

Shish Kebab of Fish
(40+ recipes of delicious kebabs from
different fish)
Dishes for your health

Mr. Oleg Scribe



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responsibility for any consequences that may result due to following the instructions provided in this book.

Preface

Looking for great fish shish kebab recipes? You will find them below, right below this text. If you have planned a picnic and are now thinking about how to pickle fish shish kebab, what fish to choose for it best, how to cook shish kebab from fish on coals using the right technology, read the recipes below, and the fish shish kebab will be fully prepared for you. You will know how to make shish kebab from fish in dozens of different ways, and will please yourself and your guests with really delicious dishes.

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Shish kebab from chum salmon



Ingredients:

500 g chum salmon (fillets)

1 pc bell pepper

4 pc onion

1/2 pc lemon

2 tsp soy sauce

2 tsp seasoning for fish

2 tbsp olive oil

Salt to taste

Servings: 6-7

Directions:

Prepare the necessary ingredients. Vegetables wash.

For marinade: mix soy sauce, lemon juice and zest, salt, seasoning for fish, chopped onion and butter.

Fish is cleaned from bones and skins, cut into small pieces.

Pepper we cut by squares, and onions - ringlets.

Pour in the fish of marinade, mix thoroughly and put in the fridge for 1 hour.

Preheat the oven to 220 degrees. Put the fish on wooden skewers, alternating it with onions and peppers. We put shish kebabs on a baking sheet and cook in the oven for 25 minutes before a beautiful ruddy crust.

We serve shish kebab with greens and vegetables, watering sauce

Skewers of fish with cherry tomatoes



Ingredients:

450 g swordfish without skin

450 g salmon

24 pc cherry tomatoes

1 glass fresh basil

1 pc clove garlic

Salt and pepper to taste

Servings: 4

Directions:

Heat the grill to a high temperature. Cut fish-sword and salmon into 24 pieces (about 3.5 cm), put on 8 skewers, alternating fish with cherry tomatoes.

In a blender, mix e basil, olive oil and garlic until a homogeneous mass is obtained.

Add salt and pepper. Divide the mixture in half.

Lubricate the shish kebabs with half the mixture of basil, season with salt and pepper. Fry the shish kebabs on the grill for 6 to 10 minutes, turn over from time to time. Lubricate the shish kebabs with the remaining mixture of basil. Serve immediately.

Fish for shish kebab



Ingredients:

700 g salmon fillet

2.5 pc lemon

2 pc parsley (fresh)

2 cloves garlic

0,5 tbsp mustard

2 tbsp olive oil

Salt, ground black pepper to taste

Servings: 4

Directions:

Put bamboo sticks to the water and leave them for 40-60 minutes. Slice the parsley finely and put it in a bowl, add crushed garlic, mustard, olive oil, lemon juice, salt, pepper. Stir everything well.

Cut the salmon fillet cubes about 3 cm in thickness, and cut 2 lemons into slices. Spread out the fish on skewers with lemon slices.

Lubricate the shish kebab on both sides the marinade.

Fry the shish kebabs on the grill for 3-4 minutes on each side.

Serve the shish kebab immediately, decorating it with fresh herbs

Skewers of sturgeon



Ingredients:

2 pc sturgeon

50 ml white semisweet wine

50 ml vegetable oil

2 tbsp seasoning for fish

50 ml lemon juice

Pepper white contiguous to taste

Large sea salt to taste

Servings: 5-6

Directions:

Rinse fish, separated from giblets, fins and scales.

Remove the skin from the carcass, for these quickly scald it with steep boiling water, then - immediately with cold water. So it will be easy to separate from the skeleton.

Separate the carcass from the skeleton cut the fillet pieces into 3 cm.

Mix all the ingredients for the marinade in a bowl and add fish to it, mix well.

Put the fish in the marinade in the fridge for 1 hour, cover it with a lid.

Ready meats of fish put on skewers and fry until cooked. This will take about 6 minutes.

Serve with garnish and vegetables

Skewers of sturgeon



Ingredients:

1 Kg sturgeon fillets

50 ml white wine

50 ml lemon juice

50 ml vegetable oil

1 pc bell pepper

Salt, white pepper, sesame, seasoning to taste

Servings: 2-4

Directions:

For the beginning of the whole sturgeon it is necessary to rinse thoroughly under cold running water. Then the most laborious process begins. Purification fish scales, removal of gills, fins and removal of giblets. To remove the skin from

sturgeon it is necessary to scald it with steep boiling water, and then pour cold water.

