

home Style Beyti Kebab



Beyti Kebab is one of the much loved traditional Turkish kebabs at home - succulent Beyti kofte, rolled over thin wrap, served with a delicious tomato sauce and garlicky yoghurt on top. It is easy to make Beyti Kebab at home and so delicious. Traditionally minced/ground lamb is used, though you can use half and half minced beef and lamb as I do here or just minced/ground beef if you prefer (10% fat is recommended). You can use Turkish fresh yufka sheets, lavash style thin flat breads if you can find. If not, thin, fresh flour tortilla works well too as an option.

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Recipe type: Kebabs

Cuisine: Turkish cuisine

Serves: 4-6

Ingredients

- For the Beyti kofte rolls:
- 750g/1lb 10 oz minced/ground beef, lamb or a combination (10% fat)
- 1 medium onion, grated
- 1 medium egg, beaten
- 2 slices of stale bread (crusts removed)
- Small bunch of flat leaf parsley, finely chopped (optional)
- 5ml/1tsp ground cumin
- ½ tsp (or more!) pul biber or red pepper flakes
- Sea salt and freshly ground black pepper to taste
- Small bowl of water with a drizzle of oil - to shape the kofte rolls -
- For the tomato sauce:
- 3 garlic cloves, finely chopped
- 30ml/2tbsp olive oil
- 30g/2tbsp double concentrated tomato paste
- 90ml/3fl oz water
- 5ml/1tsp pul biber
- Sea salt and freshly ground black pepper to taste
- Garlic yoghurt:
- 350g/12oz whole milk or strained yoghurt
- 2 garlic cloves, finely chopped
- Sea salt to taste
- 4 thin, fresh flour tortilla (25cm in diameter), lavash bread or yufka to wrap the Beyti kofte
- Optional:

- 140g/5oz small green peppers (Turkish pointy sivri biber or Padron peppers work well)
- 15ml/1tbsp olive oil
- Sea salt to taste

Instructions

1. First prepare the Beyti kofte. Soak 2 slices of stale bread (hard crusts removed) in a small bowl with warm water and squeeze out the excess water with your hands. Combine the kofte ingredients in a large mixing bowl, except the meat. Using your hands, combine them well for a minute (this ensures a smooth blend of the ingredients and soften the onions. Parsley is not traditionally included but we like the freshness of the herb here; please save a little for decorating the plate when serving). Stir in the ground/minced meat and again combine well with your hands. If you have time, cover with cling film and let the mixture rest and settle in the fridge for 30 minutes – this helps the mixture to firm up and hold together better when cooked-.
2. Preheat fan oven to 180C/350F. Line a large baking tray with baking paper. Also take the yoghurt out of the fridge to bring to room temperature.
3. Have a small bowl of water with a drizzle of olive oil and the Beyti kofte mixture near you. Dampen your hand in the oily water (that helps shaping the kofte) and take about a medium orange size kofte mixture in your hands. Roll into a log about 13 cm long. Place on a tray with baking paper and gently pat to flatten a little – kofte roll will be about 5cm wide. Repeat this with the rest of the kofte mixture and place them side by side, with about 2cm space between them. You will have 8 long Beyti kofte rolls. Bake in the preheated oven for 30 minutes.
4. Place the small green peppers on a small baking dish and drizzle with 1tbsp olive oil. Season with sea salt and combine well with your hands. Put this also in the preheated fan oven at 180C to bake for 18-20 minutes (it works well if you put them in the oven after the first 10 minutes of Beyti kofte baking so that they both finish baking the same time).
5. While they are baking, prepare your garlic yoghurt sauce. Combine the chopped garlic with the yoghurt, season with sea salt to taste. Leave aside at room temperature.
6. Once kofte is baked, take out of the oven; also take the peppers out of the oven. Turn the oven temperature down to 160C fan. Place the kofte rolls on a large flat plate. Gently place and pat the tortilla wraps or yufka over the kofte tray, for the wrap/yufka to soak up the delicious juices of kofte.
7. Place the wrap on a clean, dry surface. Place 2 Beyti kofte rolls end to end to make one long roll, at the edge near you. Roll into tight log. Cut the log into 4 equal pieces, about 5.5cm long. Have a clean baking paper on the baking tray and place these Beyti rolls seam side down. Repeat this for the remaining kofte rolls, using the wraps.
8. Brush the top of the rolls with a little olive oil (about 1 tbsp. enough for all) and place in the oven to warm up and get a little crispy, for 5 - 6 minutes. Also return the baked peppers back to the oven to warm up, for 2-3 minutes.
9. While they are baking, make your tomato sauce. Pour in 2tbsp olive oil over a small sauté pan and stir in the chopped garlic. Sauté for just over a minute on medium to high heat. Stir in the tomato paste and pul biber and combine well. Then pour in the water, season with sea salt and ground black pepper and simmer on a medium to low heat for 1-2 minutes. If appears to be on thick side, dilute with one or two tablespoons of water. Turn the heat off.
10. Now ensemble your Beyti kebab. Arrange the Beyti rolls in a circle on a serving plate and place the garlic yoghurt in the middle. Drizzle tomato sauce over the Beyti rolls and decorate with the roasted peppers around the plate. Decorate with the remaining chopped parsley and serve immediately.