

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

34 cup tahini 6 tablespoons lemon juice 1/2 cup water 1 teaspoon minced garlic 1/2 teaspoon sea salt

Kofta

1-pound ground lamb

1-pound ground beef

¼ cup finely minced onion

1 teaspoon minced garlic

2 teaspoons ground cumin

1 teaspoon ground allspice

1 ½ teaspoons sea salt

1 ½ teaspoons freshly ground black pepper

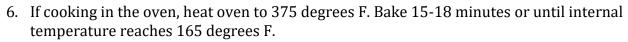
½ teaspoon cayenne pepper

¼ cup chopped flat leaf parsley

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 throughly 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.



7. Serve with tahini sauce.

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