Then you need to prepare all the ingredients necessary for cooking, and also to separate the fish fillets from the skeleton and cut it into beautiful cubes with a side of 3 cm.

Next, you need to prepare marinade from white wine, lemon juice and seasonings. Marinate fish should not be more 30 minutes.

To plant the fillets must be sufficiently tightly, alternating pieces of fish with slices of sliced vegetables, for example red bell pepper.

Prepare fire, embers or, in my case, warm up infra-red stove and cook shish kebab, not forgetting to turn skewers. Fish is getting ready fast enough!

During cooking, I strongly advise not to be too lazy and prepare the sauce for shish kebab from sturgeon. A white cream and wine sauce is best. This fish is very well combined with rice and vegetables. I wish you bon appétit

Shish kebab of fish on skewers



Ingredients:

0.5 Kg fish

1 pc juice of 1 lemon

3 tbsp soy sauce

0.5 tsp sugar

Spices for fish to taste

Servings: 4

Directions:

Fish (almost any fleshy fish, but most of all I like mackerel and catfish) we clean, rinse. Remove the skin. We separate the head, tail, ridge and ribs. We cut it in lot pieces.

Squeeze the juice from the lemon.

Mix the juice with soy sauce, sugar and spices. Salt lovers can add salt, but, in principle, it is not needed, because we use soy sauce.

Mix fish with marinade. We put in the cold for 1-2 hours.

Skewers are rinsed in running water.

We string the pieces of fish into skewers (alternating with tomatoes, onions, bell peppers and even olives) and shipped to a grate in a well-heated oven. After 5 minutes, turn the skewers to the other side.

This shish kebab is prepared literally for 10-15 minutes, so do not miss it! Once the pieces of fish are covered with a golden crust - take them out and serve on a table with cool white wine and fresh salad.

Skewers of fish at the stake



Ingredients:

2 Kg Fish

1 pc Lemon

1-2 tbsp olive oil

Salt to taste

Pepper to taste

Paprika to taste

Servings: 6

Directions:

Wash fish, clean properly and divide into small portions of medium thickness.

In ready steaks add salt to taste. Also in the recipe for cooking shish kebab from the fish on the fire you can use

small fish entirely, after removing the insides, the head and if desired, the tail.

Put the fish into a small bowl. Add a pinch of pepper, paprika or other spices to taste. Squeeze the juice of half a lemon and add in fish. Add a little olive oil and leave to soak.

The heat of fire should not be very strong, so that the salmon does not become dry. Grate the grate a little with olive oil and lay out the steaks.

Cook shish kebab from the fish on the fire fairly quickly. It is better to turn the grill more often, so that the salmon is evenly prepared.

Ready fish sprinkle before serving the remaining lemon juice and, if desired, add sauce to taste.

Skewers of silver carp



Ingredients:

1.5 Kg silver carp
1 pc lemon
Spices for fish to taste
Salt to taste

Servings: 6-8

Directions:

Remove the fish and cut into portions.

Fish marinate with lemon, spices and salt and leave for 2 hours.

Prepare the coals.

Place the fish on the grate and fry on both sides for about 10 minutes.

Serve with greens and vegetables.

Skewers of silver salmon



Ingredients:

- 1 Kg silver salmon
- 1 tsp curry
- 3-4 tbsp vegetable oil
- Salt to taste

Servings: 5

Directions:

Prepare the fish. Cut out the bone with a thin knife, starting from the spine. Remove the skin.

We cut the silver salmon fillets into medium pieces of the same size.

Mix the vegetable oil with curry and salt, pour our mixture on our fish pieces, mix. We send it to the refrigerator for 1-2 hours.

We take the pieces of fish from the refrigerator, string them on wooden skewers.

On a greased frying pan fry our shish kebab on all sides until ready.

Skewers of salmon in dough



Ingredients:

300 g salmon
10-12 pc shrimp
50-70 g cheese
250 g puff pastry
1 pc egg
10 g sesame

Servings: 2

Directions:

Cut the salmon into slices.

