



Kabob Koobideh Persian Ground Meat Kabobs

Oscar · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

1 hr 25 mins

Description

Kabob koobideh is made with ground lamb or beef or a combination of the two This is one of the most delicious kabob recipes I have ever found The kabobs are usually grilled over hot coals or any BBQ

Ingredients

- - 2 onions
- peeled - cheesecloth - 1 pound ground lamb - 1 pound ground beef - 1 green onion
- diced - 2 teaspoons baking powder - 1 teaspoon salt - 1 teaspoon ground black pepper - 1 teaspoon sumac powder - ½ teaspoon ground turmeric - 2 eggs - 8 (10 inch) metal skewers

Instructions

1. Shave onions with a grater into a fine mesh strainer. Gently press pulp into the strainer to remove juices. Place pulp into the center of the cheesecloth and gently press until no further juice drips out. Place lamb and beef in a pot. Add green onion and onion pulp; mix until thoroughly combined. Mix in baking powder
2. salt
3. pepper
4. sumac
5. and turmeric. Add eggs and mix thoroughly. Cover the pot and place in the refrigerator until flavors have melded
6. at least 30 minutes. Preheat an outdoor grill for medium heat and lightly oil the grate. Mold meat mixture onto the skewers. Cook on the preheated grill
7. rotating every minute
8. until nicely browned on all sides
9. and meat is no longer pink in the center
10. about 25 minutes. Recipe Tip You can use all ground beef or all ground lamb if preferred.