



## Turkish Kofte

**MAKES 8**

I loved walking the streets of Istanbul where the aromas of grilled meat filled the air. I often took a peek inside the restaurants and kabob shops where huge grills were smoking with metal rods pressed with spicy meat called kofte. Sometimes the rods were 3-feet long, and the cooks stood over the fire turning the rods with both hands. At home I try to mimic the Turkish way of making kofte as best I can. My rods are much smaller (I bought them at the Grand Market in Istanbul), and my fire isn't nearly as hot. But the flavors are nearly the same. I serve them with pita, grilled chiles, and ripe tomatoes, but they make a great appetizer on a mezze platter too. If you don't have metal rods, use wooden skewers soaked in water (to prevent burning).

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### INGREDIENTS

1/2 pound ground lamb	1 1/2 teaspoon kosher salt
1/2 pound ground beef	1 teaspoon fresh mint, finely chopped
1 garlic clove, minced	1/2 teaspoon freshly ground black pepper
1/2 cup red onion, finely chopped	1/2 teaspoon cumin
2 tablespoons fresh parsley, minced	1/2 teaspoon dried oregano
2 teaspoons sumac (optional)	1/2 teaspoon hot paprika

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### PROCESS:

Heat a grill to medium high heat or heat oven broiler to high. In a bowl, combine all ingredients until evenly incorporated. Divide mixture into 8 portions.

Starting at least 3 inches from the sharp end of a metal skier, form the meat around the skewer into a sausage shape about 4 inches long. Flatten the meat against the skewer to secure it. Repeat with remaining meat and skewers.

Place the skewers on hot grill (or on a grill pan set 6" from the heating element of broiler) and cook about 4 minutes. Flip each skewer, and cook another 3-4 minutes, or until kofta is no longer pink in the middle. Serve with yogurt and flatbread.