Shrimp clean up, cheese cut into cubes, string on skewers alternating with fish. Lightly adhere.

Skewers with fish wrap with dough strips. Lubricate with egg and sprinkle with sesame seeds.

Bake for 25 minutes at 180 degrees.

Shish kebab from salmon on a lattice



Ingredients:

1 pc Salmon

1 pinch spices

Salt to taste

Black ground pepper to taste

Servings: 4

Directions:

For cooking we take the front part of the fish.

We cut the salmon into steaks 3 cm long.

We salt and pepper on both sides.

We put salmon in a deep cup and sprinkle with paprika and dry tomato, if desired.

We put the salmon on the grate.

Now fry the salmon occasionally turning the grill. Keep in mind that the heat was very small then the salmon is very delicious.

The meat is ready! We remove the salmon from the grate.

Skewers of red fish



Ingredients:

1-1,5 Kg red fish (fillets)

1-2 pc Lemon

Olive oil to taste

Salt, pepper to taste

Servings: 6-8

Directions:

Cut red fish into portions.

Add salt, greens, lemon juice, butter and pepper.

Leave to marinate for half an hour.

Fish to string on skewers, previously soaked in water.

Fry for 2-3 minutes on each side.

Skewers of mackerel



Ingredients:

- 1 pc Mackerel
- 8 cloves garlic -
- 4 tbsp vinegar -
- 4 tbsp oil -
- 1 tbsp sugar -
- Salt to taste
- Ground black pepper to taste
- Chili pepper ground to taste

Servings: 4

Directions:

Initially, you need to gut the fish and leave only the head and tail. Spread the spices well, especially inside.

Finely chop the garlic and add to the vinegar, sugar and butter. Smear all over the fish and leave it for 1 hour, from time to time it must be turned over.

Fish put on the skewer. Bake from all sides in general about 15 minutes.

Shish kebab from pike



Ingredients:

1 pc pike

50 g butter

Salt to taste

Black pepper ground to taste

Servings: 3

Directions:

Initially wash the pike we cut out it from the head and fins.

Now we take out the fillet part from it. Cut the pike into two parts and remove the ridge.

Gently cut the fillets from the skin.

Cut into pieces and sprinkle with pepper and salt.

All this stirred and leave to be enriched with spices for 20 minutes.

We put on pike on the skewer.

Now melt the butter slice and watering the shish kebab.

Bake in the grill, until the fish are ready.

Our dish is ready! We add greenery, onions and lemon and can be served to the table.

Skewers of salmon



Ingredients:

- 1 Kg salmon
- 2 pc lemon
- 3 tbsp vegetable oil
- 100-150 ml pomegranate juice
- 1-2 pc onions (optional)
- 3-4 pc tomato (optional)
- Pepper, salt to taste

Servings: 4-5

Directions:

- Cut the salmon on chunk portions.
- Put the fish in a bowl, add salt, pepper.

Pour pomegranate juice in the fish, cut one lemon with lobules. With the second lemon is to be squeeze juice and add in fish. Add butter and spices.

Mix well and marinate for 2 hours.

Put the fish, onions and tomatoes, cut into rings, on the grate. Roast on charcoal until ready for about 10-12 minutes.

Serve with pomegranate seeds!

Salmon grilled



Ingredients:

900-1200 g salmon

3 cloves garlic

1 pc lemon juice

Seasoning for fish to taste

Servings: 6-8

Directions:

Cut the fish into pieces.

Well sprinkle the fish with seasoning and add crushed garlic.

Put the fish in a bowl and sprinkle with lemon juice and let it stand for half an hour.

Then put the marinated pieces of fish on the grate.

Fry the fish on the coals for about ten minutes do not forget to turn.

This fish is served with garnish and sauce.

Red fish on the grill



Ingredients:

300 g red fish
2-3 tbsp olive oil
1 pc lemon
1 pinch salt
1 pinch pepper
1 bunch greenery

Servings: 3-4

Directions:

In the recipe for cooking red fish on the grill you can take any fish that is at hand. Plus, this dish also means that it is not necessary to take equal steaks.

Wash fish, dry with a paper towel and cut into medium cubes. Salt to taste and add pepper. That not to interrupt the

taste of the fish is a not necessary use spice. Squeeze out half a lemon juice and add to the fish. Wash, dry and chop the greens.

