PERSIAN · DINNER · LUNCH

Kabab Chenjeh (Persian Veal Kebab Skewers)

کباب چنجه

35 min · plus at least 6 hours marinating · Serves 4 · 499 kcal a serve

Video 9:56 in Persian · Head Chef Samir آموزش آشپزی با سرآشپز سمیر

Gluten-free ingredients · No nuts listed

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About 51 g protein and under 1 g net carbs a serve: veal loin marinated in onion juice, salt, pepper and a spoonful each of yoghurt and cream, then grilled, with no sugar or starch. Rich in vitamin B12, zinc and selenium.

Diet notes: Low carb (0.8 g net carbs) but not keto: 55% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 8 · SERVES 4

- [ ] 1 kg **veal striploin** (eye of the loin)
- [ ] 150 g **onion**, thinly sliced (squeezed for its juice, not eaten)
- [ ] 12 g **salt** (about 2 tsp)
- [ ] 1 g **ground black pepper**
- [ ] 1 g **ground red pepper**
- [ ] 1 heaped tbsp **plain yoghurt**
- [ ] 1 heaped tbsp **thick breakfast cream** (khameh)
- [ ] a little **butter**, for brushing (about 1 tbsp)

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Choose veal striploin with bright red meat and white fat. Trim it and cut it across the grain into slices 3–4 cm thick; cutting along the grain makes the kebab tough. 0:10
2. Pound each slice gently, still across the grain, to break up the fibres, then cut it across the grain again into chunky kebab pieces. 2:01
3. For each kilo of meat, toss 150 g thinly sliced onion with 12 g salt, 2 g mixed black and red pepper, a heaped spoon of yoghurt and one of cream. Squeeze the onion hard with your hands until its juice runs. 3:35
4. Add the meat and mix so the onion juice coats every piece. Do not add oil. Cover and refrigerate at least 6 hours; longer makes it more tender. 4:36
5. Lift the meat out of the onion and thread it onto flat skewers with the softer sides facing up and down. Tap the skewered meat lightly on both sides with a meat mallet, then press the sides in with a knife so each kebab is neat and even. 5:42
6. Grill over gentle charcoal heat, turning. When half cooked, brush with butter, then finish until browned outside and juicy inside. 7:50

> **Tip** Serve with grilled tomatoes, fresh herbs and onion; chelow rice or lavash is the usual partner, a big salad keeps it low in carbs. Serves 4 is our estimate for 1 kg of meat. Lamb loin works the same way.

The method is a summary in our words, in English — the video (in Persian) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
499 kcal	**51** g	**1** g	**0.2** g	**31** g	**1,280** mg
2,090 kJ	102% of a day	0.8 g net · 0.5 g sugars	1% of a day	13 g saturated	56% of a day
		0% of a day		39% of a day	

Energy from net carbs 1% · protein 42% · fat 57% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 119% · Selenium 103% · Zinc 91% · Vitamin B6 67%

Source of (10–19%) Iron 19% · Potassium 14% · Magnesium 11%

⚠ One serve has about 56% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Head Chef Samir آموزش آشپزی با سرآشپز سمیر (@head_chef_samir) on YouTube — youtube.com/watch?v=PodSLNcme70, published 22 October 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kabab-chenjeh-persian-veal