

Beef or Lamb Kofte

Serves 8

This dish provides a taste of North Africa. You may substitute ground beef for ground lamb. The original recipe calls for grilling the meat on skewers but my lamb kofte was not firm enough for this method.

If you don't wish to risk using skewers, you can make patties that will fit into a half-pita pocket and grill them like hamburgers. The original recipe is from America's Test Kitchen.



Ingredients:

- 5 cloves garlic, divided
- 1/8 red onion
- 1/2 cup pine nuts
- 1 1/2 tsp. hot smoked paprika
- 1 tsp. cumin
- 1 tsp. salt + 1/2 tsp. salt, divided
- 1/2 tsp. ground pepper
- 1/4 tsp. ground cloves
- 1/4 tsp. ground coriander
- 1/8 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- 1 1/2 lb ground lamb
- 1/3 cup plus 1 Tbsp. chopped mint, divided
- 1/3 cup chopped parsley
- 1 1/2 tsp. gelatin
- 8 pitas
- 1 cup plain yogurt
- 1/2 lemon
- 2 Tbsp. Tahini

Equipment

- Hot grill
- Food processor
- Spatula
- 8 metal skewers
- Rimmed cookie sheet
- Non-stick spray
- Dutch oven

Kofte:

☑	Directions	Time (min)	
	Peel and dice garlic, set aside 1/5 of the garlic	2	
	Slice 1/3 cup of red onion. Set aside	2	
	Add garlic, pine nuts, 1 tsp. salt, and spices to a blender and blend to make a paste	3	
	Place ground lamb in a bowl. Transfer paste from food processor with a spatula	2	
	Chop parsley and mint	3	
	Add 1/3 cup chopped mint, parsley, and gelatin to the lamb. Reserve 1 Tbsp. chopped mint	1	
	Knead meat mixture by hand to make it sticky	3	
	Spray the cookie sheet with non-stick spray	1	
	Form meat into tubes on the skewers. Place on the pan	3	
	Refrigerate meat		
	Heat the grill. Heat oven to 250.	20	
	Juice half a lemon to obtain 2 Tbsp. juice	2	
	In a bowl, whisk together yogurt, 1 clove diced garlic, 1/2 tsp. salt, lemon juice, and tahini. Set aside.	5	60
	Place pitas in Dutch oven on a moist paper towel. Place in oven to heat.		
	Wipe grill with oil soaked paper towel	1	
	Grill meat on hot fire to brown on one side	6	
	Flip meat to brown on opposite side	6	
	Place meat in soft, warm pita, add yogurt sauce and sprinkle with red onions	2	
	Total	1 1/2 hr	