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Home » Courses » main course » Kabob-e Barg (Filet Mignon Kabob) and a Persian Barbecue

BY FAMILY SPICE — 8 COMMENTS

Kabob-e Barg (Filet Mignon Kabob) and a Persian Barbecue

Jump to recipe

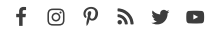
Print recipe

Persian Filet Mignon Kabob (Kabob-e Barg) is typically something special that you can only enjoy in a Persian restaurant. But with this recipe, you can create this at home.



WELCOME!

Hi! My name is Laura, recipe developer, graphic designer, photographer, cookbook author, wife & mom of three living in San Diego, CA. [Read More...](#)

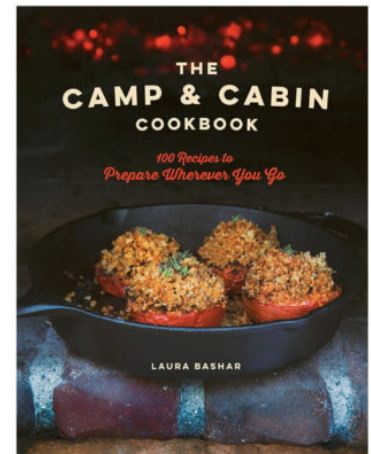


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NEW COOKBOOK!



Our family parties are not small. In most middle-eastern cultures, if you are related as little as a drop of blood, you are considered family.

When your husband's sister gets married, her in-laws are now your family. My cousin's son's fiancé's parents are now a part of my family. Distant cousins are as close to me as first cousins. My grandmother's first cousin, is a dear "uncle" of mine. So with these definitions for "family," family *parties* take on a whole new meaning!

My husband and I are also blessed to be living in San Diego, California. While the rest of the country is freezing, we suffer through 50°F winters. Brrrrr! Except for a week of rain, we are sunny and 73°F most of the time!

Last night my husband’s family was together for one of our family dinners. We gathered together to celebrate my mother-in-law and father-in-law’s return to the U.S. after a two-month visit to Iran. Yes, that’s a reason to throw a party.

And the best way for us to celebrate is with a Winter Barbecue – Persian Style, with kabob.

You have probably heard of kabobs, maybe even made your own version of it. I have seen it spelled in many, many unique ways. When you mention kabob, most people envision Turkish shish kabob, the classic chunks of steak on skewers with onions and peppers.

Persian kabob is a bit different, but is more than just meat on a stick. Varieties of meat are marinated then skewered and grilled. Persians typically serve kabob with grilled tomatoes, which are also skewered and grilled.

In last night's case, we made *kabob-e barg* (filet mignon), *kabob-e koobideh* (ground beef kabob) and *kabob-e morgh* (chicken breast kabob). Each are marinated differently, and each are equally delicious. And with cousin Babak manning the grill, my husband's cousin, no one turned down the invitation to this family barbecue.

How to prepare *barg kabob*

Whether you are preparing *barg kabob* or one of the other Persian kabob varieties, the meats are prepared and marinated one or two nights before the big day. The *kabob-e barg* and *joojeh kabob* were marinated similarly: onions, garlic, yogurt, saffron, salt and pepper. The filet is cut thin, about half-inch thick while the chicken is a big chunkier, about 2 inch chunks.

No skinny sticks for these kebabs. Persians use *long flat metal skewers* for ours, and one skewer full of meat is a lot for one person to handle. In our culture, more isn't just better – it's a must. And way too much food is just right!

How much kabob meat for one person?

So calculating how much meat per person can be a challenge, depending on how generous you want your portions to be. On average, I usually measure about 1/4-pound per person. But since we are Persian, and we love our kabob, we measured approximately half a pound of meat per person, but I'm sure I ate more!



What kind of grill do I need for kabob?

Cousin Babak had his barbecue custom built for kabob grilling. You do not need to do this. We grill our kabob in simple stainless bins, the kind you find in restaurant supply stores for buffet meals. If you have a grill rack, remove it so the skewers can rest freely above the fire.

No propane or gas tanks get used for grilling kabob though. Hot coals are a must for kabobs, so there is some down time while you wait for your coals to heat up. You are also constantly heating the coal by fanning the flames (see photo below).

keep the coals burning hot.

Do I need to baste my *barg* kabob?

My husband, Reza, is the assistant when Babak is outside grilling our kabobs. I often wondered what the men were doing, while we women were inside laughing, setting the table and getting the rest of meal ready. The mystery was revealed last night.

The men were drinking, laughing and eating the kabob fresh off the grill, wrapped in small pieces of lavash. Pictured above is my man pulling off pieces of *kabob-e barg* from the skewers for a little *loqmeh* (bite) to enjoy.

The meat is basted regularly with a mixture of melted butter and saffron. It keeps the meat juicy and oh so full of flavor! Remember, this is not just steak on a stick.

I observed these two grown men coordinating the basting, the kabob – turning and sliding the meat off the skewers. I was impressed. They really knew what they were doing!

Serving your *barg* kebab

There is a special technique to removing the *barg* meat from the hot metal skewers. After grilling the kabob, use a piece *lavash* bread to grab the meat and slide it onto your serving platter. Usually, your serving platter is lined with another big piece of *lavash* and kabob rests over it, covered with **another** piece of *lavash*!

The top piece of *lavash* keeps the meat warm, like a blanket. The juices from the meats get soaked into the bottom layer of *lavash*. During dinner, everyone fights for those juicy pieces of bread.

Other foods to serve with your *barg* kebab

All three meat kabobs are served with white basmati rice, grilled tomatoes, fresh herbs, lavash bread, and *salad shirazi* (cucumber-tomato salad). The bottoms of the rice pot holds the cherished crust, *tahdig*, that everyone fights over.

