



Recipes

KEFTA

Kefta, a Middle Eastern specialty, is a spicy ground meat mixture that has been formed around a skewer and then grilled. It is delicious served with zatziki.

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| 12 bamboo skewers | 1 tsp (5 mL) cumin |
| 1 lb (0.5 kg) lean ground beef | 1 tsp (5 mL) paprika |
| 3 tbsp (40 mL) chopped fresh cilantro | 1/2 tsp (2 mL) oregano, crumbled |
| 2 tbsp (25 mL) chopped fresh mint | 1/2 tsp (2 mL) salt |
| 2 cloves garlic, crushed | 1/4 tsp (1 mL) ginger |
| 1 tsp (5 mL) coriander | 1/8 tsp (0.5 mL) allspice |

Soak bamboo skewers in hot water for 30 minutes. Combine beef with remaining ingredients (cilantro through allspice). Divide mixture into 12 equal portions. To prepare kefta, shape each portion around the pointed end of a bamboo skewer, forming a sausage-shaped log that is about 3 inches (7.5 cm) long and 1 inch (2.5 cm) thick. Grill kefta over medium heat on natural gas barbecue, turning occasionally, until browned and completely cooked, about 10 minutes. Serves 4 - 6.

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