Gently mix everything and leave in this form for at least half an hour. During this time, the fish should be properly marinated and soaked with fragrances. Wooden sticks in the meantime put in water, so they do not burn during cooking.

Sprinkle the fish with olive oil and string gently over the skewers. Another option, how to make red fish on the grill, if there are no skewers, is a grate.

Bake fish is not very long and it is desirable often to turn. Fish should not dry up, but stay inside slightly pink. That's the whole secret! Very tasty and original, be sure to try this dish at home.

Shish kebab from salmon on a lattice



Ingredients:

1 Kg salmon

1/2 Pc lemon

Salt, pepper, greens to taste

Servings: 6

Directions:

Wash salmon to, dry with a paper towel, detach from bones and cut into medium cubes.

Put in a bowl. Give the salt, pepper and pour lemon juice. All neatly mix and leave at least half an hour. That the fish be marinated and soaked with fragrances.

We put out the fish on the grate.

Fish bake for 10 minutes on medium heat until cooked, constantly turn over

Skewers of white fish



Ingredients:

- 750 g white fish
- 1/4 glass olive oil
- 1/4 glass lemon juice
- 2 tbsp parsley fresh
- 2 cloves garlic
- 1 tsp paprika
- 1 tsp salt
- 0.5 tsp cumin
- 1 pinch curcuma
- 1 pinch cayenne pepper

Servings: 5

Directions:

First we make marinade: in a bowl add olive oil, lemon juice, chopped garlic, parsley, paprika, salt, cumin, turmeric, cayenne pepper. Mix everything thoroughly.

Wash the fish and cut it into slices (about 3-4 cm), place the fish in a bowl dish and pour the prepared marinade. Send the fish for half an hour to the refrigerator. During the same time, soak the wooden skewers in the water.

Get the fish from the refrigerator and distribute the pieces between the 5 skewers.

Grate the grill well with vegetable oil to make the fish juicy. Fry the shish kebabs on the preheated grill for about 10 minutes, regularly turn over.

Serve fish shish kebabs with eggplant on the grill, lemon slices and sauce.

Skewers of trout



Ingredients:

2 Kg trout

2 pc bow

1 pc lemon

1 tbsp mayonnaise

Red and black pepper to taste (ground)

Coriander, nutmeg, oregano, thyme to taste

Salt to taste

Servings: 6-7

Directions:

Fish thoroughly washed, scraped. Dry with a paper towel and cut into steaks.

Onions cut into rings.

In a deep bowl we add onions, our steaks their salt, pepper, spiced by taste.

Then squeeze the lemon juice into the fish, add a spoonful of mayonnaise and mix everything thoroughly with hands. Cover the trout and leave to marinate for 3 hours! Then we prepare the coals (not the strongest ones) and lay our fish on the grill.

Fry from two sides until golden brown. This will take approximately 15 minutes.

Then we put the fish into a dish and serve it to the table.

Skewers of carp



Ingredients:

4-5 pc carp

1 pc lemon

Salt, pepper to taste

Green to taste

Servings: 6

Directions:

Wash fish and clean from scales.

Cut the fish into portions and put it in a bowl for marinate.

Salted fish, pepper. Then squeeze the lemon juice into the fish. Cover the fish and leave to marinate for about fifteen minutes.

Prepare the coals and lay the fish on the grate.

Fry the fish on charcoal for 8 minutes on each side regularly turn over.

We put the ready fish on a plate and decorate with greens and vegetables.

Skewers with sturgeon on the grill



Ingredients:

1 Kg sturgeon

0.5 Kg onions

1 g ground coriander

Salt, pepper to taste

Servings: 5-6

Directions:

Wash the sturgeon, cut off the head and tail, remove the skin and cut the fish into small pieces.

Peel the onion and grate it on a grater, put fish, onions, add spices, salt in a bowl and mix well.

Cover the bowl with a food film or lid and send the shish kebab for 4 hours in the refrigerator. Soak the wooden skewers in water (leave them in the water for 20 minutes),

then distribute the fish skewers on skewers and lay them on the grate.

Fry the shish kebabs for about 15 minutes, regularly turning over. Serve immediately after preparation.

