

Nick's Seekh Kebab Component Dossier

Question

How should each component of EtenmetNick's seekh kebab/paratha recipe be understood, researched, and optionally optimized before creating one or more final recipes?

Scope

This Document assembles reusable component Fragments. It first preserves the video baseline, then evaluates the major components: meat, roasted garlic, herb mayo chutney, paratha, vegetables, and assembly. It also includes a practical Albert Heijn kip-shoarma variant with a shopping list and cooking method.

Video baseline

Primary video: [DE ULTIEME KEBAB? | EtenmetNick](#).

The supplied video description defines the baseline recipe as an oven-baked seekh kebab served with roasted garlic, a herb mayonnaise described in the captions as a "mayo chutney", and homemade paratha. Dutch captions confirm the stated intent: combine "lekker kebab", "lekker brood", and "een lekker sausje"; make seekh kebab without barbecue, grill, or tandoor; and use paratha as the flatbread.

Baseline components

- **Seekh kebab meat:** 900 g ground beef, grated squeezed red onion, coriander, mint, garlic, ginger, green chili, cumin, coriander powder, garam masala, smoked paprika, salt, and black pepper.
- **Roasted garlic:** one whole bulb of garlic with olive oil and salt, started at 220°C and baked alongside the kebab.
- **Herb mayonnaise / mayo chutney:** coriander, mint, lemon juice, green chili, cumin, coriander powder, mayonnaise, salt, and pepper.
- **Paratha:** flour, salt, sugar, water, melted butter, and extra butter/oil for lamination and pan-frying.

- **Vegetables/toppings:** not specified in the video description. Treat as an open design component optimized for crunch, acidity, freshness, and moisture control.
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Seekh kebab meat

Role in the wrap

The meat should be deeply seasoned, juicy, cohesive enough to slice or lift cleanly, and browned at the edges. Because this version is oven-baked rather than cooked on skewers over live fire, the recipe must compensate for lower smoke and direct radiant heat.

Baseline

Nick's baseline uses 900 g ground beef; three grated red onions, squeezed dry; fresh coriander and mint; garlic; ginger; green chili; cumin; coriander powder; garam masala; smoked paprika; salt; and black pepper. The method kneads the mixture for 2–3 minutes until sticky, spreads it 2 cm thick on a tray, portions it into strips, bakes it, then finishes under the grill.

Research findings

- Squeezing moisture from grated onion is important. Seekh kebab recipes commonly warn that wet onion mixtures can weaken cohesion and cause kebabs to slump or fall apart; Nick's instruction to squeeze the grated onions is therefore structurally sound ([Tea for Turmeric](#)).
- Kneading until sticky is not just mixing: it extracts salt-soluble meat proteins, which helps the ground meat bind into a springier kebab texture. Keep Nick's 2–3 minute knead.
- For beef seekh kebab, an 80/20-style grind or similarly fatty mince is preferable to very lean beef. Lean meat will bake drier, especially in the oven.
- The oven-and-grill method is practical, but browning depends on tray spacing, surface oil, and a hot finish. A broiler/grill finish is important for edge color and roasted spice aroma.

Recommended version

Keep Nick's meat formula as the baseline. Optimize execution rather than changing the spice profile:

1. Use ground beef with about 20% fat if available.
2. Grate or process the onions, then squeeze aggressively in a towel or sieve.
3. Mix salt and spices evenly before kneading with the meat.
4. Knead until tacky/sticky, then rest chilled for 20–30 minutes if time allows.
5. Spread at about 2 cm thickness; create grooves or separated strips to increase browned edges.
6. Bake until cooked through, then grill/broil hard for browning.

Experiments

- A/B test 100% beef vs beef/lamb blend for richer kebab flavor.
 - A/B test no rest vs 30-minute chilled rest after kneading.
 - A/B test tray-baked rectangle vs formed skewers on a rack.
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Roasted garlic

Role in the wrap

Roasted garlic can add sweetness, mellow garlic depth, and a soft paste texture that works in sauce or as a thin spread on the paratha.

Baseline

Nick starts a whole garlic bulb at 220°C with olive oil and salt for 10 minutes, then continues baking it alongside the kebab for another 18–20 minutes plus a short grill finish.

Research findings

- Whole-bulb roasted garlic usually needs longer than 10 minutes. Common recipes roast cut, oiled, foil-wrapped bulbs for roughly 25–60 minutes depending on oven temperature and desired softness ([BBC Good Food](#), [Love and Lemons](#)).
- Nick's actual total time is closer to 30+ minutes because the garlic remains in the oven with the kebab, so the description's first 10 minutes should be read as a head start, not the full roast.
- A very hot oven can brown the exposed tops quickly while the inner cloves still need time to soften. Foil wrapping protects against scorching.

Recommended version

Keep the whole-bulb method, but judge by texture rather than clock time:

1. Cut off the top of the bulb to expose cloves.
2. Add olive oil and salt; wrap tightly in foil.
3. Roast during the full kebab bake until cloves squeeze out easily.
4. If not soft when the kebab is done, return it to the oven separately.
5. Use as a thin paratha spread or mix a small amount into sauce.

