

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Kofta with cumin & mint tzatziki

ready in under 25 minutes!



Ingredients – serves 4 people

500gm minced beef or lamb (coarse grind is best with 15% fat content)

1 large red onion (very finely chopped or grated)

1 Tsp smoked paprika

1 Tsp ground coriander

1 Tsp ground all spice

½ bunch parsley leaves (washed and roughly chopped)

2 Tbsp oil

salt & black pepper (to taste)

wooden skewers (soaked in water for an hour)

10 Tbsp Greek yoghurt

½ bunch mint leaves (washed and finely chopped) save some for garnish

½ Tsp ground cumin

2 cucumbers (washed and grated)

1 Tbsp salt

¼ lemon (juiced)

2 large garlic cloves (very finely chopped or grated)

salt & black pepper (to taste)

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Method

Break up the minced meat in a clean bowl then add the diced red onion, parsley, seasonings and oil. Season with freshly ground salt and black pepper to taste. Mix well using your hands until the spices and parsley are evenly mixed through.

Wet your hands and then divide the mix into equal quarters. Divide each quarter into 3 or 4 equally sized smaller pieces. Mould each piece around a skewer – the kofta should ideally be no more than 1cm thick and cover the pointed end of the skewer.

Pre-heat your grill on its highest setting and place a baking sheet/pan to pre-heat. Once the grill is very hot, quickly arrange the kofta onto the hot baking sheet/pan so the ends of the skewers are all closest to you. There should be a slight gap between each kofta skewer. Place the baking sheet/pan back under the grill. Check the kofta after 3 minutes to ensure the meat is searing and the skewers are not burning (cover them with foil if they are browning/charring). Turn the kofta after 4 minutes and continue cooking. Check again after 3 minutes and test one kofta to check if it is cooked to your preference or not. Continue cooking until the desired doneness is achieved then remove the pan from the grill and leave to rest for a minute.

Whilst the kofta are cooking, place the grated cucumber into a sieve and sprinkle the Tbsp of salt over. Set aside for a minute. Place the yoghurt, garlic, cumin and mint into a clean bowl and stir to combine. Rinse the cucumber to remove the salt then shake off excess water. Add cucumber to the yoghurt mix and mix. Add lemon juice, salt and pepper to taste.

Arrange the cooked kofta onto a serving platter, spoon over some of the tzatziki and finish with chopped mint.

Enjoy with tabbouleh, Fattoush salad, hummus and/or pita bread.

Notes from the chef:

The kofta can be cooked on a BBQ grill but pay attention to the wooden skewers so they do not burn! The kofta mix can be made up to a day in advance and kept in the fridge. You can shape the kofta into little round patties (mini burgers) and cook without a skewer. This recipe is based on the Lebanese version – Kafta.

Tbsp - tablespoon

Tsp - teaspoon