

Beef Kofta

Ingredients

1 lb Ground Beef
1/2 lb Ground Lamb
1 Onion (cut into fourths)
2 c Parsley (loosely packed)
3 clv Garlic
1 Egg
1/2 t Turmeric
1/4 t Ground Cinnamon
1/2 t Paprika
1/2 t Cumin
1 t Allspice
15 Wooden Skewers (soaked)
1/2 t Salt
1/4 t Ground Black Pepper
1/4 t Cayenne Pepper

Instructions

1. Presoak the wooden skewers for about 30 minutes prior to cooking. Preheat oven to 350 degrees.
2. Place lamb and beef in a bowl with cayenne, turmeric, cinnamon, paprika, cumin, allspice, egg, and salt and pepper.
3. Place the onion, parsley, and garlic in a food processor. Blend until it is all finely chopped. Transfer to a sieve or fine colander and press on it with a spoon to drain all the liquid. Discard the liquid and mix the onion pulp with the ground meats.
4. Mix the meat and onion pulp with the rest of the ingredients and knead with your fingers. After kneading the mixture for a few minutes it will resemble a paste that will stick together and will not fall apart when you pick it up in your hand.

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5.Scoop up a ball (about 1/3 cup) of the mixture and wrap it around the middle of the skewer and start spreading the meat on the skewer by opening and closing your fingers to stick the mixture securely to the skewer. Leave a few inches from the tip and handle section of the skewer clear.

The thickness of the meat mixture should be about 1/2 inch all around the skewer. If making meatballs, roll meat into large 2 inch meatballs.

6.Line up the skewers or meatballs on baking sheets lined in parchment paper. Bake the skewers or meatballs in the oven for 15-20 minutes, or until cooked through.