Experiments

- Try roasted garlic directly on the paratha vs incorporated into the mayo.
 - Compare 220°C fast roast vs 180°C longer roast for sweetness.
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Herb mayo chutney

Role in the wrap

The sauce must add fat, acidity, herb freshness, chili lift, and enough moisture to connect the kebab and bread. It should not become so loose that it soaks the paratha.

Baseline

Nick's baseline blends coriander, mint, lemon juice, green chili, cumin, and coriander powder, then mixes that herb base with mayonnaise and seasons with salt and pepper.

Research findings

- This sauce behaves like a mayonnaise-stabilized green chutney. Mint/coriander chutneys commonly rely on herbs, chili, acidity, and salt; mayonnaise adds body and fat so the sauce clings to meat and bread.
- Lemon juice is important because the meat and paratha are rich. The sauce should taste slightly too bright by itself so it remains balanced in the assembled wrap.
- Blending herbs too long can bruise them and darken the sauce. Process only until fine, then fold into mayo.
- Roasted garlic can be added, but it changes the sauce from bright chutney-mayo toward aioli. Use it deliberately, not automatically.

Recommended version

Keep Nick's formula as the house sauce. Improve control:

1. Blend herbs, chili, spices, and lemon only briefly.
2. Fold into mayonnaise by hand.
3. Season after the mayo is added, because mayo saltiness varies.
4. Keep chilled until service.
5. Optional: add a small amount of roasted garlic paste if the final wrap needs more sweetness and depth.

Experiments

- A/B test no roasted garlic vs 1–2 roasted cloves in the mayo.
 - A/B test all-mayo vs half mayo/half yogurt for a lighter sauce.
 - A/B test lemon-only vs lemon plus a small splash of vinegar for sharper kebab-shop acidity.
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Paratha flatbread

Role in the wrap

The paratha must be soft enough to fold around the kebab, flaky enough to feel special, and sturdy enough to resist sauce and meat juices.

Baseline

Nick's baseline uses flour, salt, sugar, water, melted butter, and extra butter/oil. The dough is kneaded until soft and elastic, rested, rolled very thin, fat-smear, lightly floured, rolled into a rope, coiled, rested again, rolled out, cooked in a hot pan, brushed with butter, and kept wrapped in a towel.

Research findings

- Paratha flakiness depends on lamination: fat separates thin dough layers, and rolling/coiling multiplies those layers. Nick's thin roll, fat smear, rope, and coil method aligns with standard flaky/lachha paratha technique ([Serious Eats](#), [King Arthur Baking](#)).
- Resting matters twice: first to relax gluten after kneading, then again after coiling so the dough can be rolled without forcing the layers apart.
- A slightly tacky dough tends to roll thinner and produce a softer bread than a dry dough.
- Holding cooked paratha under a towel is correct for wrap use because it traps steam and keeps the bread pliable.

Recommended version

Keep Nick's paratha method. Tighten execution controls:

1. Add water gradually; stop when the dough is soft and slightly tacky, not wet.
2. Rest covered at least 30–45 minutes after kneading.
3. Roll as thin as possible before lamination.
4. Use enough fat to fully coat the sheet, but avoid puddles.
5. After coiling, rest 10–15 minutes before final rolling.

6. Cook on medium-high heat until spotted; too low dries the bread, too high burns before the interior heats.
7. Wrap finished parathas in a clean towel until assembly.

Experiments

- Compare butter vs ghee vs neutral oil for lamination.
 - Compare all-purpose flour vs a partial whole-wheat blend.
 - Test whether paratha should be slightly under-crisped when used as a wrap.
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Vegetable toppings

Role in the wrap

The vegetable component should balance the rich meat, mayonnaise, and buttery paratha. Its jobs are acidity, crunch, freshness, color, and moisture control.

Baseline

The video description does not specify vegetables. Treat toppings as an open design choice.

Research findings

- Quick-pickled red onion is a high-value topping: it adds acidity, sweetness, color, and onion flavor without the harshness and water load of raw onion. Basic quick pickles use vinegar, salt, and sugar around thin-sliced onion ([The Kitchn](#)).
- Cucumber and tomato add freshness but can make wraps watery. Salt/drain tomato or use small amounts; use cucumber as thin slices or batons and pat dry.
- Cabbage or crisp lettuce adds reliable crunch and resists wilting better than soft leafy greens.
- Spicy pickles or chilies can reinforce kebab-shop sharpness, but should not fight the green chili in the sauce.

Recommended version

Use a compact topping set:

1. Quick-pickled red onion.
2. Shredded cabbage or crisp lettuce.
3. Cucumber, patted dry.

4. Optional tomato, seeded or lightly salted/drained.
5. Optional pickled chili or sliced fresh chili for heat.

Avoid overloading the wrap. The meat and paratha are the main components; vegetables should cut through richness without turning the paratha soggy.

