



# MIDDLE EASTERN KEFTA

Serves 6-8

## Ingredients

2.5 lb	Ground beef or lamb
1-2 medium	Onion, grated (about 1 cup)
1/2 cup	Fresh Parsley, finely chopped
3 tsp	Cumin, ground
1 tsp	Coriander, ground
½ tsp	Cayenne
To taste	Salt and Pepper

## Equipment

- Chef's knife
- Cutting board
- Mixing bowls
- Grill or grill pan

## Directions

1. Combine all the ingredients for the kefta and knead together gently with your hands, then form small oval patties, about 2-3 oz each.
2. Preheat the grill or grill pan on high heat for 5 minutes or more and oil well. When ready to grill, turn the heat down to medium heat, oil the grill and place the keftas until well browned (or marked) on each side for about 3-5 minutes.