

BEYROUTH

KEFTA



Ingredients (for 4 persons)

- 500g non-seasoned minced meat
- 1 sprig of fresh mint
- ½ bouquet of parsley
- 1 small onion
- ½ teaspoon cumin
- ½ teaspoon paprika
- Some wooden skewers

Preparation:

Finely chop the parsley, the mint and the onion. Place in a salad bowl, add the minced meat and the spices. Add salt and knead this mixture well with your hands.

Form skewers

Take a small quantity of meat (about the size of an egg) in a slightly wetted hand.

Wrap around the skewer and shape into a sausage shape. Fix each end of the kefta well. Fry in a frying pan with some oil until golden on all sides.

