



LEBANESE

Kofta Kebabs

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	25 min	12 min	Grill	Ground beef

Ingredients

- 700 g (1½ lb) ground beef, 80/20
- 1 small onion, grated and squeezed dry
- 4 tbsp finely chopped flat-leaf parsley
- 2 tbsp finely chopped fresh mint (or 2 tsp dried)
- 3 cloves garlic, crushed
- 1½ tsp salt
- 1 tsp ground allspice
- ½ tsp ground cinnamon
- ½ tsp black pepper
- ¼ tsp ground nutmeg
- 1 tbsp olive oil, for brushing
- Flatbread, sliced tomato, onion and yogurt or tahini sauce, to serve

Steps

1. If using wooden skewers, soak 8 of them in water for 20 minutes so they do not burn.
2. Mix the beef, onion, parsley, mint, garlic, salt, allspice, cinnamon, pepper and nutmeg in a bowl. Knead with your hands for 2 minutes until the mixture feels sticky and holds together.
3. Chill the mixture for 20 minutes; this makes it much easier to shape.
4. Wet your hands and mould about 90 g (3 oz) of meat around each skewer into a long sausage about 12 cm (5 in) long, pressing gently so it grips.
5. Heat a grill or a ridged grill pan to medium-high, and oil the grate lightly.
6. Lay the skewers on the grill and cook for 3 minutes without moving them, until the underside has deep brown marks and releases easily.
7. Turn every 3 minutes, 3 or 4 turns in all, until browned all over and a thermometer reads 71°C (160°F) in the centre. This takes 10 to 12 minutes.
8. Rest for 3 minutes, then serve in warm flatbread with tomato, onion and sauce.

Notes

- **Make ahead:** the shaped skewers keep covered in the fridge for a day, or freeze for 2 months.
- **No grill?** Cook under a hot broiler, 8 cm (3 in) from the element, turning every 3 minutes.
- **Mix it up:** swap half the beef for ground lamb for a more traditional flavour.
- **Air fryer:** preheat to 200°C (400°F). Cook in a single layer for 10 to 12 minutes, turning halfway, until 71°C (160°F) inside.
- **Pair with:** a chopped tomato and cucumber salad or tabbouleh.