Experiments

- A/B test cabbage vs lettuce for crunch retention.
- A/B test raw red onion vs quick-pickled red onion.
- Try a no-tomato version for maximum moisture control.

Assembly and service

Role

Assembly determines whether the researched components remain distinct or collapse into a soggy, overfilled wrap.

Recommended assembly order

1. Warm paratha until pliable.
2. Add a very thin layer of roasted garlic paste if using it as a spread.
3. Add a modest stripe of herb mayo chutney.
4. Place hot kebab strips in the center.
5. Add pickled onion and crisp vegetables.
6. Add a final small drizzle of sauce if needed.
7. Fold or roll immediately and serve while the kebab is hot and the paratha is soft.

Moisture-control principles

- Do not sauce the entire paratha edge-to-edge.
- Keep wet vegetables drained and patted dry.
- Put sauce near meat rather than under watery vegetables.
- Serve quickly; this is not an ideal long-hold wrap unless sauce and vegetables are packed separately.

Experiments

- Sauce under meat vs sauce over meat.
 - Garlic spread on bread vs garlic mixed into mayo.
 - Open flatbread service vs rolled wrap service.
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Albert Heijn shopping list: kip shoarma seekh kebab paratha

This list adapts Nick's seekh kebab/paratha baseline by replacing the ground-beef kebab component with Albert Heijn kip shoarma. Because AH kip shoarma is already seasoned, reduce or skip extra salt and kebab spices in the meat component.

Meat / main filling

- **Kipshoarma, about 900 g total**
 - AH Scharrel kip shoarma 500 g × 2
 - AH Kip shoarma 250 g × 4

Paratha

- **Tarwebloem**
 - AH Tarwebloem
 - Koopmans Tarwebloem
- **Roomboter**
 - AH Roomboter ongezoeten
 - Campina Botergoud ongezoeten
- **Neutrale olie**
 - AH Zonnebloemolie
 - AH Milde olijfolie
- **Zout**
 - AH Zeezout fijn
 - Jozo Zout
- **Suiker**
 - Van Gilse Kristalsuiker
 - AH Kristalsuiker

Herb mayo chutney

- **Mayonaise**

- AH Mayonaise
- Calvé Mayonaise
- **Verse koriander**
 - AH Koriander vers
 - AH Biologisch koriander
- **Verse munt**
 - AH Munt vers
 - AH Biologisch munt
- **Citroen**
 - AH Citroenen
 - AH Biologische citroen
- **Groene chilipeper / jalapeño**
 - AH Groene pepers
 - AH Jalapeño peper
- **Komijnpoeder**
 - Verstegen Komijn gemalen
 - Euroma Komijn gemalen
- **Korianderpoeder**
 - Verstegen Koriander gemalen
 - Euroma Koriander gemalen
- **Zwarte peper**
 - AH Zwarte peper
 - Verstegen Zwarte peper
- **Zout**
 - AH Zeezout fijn
 - Jozo Zout

Roasted garlic

- **Knoflookbol**
 - AH Knoflook
 - AH Biologische knoflook
- **Olijfolie**
 - AH Olijfolie mild
 - AH Terra olijfolie extra vierge
- **Zout**
 - AH Zeezout fijn

- Jozo Zout

Vegetables / toppings

- **Rode uien**
 - AH Rode uien
 - AH Biologische rode uien
- **Witte kool or ijsbergsla**
 - AH Witte kool
 - AH Ijsbergsla
 - AH Gesneden ijsbergsla
- **Komkommer**
 - AH Komkommer
 - AH Biologische komkommer
- **Tomaten, optional**
 - AH Romaatjes
 - AH Tasty Tom trostomaten
- **Ingelegde jalapeños / pepers, optional**
 - AH Jalapeño pepers
 - Santa Maria Green jalapeños

Quick-pickled red onion

- **Azijn**
 - AH Natuurazijn
 - AH Witte wijnazijn
- **Suiker**
 - Van Gilse Kristalsuiker
 - AH Kristalsuiker
- **Zout**
 - AH Zeezout fijn
 - Jozo Zout

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.

Current synthesis

Nick's baseline is already technically coherent: squeezed onion and kneaded mince support kebab structure; the oven plus grill finish gives a practical home-cook browning path; the paratha method uses real lamination; and the mayo chutney balances richness with herbs, lemon, and chili.

The main research-driven improvements are execution controls rather than a full rewrite: use sufficiently fatty beef, squeeze onion very dry, treat roasted garlic as texture-driven rather than clock-driven, keep the sauce bright, drain vegetables, and assemble to avoid soggy paratha.

For the Albert Heijn kip-shoarma variant, the main adaptation is substitution rather than reformulation: replace the ground-beef kebab mixture with browned AH kip shoarma, keep the paratha/sauce/topping system, and avoid extra meat seasoning until after tasting because the shoarma is already seasoned.

Open questions

- Should the optimized final recipe stay all-beef or use a beef/lamb blend?
- Should roasted garlic be a separate spread or folded into the herb mayo chutney?
- Should the final serving format be rolled wrap, open flatbread, or both?
- Which vegetable topping set should become the default?