



Grilled Levantine Lamb Kofta with Baharat

Ingredients:

2 tsp Arabian Baharat
¼ cup fresh mint, finely chopped
Small bunch fresh Italian parsley,
finely chopped
2 green onions, finely chopped
1 clove garlic, grated
1 tsp kosher salt
1 TBL olive oil
1 lb ground local lamb
8 bamboo skewers, soaked in water
for 30 minutes

For Garnish

Mint springs
Lemon slices

Spices Used: Arabian Baharat

4 Servings

Prep Time: 40 mins

Cook Time: 8 mins

Instructions:

- 1 - Combine Arabian Baharat, mint, parsley, green onion, garlic, salt and olive oil together. Add to ground lamb and mix until well combined.
- 2 - Divide spiced lamb into four equal parts, then divide each quarter into four again to create 16 balls.
- 3 - Roll each ball into a log about 2.5" long and 1" thick. Insert soaked skewer into centre of two kofta and place on a parchment lined baking sheet. Cover with plastic wrap and refrigerate for 30 minutes, or until ready to cook.
- 4 - Preheat BBQ to medium. Brush Kofta with oil and grill on skewers for 2 minutes on each side until desired doneness (about 8 minutes total).
- 5 - Serve with flat bread or rice, with a side of Tomato Cucumber Raita or Tunisian Chimichurri.



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Show Spice Level 1

Spice Level 2

Recipe Gallery

Short Description Kofta is the Arabian version of Turkish kebobs. They are likely a culinary inheritance from the ottoman empire when it ruled the Arab Levant for four centuries. Kofta is spiced ground meat (usually lamb) that you can grill, panfry or bake with an assortment of sauces or sides. This is the BBQ version and it is a great way to enjoy your backyard bounty and support local farmers. Great for spring/summer entertaining.

Ingredients

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Instructions

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Spices Used a:1:{i:0;s:2:"25";}

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