

## Lamb and Beef Kofta with Garlic Tahini Sauce

There are many different ways of making kofta, this one is a mixture of lamb and beef with fresh herbs and a Middle Eastern spice profile. The meat mixture can be placed on skewers for grilling, pan seared, or even baked in the oven. I happened to make little flattened oval shapes for easier grilling but you could just as easily form these into meatballs for baking. The tahini sauce is just a few ingredients but adds so much flavor. I like to serve these with a big Greek-style salad and use the tahini sauce as the dressing.

Prep Time: 20 mins

Total Time: 35 mins

Makes: 6 servings

### Ingredients:

#### Tahini Sauce

$\frac{3}{4}$  cup tahini

6 tablespoons lemon juice

$\frac{1}{2}$  cup water

1 teaspoon minced garlic

$\frac{1}{2}$  teaspoon sea salt

#### Kofta

1-pound ground lamb

1-pound ground beef

$\frac{1}{4}$  cup finely minced onion

1 teaspoon minced garlic

2 teaspoons ground cumin

1 teaspoon ground allspice

1  $\frac{1}{2}$  teaspoons sea salt

1  $\frac{1}{2}$  teaspoons freshly ground black pepper

$\frac{1}{2}$  teaspoon cayenne pepper

$\frac{1}{4}$  cup chopped flat leaf parsley

$\frac{1}{4}$  cup chopped fresh mint leaves

### Directions

1. In a blender or food processor mix all tahini sauce ingredients until smooth. Adjust to desired thickness with additional water or lemon juice. Set aside.
2. In a large bowl combine all kofta ingredients; mix thoroughly but don't overwork.
3. Divide into 18 even portions. Form each in to an oval or football like shape and flatten slightly.
4. If grilling outside thread 2 or 3 on skewers (soak bamboo skewer for at least 20 minutes before grilling). Heat grill to medium and cook 4-5 minutes on each side or until internal temperature reaches 165 degrees F.
5. If cooking on the stove top in a skillet or grill pan, heat pan over medium to medium-high heat and cook 4-5 minutes on each side or until internal temperature reaches 165 degrees F.

6. If cooking in the oven, heat oven to 375 degrees F. Bake 15-18 minutes or until internal temperature reaches 165 degrees F.
7. Serve with tahini sauce.

Tip: You can make these using all lamb or all beef if desired.