

Bob39s Kabobs

Oscar · 29/09/2024



Prep Time

1 hr 30 mins

Difficult

Medium

Servings

2 hrs 10 mins

Description

Most people think of chunks of meat on a skewer when they think of kabobs but this is another style known as kofta kabobs. Now that grilling season is upon us, this is definitely something you're going to want to work into the rotation. Serve with grilled pita bread and a blend of diced tomatoes, cucumbers, and red onions sprinkled with salt and olive oil, all topped with freshly chopped parsley and dried sumac.

Ingredients

- - 2 teaspoons ground cumin - ½ teaspoon ground coriander - 2 teaspoons Aleppo chile flakes - 1 ½ teaspoons kosher salt - 1 pinch cayenne pepper - 1 pinch ground cinnamon - 1 teaspoon ground sumac (Optional) - 1 pound ground lamb - 2 tablespoons cold water - 8 bamboo skewers - 1 cup plain Greek yogurt - 2 cloves garlic
- crushed - 2 tablespoons minced fresh parsley - 1 tablespoon fresh lemon juice - ¼ cup water
- or as needed

Instructions

1. Make the spice blend: Combine cumin
2. coriander
3. chile flakes
4. salt
5. cayenne
6. and cinnamon in a small bowl; mix well to combine. Set about 1/3 of the spice blend aside in a small bowl and mix with sumac. Make the kabobs: Place remaining spice blend in a mixing bowl with ground lamb and cold water. Mix by hand until thoroughly combined. Cover with plastic wrap and chill in the refrigerator for 1 hour. Place bamboo skewers in water to soak while the meat is chilling. Remove meat from the refrigerator and roll into eight equal-sized meatballs using slightly damp hands. Skewer each meatball through the center and shape into an oval
7. about 3 inches long. Use your fingers to taper each end of the kabob down to a point where it meets the skewer. Place onto a plate and refrigerate until chilled
8. about 30 minutes
9. or until ready to grill. Make the yogurt sauce: Whisk Greek yogurt
10. garlic
11. parsley
12. lemon juice
13. and 1/4 cup water together in a bowl until smooth and combined. Refrigerate until ready to serve. Preheat an outdoor charcoal grill to medium-high heat. Remove kabobs from the refrigerator and sprinkle reserved spice blend over top. Grill kabobs over charcoal
14. turning occasionally
15. until browned and firm
16. 10 to 12 minutes total. An instant-read thermometer inserted into the center of a kabob should read at least 135 degrees F (57 degrees C). Serve with yogurt sauce. Chef's Notes: You can substitute 1 teaspoon paprika plus 1/2 teaspoon red chili flakes for the Aleppo flakes
17. and 1 teaspoon fine salt for the kosher salt. You can use ground beef instead of lamb or a combination of both
18. which is very nice. You can skip chilling the kabobs in the refrigerator once shaped. You can use metal skewers instead of bamboo if you like. While any kind of grill will work
19. a narrow
20. hibachi-style grill is perfect for skewered meat.