Panhasyus on the grill



Ingredients:

1.5 Kg panhasyus

3 pc lime

Seasonings for fish to taste

Servings: 6

Directions:

Lime cut rings. Rinse fish, salt well, add seasonings for fish. We lay out on a lattice, cut by circles of lime from above on a fish.

We kindle a fire, the fish can still marinate in spices. Better fry on coals, but not on fire.

The fish can be marinated for about an hour. Then put the grate on the coals.

Fry and constantly turn over. Total 25 minutes, until golden brown.

Here is a ready-made panhasyus on the grill.

Skewers of catfish



Ingredients:

2-3 Kg catfish

4-5 pc onion

5 tbsp vegetable oil

1 pc lemon

200 g sour cream

Salt to taste (sea)

Seasonings to taste

Servings: 6-7

Directions:

Catfish is well washed then carefully dried with a paper towel. When it's dry it's easier to cut. The head, tail fins cut, the rest of the cut into steaks (4-5 cm thick).

Onion we cut it on quarters.

Then put the onions in a deep bowl, add vegetable oil, a little seasonings.

Then we make a mixture of seasonings, in which we will marinate catfish. We will need: thyme, basil, white pepper, mustard, ginger, sweet pepper, oregano. To the mixture, add the lemon juice, stir and rub the steaks of the catfish. In addition, cut the onions into large rings.

Steak we put in deep bowl, we add sour cream, a large chopped onion, and also a marinating onion. We mix everything well and cover it with a lid, and put be marinated for 40 minutes in a cool place.

Then we lay the fish on the grate and fry on medium coals. That the fish should be with bronze shade, it is advised to add a spoonful of powdered sugar. Fry the catfish quickly enough.

I wish you bon appétit!

Skewers of halibut



Ingredients:

600 g halibut fillet

250 g onions

250 g champignons

200 g tomatoes

150 g sweet pepper

50 g vegetable oil

Spices to taste (coriander, cumin, oregano)

Large salt, pepper to taste

Fresh greens to taste

Servings: 5

Directions:

We wash the fillet in cold water, cut it into very large, but not small pieces. Put it in an enamel saucepan.

Squeezed juice from lemon is mixed with vegetable oil, ground pepper, salt, cumin, coriander. The resulting marinade is filled with fish and let it stand for 20 minutes in a cool place.

At this time, carefully wash vegetables. Onions cut into rings. Tomatoes and cut into four parts. Pepper is cut into cubes.

Vegetables, mushrooms and fish alternately string on wooden skewers and put on a grate and fry over hot coals, from time to time splashing marinade and turning over.

The prepared dish is served to the table, decorating it with sprigs of dill and parsley

Skewers of carp



Ingredients:

2 Kg carp

50 ml vegetable oil

50 ml soy sauce

1 pc lemon juice

3-4 cloves garlic

White pepper to taste

Nutmeg to taste

Dill dried to taste

Servings: 5-7

Directions:

First of all, the fish carcass must be cleaned, gutted, thoroughly rinsed and dried. After that, remove the head, tail

and fins (if you want, you can also use the ridge), cut the carp fairly large pieces.

Squeeze the lemon juice into a small bowl.

Garlic crushed or let through the press.

Prepare the marinade - in the lemon juice add soy sauce, vegetable oil, minced garlic salt and spices.

We lay the fish in a saucepan in layers and fill each layer with marinade. After this, it is good to mix, but it is desirable to do this in gloves, so as not to injure your hands. Close the saucepan with a lid or food film and put it away in the cold.

After 2-3 hours we take out the saucepan, string the pieces of fish on skewers or lay them on a grate, and bake them on charcoal. If the carp was caught not in the supermarket, but in natural conditions - bake properly so that there is no blood left, until a crispy crust is formed. During cooking, you can sprinkle meat with clean water with a little addition of lemon juice and soy sauce.

Serve with boiled potatoes or rice and fresh vegetables.

Skewer of salmon in a frying pan



Ingredients:

400 g salmon fillet
4 tbsp vegetable oil
1.5 tsp curry
2-3 pinch salt

Servings: 2

Directions:

With fillet of salmon, we remove excess moisture with a paper napkin. Cut the fillet into cubes with sides about 5 cm.

In a deep bowl, mix the vegetable oil with salt and curry powder. In this mixture pieces salmon marinate about 2 hours.

