

# LAMB KOFTA KEBABS

F EASY

Last Modified: 08/10/2014

PREP: 1 Hr 30 Min  
COOK: 15 Min  
GRILLED

MOROCCAN

**MAKES 8 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
1 1/2	Pounds	Ground Lamb	
8	6 Inch	Pita Bread Rounds	Warmed
1/2	Cup	Yellow Onion	Grated
1/2	Cup	Pine Nuts	
4	Cloves	Garlic	Smashed
1/3	Cup	Fresh Mint Leaves	Fine Chop
PLUS			
2	Tbsp	Fresh Mint Leaves	Coarse Chop
1/3	Cup	Fresh Italian Parsley Leaves	Fine Chop
1 1/2	Tsp	Gelatin Powder	
5	Tsp	Recipe: Seasoning - Turkish - Baharat Powdered	
1	Small	Red Onion	Thin Slivered
8	Metal	Skewers (Flat Sided - NOT Round)	
1	Recipe:	Sauce - Greek Tzatziki Sauce (Gyros)	

## PREPARATION

<b>FACTOID</b>	This makes an outrageously good grilled Sandwich. This says 8 servings, but around here, it's MUCH closer to 4.
<b>HINTS</b>	You hand shape these skewers into Bratwurst sized "sausages" before grilling. Makes for easy eating when wrapped in a Pita Bread "bun".
<b>TOOLS</b>	<ol style="list-style-type: none"> <li>1) Fine Wire Strainer</li> <li>2) Coarse Box Grater</li> <li>3) Food Processor OR Blender</li> <li>4) Charcoal OR Gas Grill OR Large Grill Pan</li> <li>5) Small Mixing Bowl</li> <li>6) Medium Mixing Bowl</li> <li>7) 8 - Flat Metal Meat Skewers</li> <li>8) Aluminum Half Sheet Pan</li> </ol>
<b>PREP</b>	<p><b>DISH</b></p> <ol style="list-style-type: none"> <li>1) Smash the Garlic Cloves and set them aside.</li> <li>2) Finely chop the Mint Leaves and set them aside</li> <li>3) Coarsely chop the Mint Leaves and mix them into the fine chopped ones.</li> <li>4) Finely chop the Parsley Leaves and mix them into the Lime Leaves.</li> <li>5) Thinly sliver the Red Onion and set it aside.</li> </ol>
<b>PREP</b>	<b>GROUND ONION:</b> Halve and peel the Onion(s). Grate the Onion through the coarse holes in a box grater until you get 1/2 cup. Place a fine wire strainer over a small mixing bowl. Spread the Grated Onion evenly on the wire screen and allow the moisture to drain until ready to add it into the Meat. Press lightly with the back of a spoon.
<b>1</b>	<b>GREEK TZATZIKI:</b> Make a Recipe: Sauce - Greek Tzatziki. Cover and refrigerate it until ready to serve.

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<b>2</b>	<b>SPICE PASTE:</b> In a food processor, add in the Pine Nuts, Garlic Cloves and Baharat Powder. Grind until it becomes a fine paste.
<b>3</b>	<b>MEAT MIXTURE:</b> In medium mixing bowl, add in the Ground Lamb, Spice Paste, Ground Onion, Gelatin Powder, Lime Leaves and Parsley.
<b>4</b>	<b>MEAT MIXTURE:</b> Knead the Meat Mixture with your hands until it becomes well mixed and VERY sticky, at least 4 minutes. Turn the Meat Mixture out onto a cutting board and divide it in half, half and half again, until you have 8 equal sized portions.
<b>5</b>	<b>KEBABS:</b> Dampen your lightly hands with water and pat & squeeze each Meat Portion into a Sausage shape (See Pictures). Insert a metal skewer through the center and lightly pack the Meat on so it doesn't rotate. Place each skewer on a non stick spray coated sheet pan and refrigerate them uncovered for at least 1 hour.
<b>HINTS</b>	These will cook very quickly, but you want a nice grilled char on the outside.
<b>6</b>	<b>GRILLING:</b> Preheat your grill as hot as possible with the lid closed. Spread a coating of cooking oil on the grates to help prevent sticking and grill the kebabs 4 to 7 minutes on the first side. Rotate the kebabs and grill for another 6 minutes. Make certain there is a nice crusty coating on the entire outside.
<b>7</b>	<b>GRILLING:</b> Allow the kebabs to rest for 5 minutes. Meanwhile slice a Red Onion into very thin slivers and set them aside.
<b>SERVE</b>	<b>SANDWICH BUILD:</b> Place a warmed Pita Bread round in your palm, curve it into a bun shape, place a skewered Kofta Sausage in the bun, squeeze and slide out the skewer. Top the Kofta with a couple of tablespoons of Tzatziki (To Taste). Sprinkle the top with Red Onion Slivers and a few coarsely chopped Mint Leaves.