

Kebabs

Recipe by: Cook's Illustrated July/August 2013, modified by the O'Connor clan

Servings: 5

Amount	Ingredient	Prep Notes
1/2 cups	pine nuts	optional
4 cloves	minced garlic	or 2 teaspoons powder
1.5 teaspoons	paprika	
1 teaspoon	salt	
1 teaspoon	cumin	
1/2 teaspoon	pepper	
1/4 teaspoon	ground coriander	
1/4 teaspoon	ground cloves	
1/8 teaspoon	ground nutmeg	
1/8 teaspoon	ground cinnamon	
1/2 cup	grated onion, drained	or 1 teaspoon powder
1 teaspoon	parsley	
1 teaspoon	mint	
2 pounds	ground lamb	
1.5 teaspoons	unflavored gelatin	
1 cup	plain yogurt	
2 tablespoons	lemon juice	
2 tablespoons	tahini	
1 clove	minced garlic	
1/2 teaspoon	salt	

- finely chop pine nuts
- in small bowl, mix together all spices listed above lamb to create paste (or spice mix if using powdered onion/garlic - which actually works better in this recipe)
- in large bowl, mix together lamb and gelatin; gradually add spice mixture to make sure it gets incorporated evenly
- form into 10 cylinders
- if grilling, insert skewers and refrigerate for at least 1 hour; grill over hot fire, 45 degree angle with grate; cook until browned and meat releases from grate, 4-7 minutes, flip and cook until browned on second side and meat reads 160, about 6 minutes longer
- if baking, place on cookie sheet to bake similar to mini meatloaves; preheat to 350; bake for 20-30 minutes

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- *note:* can use hamburger or meatloaf mix in place of lamb; if using other ground meat, increase garlic to 5 cloves, paprika to 2 teaspoons, and cumin to 2 teaspoons
 - *note:* can use vanilla yogurt instead of plain; whole milk yogurt tastes best, but lowfat works
 - *note:* can use cilantro in place of coriander
 - *note:* serves nicely on small or medium wraps; also goes well with spinach (or lettuce) as a topper