Put the marinated pieces on wooden skewers.

We put the frying pan on the fire, lightly oil it and fry shish kebabs on high heat.

On each side of the shish kebab fry about 1.5-2 minutes.

Fillet of salmon on a skewer over



Ingredients:

900 g salmon fillet
400 g haricot beans
1 pc lemon (large)
1 tsp dried ginger
1 tsp brown sugar
2 tbsp soy sauce
Salt to taste

Servings: 5

Directions:

Mix together the juice of one lemon, crushed lemon zest, ginger and soy sauce. Here we add sugar and salt to taste. We lay out pieces of fish, marinate for half an hour.

During this time, you to boil until ready beans in salted boiling water.

We put the fish on the skewers and pods of beans. Now we make an impromptu skewer over a bonfire or on a grill: fix the sticks and turn them, periodically pouring the remaining marinade.

Marinade for grilled fish



Ingredients:

2 tsp pepper (spicy)

1/2 cup white wine

3 tbsp olive oil

1 pc orange juice

4 cloves garlic

1 tsp salt (to taste)

1 tsp lemon pepper

1/2 tsp Achiot or Annato

Servings: 6

Directions:

In a large bowl, combine all the ingredients together, chop the garlic. Marinade mix well, let it stand a time for 5 minutes.

Fish we clean, if you need cut the fins and cut on pieces.

In pieces of fish are poured into the marinade and sent to the refrigerator for half an hour.

Marinated fish can be baked on the grill with medium heat from 7 to 10 minutes. Periodically from time to time we splash marinade and to turning over.

When submitting the fish, add in the plate the vegetables or garnish.

Skewers of cod



Ingredients:

700 g cod fillet

100 g yogurt

3 cloves garlic (1 in the marinade, 2 in the sauce)

1/2 tsp turmeric

1 tsp paprika

1 tbsp olive oil

1 pc cilantro (bundle)

100 g vegetable oil

Wine vinegar to taste

Pepper, salt to taste

Servings: 6

Directions:

Mix yoghurt, grated garlic, turmeric, paprika, pepper, salt, olive oil.

Cut the cod fillet into cubes.

Add the marinade and leave for half an hour.

Soak in the water the skewers.

Wash, dry and chop up greens, brush garlic.

In a blender, grind greens with garlic add oil, vinegar, pepper and salt.

Cubes cod fillet be string on skewers and bake for 10-15 minutes.

Serve with green herb sauce.

Skewers of salmon in the oven



Ingredients:

500 g salmon

1 pc lemon

Salt, pepper to taste

Olive oil to taste

Servings: 2-3

Directions:

Wash salmon fillets and dry them with a paper towel.

Cut the fish into small pieces and put in a bowl for marinating. Add cut pieces lemon. In pieces of salmon add salt and pepper. Marinate at least 10-15 minutes.

On wooden sticks, previously soaked in water is string the pieces of salmon.

From above pour olive oil and send to the oven.

Fry at 200 degrees for 10-15 minutes. Several times turn over. That shish kebab did not beat dry, we splash marinade.

Serve shish kebab from salmon with a side dish and vegetables.

Shish kebab from a trout on a lattice



Ingredients:

1 Kg trout

2 pc lemon

White pepper to taste

Black pepper to taste

Servings: 5-6

Directions:

Remove the fish from scales and cut into pieces.

Cut fish into fillet pieces add spices, salt, squeeze juice out of lemons. Allow to stand for 5-10 minutes.

Prepare the coals.

Put the fish and lemon on the grate.

Bake for 10 minutes on both sides.

Sterlet on the grill



Ingredients:

5 pc sterlet fresh

0.5 pc lemon

100 g mayonnaise

1 pc onion

1 sheaf dill

1 sheaf green onion

Salt, spices to taste

Servings: 5-7

Directions:

Peel and rinse the fish under running water, wipe it dry with paper towels.

In a container with cleaned fish send mayonnaise, lemon juice, onions cut into half rings, salt, spices to taste and finely chopped greens. Mix everything well so that the fish was is completely greased with marinade on all sides. Pickled fish should be sent to the refrigerator for 40-60 minutes.

Carefully pass the skewer into the fish and spread it on charcoal. Cook about 20-30 minutes. Keep in mind: when the meat of the fish turns white and dull, the fish will be ready.

