



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Kofta (adapted from Gourmet via Smitten Kitchen)

The original recipe includes grilled chunks of marinated zucchini, but I didn't think they added anything special to this.

Grilling meatballs on skewers is a hair-raising experience, but they turned out great and we only lost one on the grill. Just be careful and try not to move them around much.

2 slices firm sandwich bread, torn into small pieces
1 small onion, finely chopped (about 1 cup)
¼ cup loosely packed fresh parsley leaves
¼ cup loosely packed fresh cilantro leaves
16 ounces ground lamb
1 teaspoon salt
½ teaspoon ground allspice
½ teaspoon cayenne
¼ teaspoon cinnamon
¼ teaspoon black pepper
⅓ cup pine nuts, toasted and finely chopped
tzatziki

1. Pulse the bread, onion, and herbs in a food processor until finely chopped. The juice from the onion should start to soak into the bread, and the mixture will form a paste. Transfer the mixture to a large bowl and mix with all of the remaining ingredients except the tzatziki. With your hands, mix until well blended. Form one tablespoon of the mixture into a ball; repeat with the remaining mixture to make about 24 meatballs.
2. Prepare a medium-hot grill. Thread meatballs onto skewers, leaving about ¼-inch between each. Generously oil the grill rack. Grill lamb, turning over once, until golden and just cooked through, about 6 minutes. Serve warm with tzatziki and grilled pitas.