Kabob is also served with *sumac*, a dark red spice that offers a great tang to your meal. Some people just use a sprinkle of *sumac* while others have their foods coated in it.

sweet, to help with digestion, we convincingly remind each other.

Whether a little bite or a big one, we served these popular Persian desserts: Napoleons (influenced by the French), *Persian Baklava* (made with rose water syrup) and *Sholeh Zard* (saffron rice pudding – pictured below).

And of course, dessert is served with aromatic and delicious Persian tea. Perfection!

In total, we had about thirty people over last night for a night of kabob and good times. We all came hungry and left totally stuffed. Everyone was full of compliments and offered sage advice (“Laura, your *sholeh-zard* needs more saffron”).

My mother-in-law used her creative talents to help me garnish our dishes. Alas, another family dinner was under our belt, even if we couldn’t keep that belt buckled around our oh-so-full stomachs.

We said our good-byes, gave our hugs and kisses and vowed to workout extra hard the next day to burn off all the lovely food we ate. That is, until the next family dinner... later this week.... Maybe we can wait another week?

I took so many pictures last night that I decided to put together this little slide show of our amazing evening, with beautiful Persian music provided by cousin's husband (of course) Emad Bonakdar.



And in case you couldn't keep track of all the food we made, here is the official menu:

Appetizers: *Eggplant Dip (Kashk-e Bademjoon)*

Yogurt with Cucumbers (Mast-o Khiar)

Lavash Bread with fresh herbs and feta cheese (noon-o panir-o sabzi khordan)

Dinner: Filet Mignon Kabob (kabob-e barg) (recipe below)

Ground Beef Kabob (kabob-e koobideh)

[Basmati Rice](#)

[Shirazi Salad](#)

[Fresh Herbs](#)

Dessert: [Napoleons With Pastry Cream Saffron Rice Pudding \(Sholeh Zard\)](#)

[Persian Baklava](#)

YIELD: SERVES 6-8

Kabob-e Barg (Filet Mignon Kabob)

Persian Filet Mignon Kabob (Kabob-e Barg) is typically something special that you can only enjoy in a Persian restaurant. But with this recipe, you can create this at home.

PRINT

PREP TIME	COOK TIME	ADDITIONAL TIME	TOTAL TIME
20 minutes	15 minutes	1 days	1 days 35 minutes

Ingredients

- 2 lb filet mignon
- 1 onion, sliced
- 1/2 tsp saffron, ground and dissolved in 1 TBS of hot water
- 1/2 cup plain yogurt
- 2 TBS extra virgin olive oil
- 2 garlic cloves, crushed
- 1 tsp salt
- 1 tsp ground black pepper
- 2 TBS unsalted butter
- 2 lavash bread

Instructions

1. Cut filet mignon into thin layers about 2-inches wide.
2. Place meat in a large shallow container and mix in with onions, half of saffron liquid, yogurt, olive oil, garlic, salt and pepper.
3. Coat all pieces of meat completely with marinade.
4. Cover and marinate at least overnight and up to 2 days in the refrigerator.
5. Start your charcoal at least 30 minutes prior to grilling.
6. Slide filet pieces close together onto metal skewers, leaving room on each end of the skewer to handle without burning yourself. This also insures the meat is resting on the hottest part of your grill.
7. Add butter and remaining saffron liquid in a small saucepan cook over medium heat until melted.
8. Grill kabobs for 3-4 minutes each side, for medium-rare, turning occasionally and basting with butter-lemon mix.
9. Remove skewers from heat and remove meat from skewers by grabbing it and sliding it down with lavash bread.
10. Place meat on a serving platter and cover with another piece of lavash bread to keep the food warm.

Notes

Serve with [basmati rice](#) and sumac.

Recommended Products

[Stainless Steel Kabob Skewers](#)

[Natural Raffia Hand Fan](#)

[Sumac Seasoning](#)

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Amount Per Serving: CALORIES: 332 TOTAL FAT: 23.5g SATURATED FAT: 8.9g
TRANS FAT: 0.3g UNSATURATED FAT: 1.6g CHOLESTEROL: 75mg SODIUM: 419.6mg
CARBOHYDRATES: 4.7g FIBER: 2.1g SUGAR: 0.5g PROTEIN: 24.9g

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COMMENTS

Bargain Seeking Mom says

at

Great event! The food looks so delicious and inviting. What a feast!

[Reply](#)

The Duo Dishes says

at

Looking forward to checking out your website for any other Persian recipes! Love Persian food. This is a great meal.

[Reply](#)

Anonymous says

at

Food looked excellent. Video on making the kebab was very useful for those who want to be authentic.

[Reply](#)

Anonymous says

at

The menu, the description of the marinate, and the preparation of the entire meal were very clear and mouthwatering. The photography was very professional. I can not wait to try out some of the recipes.

M

[Reply](#)

Gelareh @ Nutritious Foodie says

at

It sounds like you had persian feast.... I am a 100% Persian... and have no clue how to make kabob... its' easier just to visit my fam for a good persian meal... yikes! and that Sholeh Zard look awesome... my favorit dessert:)

Reply

FamilySpice says

at

Well, Kim, if you ever make it to San Diego give me a ring. I'd love to introduce you to Persian food!

Reply

~RED~ says

at

This blog was fantastic, i learned alot, watched your videa and slideshow. Maybe i can someday experiance this firsthand!

Reply

Fikrat says

at

I am from Iraq Newly came to Canada .
Laura you are great in describing the Kabab party as we do .
Great Author .

We call it KABAB not Kabob ,it is the same ingredients and way to do it .

Best wishes to your lovely Happy Comunity .

Reply

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