

Kofta Kebabs



Hmm. None of these ingredients are on sale today.



Rated: ★★★★★

Submitted By: SRKELZ

Photo By: Spunky Buddy

Prep Time: 45 Minutes

Cook Time: 5 Minutes

Ready In: 1 Hour 20 Minutes

Servings: 28

"These lamb kebabs have 6 different kinds of spices; the first time I smelled them I knew immediately that I had to find the recipe. The most affordable way to purchase the spices is in bulk at either a health food store or an Asian or Middle-Eastern market. They are very good!"

INGREDIENTS:

4 cloves garlic, minced	1/2 tablespoon ground cinnamon
1 teaspoon kosher salt	1/2 teaspoon ground allspice
1 pound ground lamb	1/4 teaspoon cayenne pepper
3 tablespoons grated onion	1/4 teaspoon ground ginger
3 tablespoons chopped fresh parsley	1/4 teaspoon ground black pepper
1 tablespoon ground coriander	28 bamboo skewers, soaked in water for 30 minutes
1 teaspoon ground cumin	

DIRECTIONS:

1. Mash the garlic into a paste with the salt using a mortar and pestle or the flat side of a chef's knife on your cutting board. Mix the garlic into the lamb along with the onion, parsley, coriander, cumin, cinnamon, allspice, cayenne pepper, ginger, and pepper in a mixing bowl until well blended. Form the mixture into 28 balls. Form each ball around the tip of a skewer, flattening into a 2 inch oval; repeat with the remaining skewers. Place the kebabs onto a baking sheet, cover, and refrigerate at least 30 minutes, or up to 12 hours.
2. Preheat an outdoor grill for medium heat, and lightly oil grate.
3. Cook the skewers on the preheated grill, turning occasionally, until the lamb has cooked to your desired degree of doneness, about 6 minutes for medium.

Nutrition Information

Servings Per Recipe: 28
Calories: 35

Amount Per Serving

Total Fat: 2.3g

Cholesterol: 11mg

Sodium: 78mg

Amount Per Serving

Total Carbs: 0.6g

Dietary Fiber: 0.2g

Protein: 2.9g