

Espetada (Beef Kebabs with Bay Leaves)



what you need

- 1kg John Penny beef fillet, cut into 5cm pieces
- ¼tsp ground sweet paprika
- 20 or more fresh bay leaves
- 4 garlic cloves, peeled and squashed a bit
- 3tbsp olive oil
- freshly ground black pepper
- 25g butter

Preparation time: 35 mins

Cooking time: 2 hrs

Serves: 6-7

how to cook

- 1 Put the meat in a bowl and sprinkle with the paprika. Add 2 whole bay leaves, 3 squashed garlic cloves, the olive oil, and the pepper. Turn it all through, massaging the mixture into the meat. Cover, refrigerate and leave for a couple of hours.
- 2 If you're using wooden skewers, put them to soak now, so they don't scorch on the barbecue.
- 3 Heat up the barbecue and, while it's warming, thread the meat and bay leaves alternately onto skewers. Brush the bay leaves with a touch of oil to stop them burning.
- 4 Put a rack fairly close over the hot barbecue, about 10cm (4in) away, and cook the skewers, turning often, until charred here and there but rosy inside.
- 5 Heat the butter with the last garlic clove in a small pan until it's a bit golden and smells good. Keep warm on the side of the barbecue if the skewers aren't yet ready. Put the skewers on a platter, drizzle with the warm butter and serve at once.
- 6 The meat will be deliciously soft and tender and the juices will seep out and mingle with the butter.