

BEEF KOFTA KEBAB RECIPE

HOW TO MAKE **BEEF KOFAT KEBAB USING TAHOON - KOFTA KEBAB SEASONING;**

PREPARING AND COOKING TIME: About **20 MINUTES**

Serving Size: 2 Persons

INGREDIENTS:

1 lb. Ground Beef (20% Fat)

2 tbsp. Tahoon - Kofta Kebab Seasoning

4 Pcs Fresh Yellow Onions - Small Size

4 Pcs Firm Fresh Ripe Tomatoes

¼ tsp. Salt (As to your preference)

Definitions:

lb.: Pound

Pcs: Pieces

tsp.: Teaspoon

tbsp.: Tablespoon

DIRECTIONS:

STEP 1

Place the **ground beef** on a tray then add **2 tbsp. Tahoon – Kofta Kebab Seasoning** on top of the ground beef meat and add **¼ (quarter) tsp. salt** or (as to your preference), then start mixing all together.

STEP 2

Peel **one fresh onion** then cut it into **4 quarters**, put it into a **food mixer** or **food processor**, and mix it until it turns into **very small** and **fine pieces**. Add it on top of the seasoned **ground beef** and mix it well thoroughly.

STEP 3

Start making **small balls** (equal in size) then place the balls through skewers and pat until it becomes cylindrical around the skewers. Once you finish each skewer, place it on a tray, then when all skewers are complete start grilling them all at once.

STEP 4

Peel the **rest onion** then cut it in **half** around the middle and skewer it and place it on a tray (to grill later).

STEP 5

Grab the **tomatoes** and cut them into **half** around the middle and skewer it and place it on same tray (to grill later).

OR use Grilled Tomatoes with Basil Leaves; check our recipe

STEP 6

You can use kitchen grill pan or outside grill to cook it.

- Kitchen Grill Pan steps:

Preheat the **kitchen grill pan** and leave it to warm for a few minutes, then start placing the **beef kofta kebab (beef kafta kabob)** on the pan and keep them cooking on each side for a few seconds. Begin rotating the skewers until the beef kofta kebab (beef kafta kabob) is cooked to your preference. At the same time, place the **onion** and **tomato** skewers and grill it on each side for about **2 minutes** until the **onion** gets a **golden tone** and **tomatoes** become cooked. Begin rotating the onion and tomatoes skewers until completely grilled, then place the entire beef kofta kebab (beef kafta kabob), the grilled onion and the grilled tomato into a serving dish, Enjoy!

- Outside Grill steps:

Preheat the **outside grill**, use a fine grill grate if you can (it will make it much easier to cook), then start placing the **beef kofta kebab (beef kafta kabob)** on the pan and keep them cooking on each side for a few seconds. Begin rotating the skewers until the beef kofta kebab (beef kafta kabob) is cooked to your preference. At the same time, place the **onion** and **tomato** skewers and grill it on each side for about **2 minutes** until the **onion** gets a **golden tone** and **tomatoes** become cooked. Begin rotating the onion and tomatoes skewers until completely grilled, then place the entire beef kofta kebab (beef kafta kabob), the grilled onion and the grilled tomato into a serving dish, Enjoy!

Lema's Recipe