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## Grilled Lamb Kofte

From *America's Test Kitchen* Season 14: Grilling Goes International

### WHY THIS RECIPE WORKS:

We skipped the traditional bread panade in favor of a little gelatin to keep our *kofte* moist after grilling. And we added ground pine nuts for richness and to keep the kofte from being too springy.

### Serves 4 to 6

Serve with rice pilaf or make sandwiches with warm pita bread, sliced red onion, and chopped fresh mint.

### INGREDIENTS

#### YOGURT-GARLIC SAUCE

- 1** cup plain whole-milk yogurt
- 2** tablespoons lemon juice
- 2** tablespoons tahini
- 1** garlic clove, minced
- 1/2** teaspoon salt

#### KOFTE

- 1/2** cup pine nuts
- 4** garlic cloves, peeled
- 1 1/2** teaspoons hot smoked paprika
- 1** teaspoon salt
- 1** teaspoon ground cumin
- 1/2** teaspoon pepper
- 1/4** teaspoon ground coriander
- 1/4** teaspoon ground cloves
- 1/8** teaspoon ground nutmeg
- 1/8** teaspoon ground cinnamon
- 1 1/2** pounds ground lamb
- 1/2** cup grated onion, drained
- 1/3** cup minced fresh parsley
- 1/3** cup minced fresh mint

**1 1/2** large disposable aluminum roasting pan (if using charcoal)

## INSTRUCTIONS

**1. FOR THE YOGURT-GARLIC SAUCE:** Whisk all ingredients together in bowl. Set aside.

**2. FOR THE KOFTE:** Process pine nuts, garlic, paprika, salt, cumin, pepper, coriander, cloves, nutmeg, and cinnamon in food processor until coarse paste forms, 30 to 45 seconds. Transfer mixture to large bowl. Add lamb, onion, parsley, mint, and gelatin; knead with your hands until thoroughly combined and mixture feels slightly sticky, about 2 minutes. Divide mixture into 8 equal portions. Shape each portion into 5-inch-long cylinder about 1 inch in diameter. Using 8 (12-inch) metal skewers, thread 1 cylinder onto each skewer, pressing gently to adhere. Transfer skewers to lightly greased baking sheet, cover with plastic wrap, and refrigerate for at least 1 hour or up to 24 hours.

**3A. FOR A CHARCOAL GRILL:** Using skewer, poke 12 holes in bottom of disposable pan. Open bottom vent completely and place pan in center of grill. Light large chimney starter filled two thirds with charcoal briquettes (4 quarts). When top coals are partially covered with ash, pour into pan. Set cooking grate in place, cover, and open lid vent completely. Heat grill until hot, about 5 minutes.

**3B. FOR A GAS GRILL:** Turn all burners to high, cover, and heat grill until hot, about 15 minutes. Leave all burners on high.

**4.** Clean and oil cooking grate. Place skewers on grill (directly over coals if using charcoal) at 45-degree angle to grate. Cook (covered if using gas) until browned and meat easily releases from grill, 4 to 7 minutes. Flip skewers and continue to cook until browned on second side and meat registers 160 degrees, about 6 minutes longer. Transfer skewers to platter and serve, passing yogurt-garlic sauce separately.

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## TECHNIQUE

### SKIP THE BURGER AND TRY THIS

These kebabs take only a little longer to throw together than burgers but boast far more complex flavors and textures. For sandwiches, serve in warm pita bread.

**TANGY SAUCE:** Ours features traditional garlicky yogurt, plus a little tahini for added complexity.

**SPRINGY YET TENDER TEXTURE:** Kneading the ground meat gives the *kofte* a sausagelike spring, while incorporating ground pine nuts ensures that it also stays tender.

**WARM SPICES:** Spices added to the meat, including hot smoked paprika, cumin, and cloves, contribute heat and depth.

**FRESH HERBS:** The bright, grassy flavors of two other mix-ins, parsley and mint, complement the kofte's richness.

