in the oven for 8 minutes, or until cooked through. Transfer to paper towels to drain. Place skewer through meat and serve with dipping sauce on the side.

Serves 6

**PER SERVING:** 315 calories, 43 g protein, 11 g carbohydrate, 10 g fat (2 g saturated), 158 mg cholesterol, 1,295 mg sodium, 1 g fiber.