



fit to a tee

Mideastern Kofta ON skewers



INGREDIENTS:

- 2.5 Pounds ground lamb, beef, or even chicken or turkey (we used beef)
- 1 bunch of parsley, coarsely chopped
- 1 large red onion, coarsely chopped
- ¼ tsp cinnamon
- ¼ tsp ground cloves
- ¼ tsp ground nutmeg
- Salt and pepper to taste

DIRECTIONS:

1. Soak bamboo skewers in water for 30 minutes if grilling over flame
2. Hand chop or pulse onion and parsley in a food processor until finely chopped
Transfer to a large bowl and add the ground meat, spices, salt and pepper. GENTLY mix with your hands. Mixing too hard makes the meat tough.
3. Form the mixture into 1 ½ “balls. Thread, one at a time, onto a skewer, then form into a LOG SHAPE around the skewer. Repeat until all the meat is used.
4. Lightly oil a grill pan (or gas or charcoal grill) and cook over high heat, turning every few minutes until all sides are cooked and browned. Internal temperature should be 160°