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## Kifta

minced beef/ lamb



Time needed: 40 minutes

Serves: 5 - 7 people (150gr/ person)

### Notes

The type of meat (beef/ lamb) you choose depends on personal preference. The added flavours work for both types of meat. Some people use a combination. My recipe was based on ground lean beef.

### Ingredients

- 1 kg ground lean beef
- 1 pce fresh green chili (optional)
- 1 pce onion
- 1 pce tomato
- ¼ cup bread crumbs
- 1 Tbs garlic paste (Essentials 2)
- 1 pc lemon zested
- ½ bunch chopped parsley
- ½ Tbs salt
- 1 Tbs bhar mshakkal (Essentials 2)

- ½ Tbs ground summac
- ½ Tbs dry red chili powder (optional)

### Directions

Wash and prep all the ingredients, make sure you have the Essentials 2 recipes on hand, start with those. They can be done a day ahead. You may use a box grater or food processor for tomato, onion and fresh chili, but chop the parsley by hand. Mix all ingredients with the meat, leaving bread crumbs for last. Once everything is thoroughly mixed, add the breadcrumbs, you may need less or more, the final result should be firm but not stiff patty, that holds its shape. Test a small patty out in a hot skillet to see if you want to add more salt, or spice. Use for all recipes that require kifta.

