

# AH Kip Shoarma Seekh Kebab Method

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## Question

How should the kip-shoarma version of Nick's seekh kebab/paratha wrap be prepared?

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## Scope

This Document converts the component research into a practical cooking sequence. It preserves the paratha, roasted garlic, herb mayo chutney, and vegetable topping logic, but uses pan-browned AH kip shoarma instead of a formed minced-meat seekh kebab.

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## Method: kip shoarma seekh kebab paratha wrap

This method keeps Nick's paratha, roasted garlic, mayo chutney, and fresh toppings structure, but replaces the ground-beef seekh kebab with pan-browned AH kip shoarma.

### 1. Make quick-pickled red onion

1. Thinly slice 1–2 red onions.
2. Mix about 100 ml vinegar, 100 ml water, 1 teaspoon sugar, and 1/2 teaspoon salt.
3. Add the onion and leave for at least 30 minutes.

### 2. Roast the garlic

1. Heat the oven to 220°C.
2. Cut the top from 1 garlic bulb to expose the cloves.
3. Add olive oil and salt.
4. Wrap in foil.
5. Roast for about 30–40 minutes, until the cloves are soft enough to squeeze out.

### **3. Make the paratha dough**

1. Mix 500 g flour, 1 teaspoon salt, and 1 teaspoon sugar.
2. Gradually add about 300 ml water.
3. Knead for 8–10 minutes until soft and supple.
4. Cover and rest for 30–45 minutes.

### **4. Make the mayo chutney**

1. Briefly blend coriander, mint, juice of 1/2–1 lemon, 1 green chili, 1/2 teaspoon cumin powder, and 1/2 teaspoon coriander powder.
2. Fold the herb base into 4–6 tablespoons mayonnaise.
3. Season with salt and black pepper.
4. Optional: mix in 1–2 roasted garlic cloves for a deeper, aioli-like sauce.

### **5. Prepare the vegetables**

1. Slice cucumber into thin strips or rounds.
2. Shred iceberg lettuce or white cabbage.
3. Optional: slice tomatoes and remove the wet seed core.
4. Pat watery vegetables dry before assembly.

### **6. Cook the parathas**

1. Divide the dough into 6–8 balls.
2. Roll one ball out very thinly.
3. Brush with melted butter or oil.
4. Dust lightly with flour.
5. Roll into a rope, then coil into a spiral.
6. Rest for 10–15 minutes.
7. Roll out again into a flatbread.
8. Cook in a hot pan with a little oil or butter until browned in spots.
9. Hold cooked parathas under a clean towel so they stay pliable.

### **7. Cook the AH kip shoarma**

1. Heat a large frying pan or wok over medium-high to high heat.
2. Add a small amount of oil.

3. Cook the kip shoarma in batches so the pan stays hot and the meat browns instead of steaming.
4. Cook until done and browned, about 6–8 minutes per batch.
5. Taste before adding seasoning: AH kip shoarma is already seasoned.

## **8. Assemble**

1. Lay down a warm paratha.
2. Spread with a thin layer of mayo chutney.
3. Add kip shoarma.
4. Add pickled red onion, lettuce or cabbage, and cucumber.
5. Optional: add tomato, jalapeños, or extra roasted garlic.
6. Finish with a little more sauce.
7. Roll tightly, or serve open as a flatbread.

## **9. Serve**

Serve immediately while the paratha is warm and flexible. Keep extra mayo chutney and pickled red onion on the side.