

Lamb Kofta

Prep time: 45 mins

Cook time: 10 mins

Makes: 8-10 koftas



Equipment:

Mixing bowl and wooden spoon
Tongs
Grater
Knife and chopping board
Fry pan or grill plate

Ingredients:

11 g salt
625 g lamb mince
1 clove minced garlic
1/4 onion, grated
1/4 bunch flat leaf parsley, finely chopped
(only run your knife through the herb once)
1 tbsp ground coriander
1 tbsp ground cumin
3/4 tsp ground cinnamon
3/4 tsp ground allspice
1/2 tsp cayenne pepper or hot chili powder
3/4 tsp ground ginger
1/4 tsp white pepper (ground)
1 egg

Method:

Combine all ingredients in a large bowl. Using damp hands (to stop the meat from sticking, but not too wet) form balls of the mince mixture and then roll into sausage shapes. This can be done directly onto skewers either metal or wood (soak beforehand if you are using wood) (about 70 grams per skewer). Allow to rest in the refrigerator, un-covered, for fifteen minutes before cooking. Bring a pan or barbecue to a high heat. Add a little olive oil if required, place onto your cooking surface and caramelize all edges evenly. The koftas are cooked when the juices begin to run clear. Lamb mince is very lightly pink on the inside when cooked to perfection, if it's grey all the way through they are over done.

To serve:

Serve with flat bread, some chermoula, and a little salad of olive, tomato, cucumber and red onion.

Food, Fun, do!