

# Onion Kebab

Authentic Turkish Onion Kebab from Gaziantep cuisine. Tender beef and sweet onions grilled on skewers. Easy 55-minute recipe serves 4.

15 min

PREP

40 min

COOK

55 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 2.2 lb onion
- 1.1 lb ground beef
- 1 tsp salt
- 1 tsp black pepper

## Instructions

### 1 Prepare the onions

Cut the onions in half through the root end, leaving the root intact to hold the layers together. Separate each half into 2-3 thick sections, keeping the pieces large enough to stay on the skewer.

### 2 Season the meat

Combine 2.2 lb ground beef, 1 tsp salt, and 1 tsp pepper in a large bowl. Mix gently with your hands for 30-45 seconds until just combined - avoid overworking the meat to prevent tough kebabs.

### 3 Form the meat

Divide the seasoned beef into 8-10 portions. Shape each portion around a metal skewer, forming sausage-like cylinders about 4-5 inches long and pressing gently to adhere to the skewer.

### 4 Assemble the kebabs

Thread the onion pieces onto the skewers alternating with the shaped meat, leaving small gaps between pieces for even cooking. Use 4-6 skewers total depending on size.

### 5 Preheat the grill

Preheat your grill to medium-high heat (around 200-230°C/400-450°F). Clean and oil the grates to prevent sticking.

## 6 Grill the kebabs

Place kebabs on the grill and cook for 12-15 minutes total, turning every 3-4 minutes. The meat should be browned on all sides and the onions should be softened and lightly charred.

7 Remove kebabs from grill when the internal temperature reaches 71°C (160°F). Let rest for 2-3 minutes before serving to allow juices to redistribute.

## Tips

Soak wooden skewers in water for at least 30 minutes before using to prevent them from burning during grilling.

Don't over-mix the ground beef when adding seasonings - gentle mixing keeps the meat tender and prevents a tough texture.

Let the seasoned meat rest for 15-20 minutes before forming and skewering to allow the flavors to meld together.

Keep onion pieces roughly the same size as your meat portions to ensure even cooking throughout the kebab.

Oil the grill grates lightly before cooking to prevent sticking and make turning the skewers easier.

Don't press down on the kebabs while cooking - this squeezes out juices and can make the meat dry.

Let the kebabs rest for 2-3 minutes after cooking to allow juices to redistribute before serving.

If your onions are cooking too quickly, move the skewers to a cooler part of the grill and cover with foil to finish cooking gently.