

Egyptian Kofta

INGREDIENTS

- 1 pound ground beef or lamb (or mixture of both)
- 1 small onion, finely grated or chopped
- 2 cloves garlic, minced
- 1/4 cup chopped fresh parsley
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground paprika
- 1/4 teaspoon ground cinnamon
- Salt and pepper to taste

ASSEMBLY INSTRUCTIONS

1. In large bowl, combine all ingredients well. Take a small scoop of mixture and roll into a cone-like shape, ball shape or cylindrical shape molded around a skewer.
2. The cone/ball shapes can be pan fried in extra virgin olive oil or baked at 425 in the oven until golden brown, about 10-15 minutes.
3. To cook on skewers, coat the meat with a bit of oil and grill, turning occasionally. Cook until brown and your preferred doneness, 10-15 minutes.

Greek Keftedes

INGREDIENTS

- 1 pound ground beef or lamb
- 1 small onion, finely grated
- 2 cloves garlic
- 3 tablespoons mint, chiffonade
- 2 tablespoons red wine vinegar
- 1 cup breadcrumbs/panko
- 1 egg
- 2 tablespoons chopped parsley
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon pepper

DIRECTIONS

1. Combine all ingredients in mixing bowl.
2. Roll into balls and bake at 425 degrees for 15-20 min.

Recipes provided by Chef Stephanie Greco from Otzi Mediterranean Market & Eatery.



Lebanese Kafta

INGREDIENTS

- 1 pound ground beef
- 1 medium onion
- 1 cup fresh parsley
- 1 teaspoon cinnamon
- 1 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon pepper
- 1/4 teaspoon ground allspice

DIRECTIONS

1. Mix ingredients together or pulse in a food processor.
2. Form small patties, balls or kebobs.
3. Bake at 350 degrees for 15-20 min.

Recipes provided by Chef Stephanie Greco from Otzi Mediterranean Market & Eatery.

