

Curried Chicken & Vegetable Kebabs with Summer Peach Chutney

By Eric Akis

Curried Chicken & Vegetable Kebabs

Curry-spiced chicken, threaded on skewers with vegetables, then grilled and served with sweet, tangy, and nicely spiced chutney made with fresh B.C. peaches.

Preparation Time	About 40 minutes, plus marinating time
Cooking Time	8 to 10 minutes
Yield	Makes 6 large kebabs

Ingredients

- 1/2 cup thick, plain yogurt
- 1 Tbsp mild, medium, or madras curry powder
- 2 Tbsp vegetable oil, plus extra for the grill
- 1 large garlic clove, minced
- 8 medium to large boneless, skinless chicken thighs (about 950 grams; see Eric's options)
- 12 onion wedges (about 3/4-inch wide)
- 12 cubes of bell pepper (about 1 1/2-inch)
- 12 round slices of zucchini (1/2-inch thick, 1 3/4-inch round)
- Salt and freshly ground black pepper, to taste
- Summer peach chutney, to taste (see recipe below)
- Lime wedges and cilantro sprigs, for garnish

Instructions

1. **Make the marinade:** Combine the yogurt, curry powder, 2 Tbsp oil, and garlic in a bowl. Cut chicken into 42 pieces (about 1 1/2-inch cubes), add them to the marinade, and coat thoroughly. Cover, refrigerate, and marinate for 2 to 4 hours.
2. **Assemble kebabs:** Thread and intersperse seven pieces of chicken, two wedges of onion, two cubes of bell pepper, and two rounds of zucchini onto each of 6 large skewers (at least 11 inches long; metal or wooden).
3. **Grill:** Preheat barbecue or indoor grill to medium-high. Season the kebabs with salt and pepper. Brush or spray the grill with oil. Grill the kebabs, turning occasionally, for 8 to 10 minutes, or until the chicken is cooked through.
4. **Serve:** Plate the kebabs, garnish with lime wedges and cilantro sprigs, and serve with the summer peach chutney.

Note: If using wooden skewers, soak them in cold water a few hours before using to help prevent scorching. Threaded uncooked kebabs can be refrigerated on a wide plate for an hour or two until ready to grill. Let them come to room temperature for 20 minutes before grilling.

Eric's Options: The chicken thighs in this recipe can be replaced with 950 grams of boneless,

skinless chicken breasts cut into 42 pieces (about 1 1/2-inch cubes).

Summer Peach Chutney

Sweet, tangy, nicely spiced chutney made with fresh B.C. peaches to serve with chicken kebabs and other dishes.

Preparation Time	35 minutes
Cooking Time	About 20 minutes
Yield	About 2 3/4 cups

Ingredients

- 4 ripe, medium peaches
- 1 Tbsp vegetable oil
- 1 cup finely chopped onion
- 2 tsp finely grated fresh ginger
- 2 Tbsp finely chopped jalapeño peppers (about 1 small to medium pepper)
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- Pinch or 2 of ground cinnamon and cayenne pepper
- 1/3 cup brown sugar
- 3 Tbsp cider vinegar
- 3 Tbsp water
- 3/4 tsp salt, or to taste

Instructions

1. **Prepare peaches:** Bring a large pot of water to a boil. Cut a shallow "X" into the blossom end of each peach. Plunge peaches into boiling water for 2 minutes, or until skins start to loosen. Transfer to a plate, cool for 5 minutes, then peel off the skins. Cut peaches into 1/2-inch cubes (yielding about 2 1/2 to 2 3/4 cups).
2. **Sauté aromatics:** Heat oil in a pot over medium heat. Add onion and cook, stirring, until light golden (about 7 minutes). Mix in the ginger, jalapeño, coriander, cumin, cinnamon, and cayenne; cook 1 minute more.
3. **Simmer:** Add peaches, brown sugar, cider vinegar, water, and salt to the pot and bring to a gentle simmer. Simmer uncovered until peaches are tender but still roughly holding their shape (about 7 to 8 minutes).
4. **Cool and store:** Cool chutney to room temperature, then transfer to a tight-sealing jar, cover, and refrigerate until needed.

Note: Leftover chutney keeps refrigerated for up to a week. Beyond curried foods, it can be served with grilled salmon, pork chops, sausages, or with cheese and crackers (such as brie or camembert).

Eric's Options: This recipe can be halved using a smaller pot to yield about 1 1/2 cups. Once cooled, chutney can also be frozen in half-cup portion containers for later use.