

Kefta Kabob Recipe (ground beef skewers)

{youtube}jYRp7xzFT0M{/youtube}

Description

In the simplest form, kefta consist of balls of minced or ground meat — usually beef or lamb — mixed with spices and/or onions. Kefta is sometimes made with fish or vegetables rather than meat, especially in India. They can be grilled, fried, steamed, poached, baked or marinated, and may be served with a rich spicy sauce. Variations occur in North Africa, the Mediterranean, Central Europe, Asia and India. According to a 2005 study done by a private food company, there were 291 different kinds of kefta in Turkey, where it is very popular.[1] In Arab countries, kefta is usually shaped into cigar-shaped cylinders. Early recipes (included in some of the earliest known Arabic cookbooks) generally concern seasoned lamb rolled into orange-sized balls, and glazed with egg yolk and sometimes saffron.

Recipe

1lb. ground beef 15% fat

.3 lb. ground lamb

2 tbs. chopped parsley

1tsp. salt

1/2 tsp. black pepper

1/2 tsp. sumac

1/4 tsp. ground nutmeg

1 tsp. 7 spices

olive oil for pan frying

Combine all ingredients except olive oil. Shape meat into 2-3 inch ovals or shape onto skewers. Cook on grill for 3-4 minutes on each side and be careful while turning not to break the meat. Or heat a pan and add 2-3 tbs of olive oil and add kefta ovals, cook for 3-4 minutes on each side or until browned. Serve with hummus, garlic and salad.

serves 5 people