

# Koftas

- 1/3 pound fatty ground beef or ground lamb per serving -- 75% or less lean, ideally; don't bother with anything leaner than 80% (Alternate: 1/3 pound ground chicken plus 1-1/2 teaspoons vegetable oil per serving)
- 1/3 clove garlic per serving, crushed
- 1/3 teaspoon salt per serving
- 1/6 teaspoon ground black pepper per serving
- 1/6 teaspoon chili powder per serving
- 2/3 teaspoon chopped parsley per serving
- 1/4 tomato per serving, grated (no skin)
- 1/3 shallot per serving, grated small

Combine all ingredients. Knead for at least 15 minutes. Cover and refrigerate overnight.

Make into small like-sized patties, about four to six kofta per serving.

Grill over a low heat. Serve immediately.

Serve with pita, [salad](#) [1], and yogurt or [tzatziki sauce](#) [2].

Preparation time: 45 minutes (prepare a day in advance)

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**Links:**

[1] <http://kitchen.unseelie.org/.20>

[2] <http://kitchen.unseelie.org/.100>