Serve with a sauce and garnish, decorating with herbs and vegetables

Shish kebab of fish



Ingredients:

250 g fish fillet (cod, mackerel or other white fish)

1 tbsp vegetable oil

1 pc onion

1 pc pepper

1 pinch paprika

1 tbsp lemon juice

1 pinch coriander

1 pinch cumin

1 pinch oregano

1 pinch mustard seeds

Salt and ground pepper to taste

Servings: 4

Directions:

In a separate bowl, put the paprika, lemon juice, a little salt and black ground pepper add ground coriander and cumin, as well as oregano and mustard seeds. Stir everything.

Fish thoroughly wash and wipe with napkins, then place it in a bowl to spices and gently mix, leave for several hours.

Bamboo sticks soak in water for 20-30 minutes. Peel the onion and pepper, then cut into large chunks.

Divide the vegetables and fish between the skewers, leave small spaces between the pieces.

Preheat a frying pan (preferably a grill pan) with vegetable oil and lay out the shish kebabs, fry on few minutes on each side, and then transfer to a plate.

Serve the shish kebab to the table still warm, can be removed from the skewers or served on it.

Skewers of pink salmon



Ingredients:

- 1 pc pink salmon (1-1.5 kg)
- 2 tbsp mustard
- 1/2 tsp sweet ground red pepper
- 2 tbsp vegetable oil
- 2 pc onion
- Salt to taste

Servings: 6

Directions:

We thoroughly wash the fish.

Cut off the head and gut.

Then we will cut fillets off bones and skin and cut them into cubes. I got about 48 pieces.

We make marinade for the shish kebab. To do this, in a comfortable deep bowl with pieces of fish, add 2 tablespoons of vegetable oil, ground pepper, salt, mustard (not dry!). And gently mix.

Then add the finely chopped onion to the fish and mix it very gently. The next stage - we send marinated for 1-2 hours. By the way, you can marinate all night, having prepared in advance from the evening and send the future shish kebab to the refrigerator.

Carefully pass the skewer into the fish or on wooden skewers. We alternate bow and fish. One skewer has 4 pieces of fish.

Then we send the fish to the grate for about 25 minutes. No longer! Otherwise the shish kebab will dry and will not taste good. Coals should not be the most powerful.

We serve the finished shish kebab with vegetables and white sauce.

Skewers of fish on the grill



Ingredients:

1 kg red fish (fillet)

1-2 pc lemon

2 tbsp olive oil

Salt and pepper to taste

Green to taste

Servings: 5-6

Directions:

Fish fillet washed and cut into portions.

Add chopped herbs, olive oil, salt and pepper. You can also sprinkle with lemon juice. Stir and marinate for half an hour.

Wooden skewers are wetted in water and don on them fish.

We spread out the shish kebab on the grill, installed on the brazier. Cook for about 1-2 minutes on each side so that the fish is not burnt.

Ready shish kebab with fish put on the plate and decorates with fresh herbs and vegetables. You can add garnish.

Shish kebab from salmon on the grill



Ingredients:

- 0.8 -1 Kg salmon (fillets)
- 1.5 tsp salt
- 0.5 tsp black ground pepper
- 0.5 tsp curcuma
- 1 slice (2-3 cm) ginger
- 3-4 cloves garlic
- 1/2 pc lemon
- 1 tbsp soy sauce
- 1.5 tbsp vegetable oil

Servings: 1

Directions:

Salmon fillet cut into cubes 3-4 cm.

The root of ginger is cleaned and finely chopped. Add salt and ginger to the fish.

Add turmeric and black pepper.

Garlic is cleaned and let through garlic. Add garlic and vegetable oil to the fish.

And add soy sauce with lemon juice.

Thoroughly mix and leave in the refrigerator for 1.5-2 hours.

Pass the skewer into the pieces of fish.

Fry on the grill. This fish is frying fast, so watch out for the fire and turn the fish in time.

You can serve on skewers or on a dish, adding vegetables, slices of lemon.

Shish kebab from cod



Ingredients:

1 pc cod

1 pc red pepper

12 pc olives green

2 tbsp olive oil

Salt, spices to taste (black pepper, dried fragrant herbs, curry, turmeric)

Servings: 3

Directions:

Defrost the fish at room temperature and cut the fillets from it.

