

Kabob Koobideh (Minced Meat Kebab) by Steve Lyons

30 minutes

Serves 4

Introduction

Easy kofte recipe with ground lamb or beef and a mix of spices including garlic, ginger, mint, parsley, cumin, coriander, cinnamon and more. Great for BBQ or griddles.

Serves (Yield):	4	Difficulty rating:	●○○
Preparation time:	15 mins	Cooking time:	15 mins
Special equipment:	small bowl chopper, skewers (metal or wood)		

Ingredients

500g	lamb mince
3x	garlic cloves
1/2 inch	ginger , <i>peeled</i>
2x	shallots , <i>peeled</i>
3 tbsp	fresh parsley
1 tbsp	fresh mint
2 tsp	cumin
2 tsp	coriander
1 tsp	cinnamon
1 tsp	ground black pepper
1 tsp	salt

Method

If using bamboo skewers, soak for 15 minutes before using.

To start place the garlic and ginger in a small bowl chopper and pulse until the garlic and ginger are finely minced. Add all other ingredients apart from the lamb and blitz for another 30 seconds to make a paste.

Alternatively, grate the garlic and ginger into a bowl. Add all other ingredients apart from the lamb and mix well.

Add the spice mixture to the ground lamb and knead until well combined.

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Take a handful of the meat mixture and form into a meatball. Thread onto the skewer and roll the meat in your hands to flatten it into a long egg type shape. Do this with the remaining meat mixture.

Heat grill to high heat. Place kebabs on grill or in a hot griddle pan, and cook for about 6 minutes. Turn and cook another 6 minutes or until the meat is no longer pink. Remove from the grill.