

Kafta Patties



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Recipe by: Laura Vitale

Serves 4

Prep Time: 20 minutes

Cook Time: 10 minutes

Ingredients

- 1 Lb of Beef or Lamb
- 2 Cloves of Garlic
- 1-1/2 tsp of Garam Masala
- 1 tsp of Cumin Seeds
- 1 tsp of Coriander seeds
- 1/4 cup of Red Onion
- 3 Tbsp of Chopped Parsely
- 2 Tbsp of Fresh Mint
- Salt, to taste
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Tahini Sauce:

- 1/4 cup of Tahini
- 1 Tbsp of Lemon Juice
- 1 Clove of Garlic
- 1 Tbsp of Olive Oil
- 3 to 4 Tbsp of water
- Salt, to taste

1) Add the spices to a dry skillet, toast over medium-low heat until fragrant and then grind them in a mortar and pestle, set aside.

2) In a mini Chopper or food processor, add the onion, garlic and herbs and process until really finely chopped.

3) In a large bowl, mix the beef with the herb mixture, toasted ground spices, garam masala and salt, form into 8 equal size patties, place them on a plate, cover with some plastic wrap and pop them in the fridge for about half an hour.

4) While the patties rest for a bit, make the tahini sauce. In a food processor add all of the ingredients for the sauce and blend until smooth, set aside until youre ready for it.

5) Take them out of the fridge, let them rest at room temperature for about 10 minutes then grill or sear them in a hot lightly oiled skillet for a couple of minutes on each side.

6) Serve them with the tahini sauce and some fresh chopped veggies and warm pitas.