Trim the skin, it's tasteless and we will not need it. Cut the finished fillets into pieces.

Spices put in a mortar and rub with a pestle.

Mix the spices and pieces of fish.

Cut the red peppers into square pieces.

String out to the wooden skewers the cod, pepper and olives.

Lubricate the shish kebab with olive oil.

Put the shish kebabs on the grill or brazier.

Cook for three minutes on each side.

Ready shish kebabs served with a salad and lemon juice

Shish kebab from pike perch



Ingredients:

- 2 Kg pike perch
- 0.5 L white wine
- 1 pc lemon juice
- 3 tsp mustard seeds
- 50 ml olive oil
- 1 tsp pepper fragrant ground
- 1 tbsp salt
- 2 tsp sugar

Servings: 5-7

Directions:

Pike perch clear from scales, gutting, thoroughly rinsed.
Cut off the head and tail.

You can take out the backbone and bones, cut the fillets into small pieces.

You can just fry fish steaks - however, in this case, you have to cook shish kebab for a little longer. But fuss with taking out the bones will be less.

Prepare marinade from wine, lemon juice, sugar, salt and spices. Dip into it pieces of fish, stir and put in the cold for 1 hour.

The pieces of fish put on to skewers and bake on charcoal until ready.

Serve hot with a salad of fresh vegetables and white sauce

Shish kebab in presidential style



Ingredients:

- 2 Kg fillet of sturgeon
- 2 tbsp vegetable oil
- 2 tbsp honey
- 1 pc grapefruit (juice)
- 3 pc cardamom
- 1 tsp dry ginger
- 1 tsp mint dry
- Salt, pepper to taste

Servings: 8-10

Directions:

Cleanse fillet sturgeon. Remove the skin and bones by cutting the fish along the ridge.

Combine all the ingredients except fish in a bowl for pickling.

Cut the fish into pieces and put in the marinade. Mix well.

After 2 hours you can fry the fish, putting on the skewers.

To fry shish kebab, on charcoals constantly turning, that did not burn up to readiness.

Serve hot with vegetables and sauce

Skewers from river fish



Ingredients:

1-2 kg river fish (fillets)

2-3 pc onions

Salt to taste

Spices to taste

Servings: 6-7

Directions:

On the fire, you can cook any fish: river, sea, fresh or frozen. I propose a recipe for shish kebab from river fish. Thanks to a good marinade, frying shish kebab get out very well!

First you need to marinate fish. To do this, cut fish fillets to pieces, add onions, cut into half rings, salt and spices. Marinate fish in the refrigerator 1.5-2 hours.

We put in the pickled fish and onion rings on the skewers. We cook the dish on the fire, evenly frying shish kebab from all sides. Take care that the fish does not burn and evenly brown.

Silver Salmon on the grill



Ingredients:

2 Kg silver salmon
4 pc bell pepper
1/2 glass Lemon juice
1 glass soy sauce
1 glass orange juice
1 pc ginger (root)
5 pc onion
Vegetable oil to taste
Salt, pepper to taste

Servings: 6

Directions:

Fish should be cleaned, washed and cut into portions.

On a large grater rub the root of ginger. Mix it with soy sauce and orange juice, lightly pepper.

Lay the fish in a saucepan fill it with the resulting marinade. Ideally, it is worthwhile to let her stand a long time in the refrigerator for hours 9-12, but since the fish is a tender product, 1-2 hours is enough to make it soaked.

Wash peppers and onions, cleanse. Pepper cut into small pieces, and onions - ringlets. In a separate bowl mixing of vegetables, salt, pepper and spice with lemon juice.

The marinated fish is strung on the skewers, alternating with pieces of pepper and onions. Fry it on the grill until ready, not forgetting to turn over.

If desired, you can use any other vegetables, so your shish kebab will be even more delicious and you will not have to think about.

Conclusion



A fragrant soup with vermicelli and chicken is the dream of many. Soup vermicelli - the recipe is quite ordinary. How to cooking soup with vermicelli know many. But in this business there are subtleties. That's why we decided to talk about how to make soup with vermicelli.

In my book "[50 Delicious Soups with Vermicelli](#)" you can produce stunning and healthy food.

Hurry to [download](#) a cookbook of recipes for your health.

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