

# Kefta Kebabs

Kefta is a ground meat with onion, herbs and warm spices dish from the SWANA region. The recipe (and name) varies culture to culture. Kefta (or Kofta, Kofte, Kololak) can be formed into meatballs, patties, cigar-like shapes or pressed around skewers to make kebabs. Ground lamb is an Armenian family staple for cabbage rolls and kebabs. I'm excited to share this recipe with you. - by Ashley Haar

This recipe makes 8 kebabs and can easily be scaled up.  
You can use a food processor or finely chop garlic, onion and herbs.

## PREPARATION

Soak 8 wooden skewers in water for about 1 hour.

## INGREDIENTS

1 lb ground lamb  
3 cloves garlic, smashed  
1 small sweet or yellow onion (1/2 cup), quartered  
1 bunch fresh lovage (2 cups leaves loosely packed) (alternative to lovage is parsley)  
1 bunch fresh mint (1 cup leaves loosely packed)  
4 t sweet paprika  
2 t cumin  
2 t salt  
2 t ground black pepper  
¼ t allspice  
2 t cinnamon  
2 t turmeric  
½ t cayenne

## DIRECTIONS

1. Combine garlic, onion, lovage and mint in a food processor. Process. Add spices and process again. (You can also finely chop garlic, onion and herbs then add spices)
2. In a bowl combine herb and spice mixture with ground lamb.
3. Divide ingredients into eighths and form around skewers.
4. Grill: On high heat, turning twice, until grill marks appear, and meat feels firm, about 10 minutes total.
5. Or use the oven (no skewers required): Form kofta into meatballs or cigar-like shapes and bake at 425 degrees for 15-18 minutes until cooked through.

