



“This Lamb Is On Fire” Kefta

BY CHEF MEI LIN

SERVES 2-4

KNOW AHEAD:

This recipe calls for a one hour marinade. You'll need metal or wooden skewers (like these [↗](#)) to make this dish, as well as a grill, grill pan (like this [↗](#)) or simple stovetop pan.

INGREDIENTS →

1 “This Lamb Is On Fire” Kefta

Seasoning Card:

- ½ tsp (1 pod) Ceylon Cinnamon
- ½ tsp (1 pod) Cayenne Chile
- ½ tsp (1 pod) Cumin Powder
- ½ tsp (1 pod) Sumac
- ½ tsp (1 pod) Tellicherry Black Pepper
- ½ tsp (1 pod) California Onion Granules
- 1 tsp (2 pods) Euphrates Mint

SERVE WITH →

- Sumac onions (See optional ingredients to the left and instructions on next page)
- Tahina sauce (See optional ingredients to the left and instructions on next page)

FRESH

- 1 lb ground lamb
- ½ cup grated Spanish or white onion
- 2 Tbsp minced parsley
- 2 Tbsp minced cilantro
- 1 red onion, sliced very thinly on a mandolin
(For the optional sumac onions side)
- Lemon juice from 2 lemons
(For the optional sumac onions side)
- 1 clove garlic
(For the optional tahina sauce topping)
- 2 Tbsp lemon juice
(For the optional tahina sauce topping)

PANTRY

- 1 tsp kosher salt, divided, (For the kebabe and optional tahina)
- 2 Tbsp sumac (For the optional sumac onions side)
- ½ tsp salt (For the optional tahina sauce topping)
- Dash of cumin (For the optional tahina sauce topping)
- ¼ cup tahini (For the optional tahina sauce topping)

INSTRUCTIONS

1. PREP THE MEAT: Mix together in a large bowl 1 Ceylon Cinnamon pod, 1 Cayenne Chile Pod, 1 Cumin Powder Pod, 1 Sumac Pod, 1 Tellicherry Black Pepper Pod, 1 California Onion Granules Pod, 2 Euphrates Mint pods, ½ tsp salt, ground lamb, grated onion, parsley and cilantro, and cover with plastic wrap. Chill the mixture in the refrigerator for at least 1 hour to allow the flavors to marinate the meat.

2. MAKE SOME OPTIONAL ADD-ONS: While you're waiting, make some sumac onions to enjoy as a side dish with the kefta. Take the thinly-sliced red onion and add the juice of 2 lemons and sumac. Mix and marinate for 30 minutes at room temperature. For the tahina sauce, add the tahini, garlic clove, 2 Tbsp lemon juice, ½ tsp salt, dash of cumin and ½ cup water to a blender. Blitz until smooth.

3. MAKE THE SKEWERS: Divide the meat into 4 equal portions. Using your hands, sculpt each meat portion into a long cylinder shape, then thread the skewer through the meat. Repeat 3 more times.

- **GRILLING NOTES:** This recipe is best cooked on a charcoal grill, but if you don't have one, a gas grill will work fine. If you don't have any kind of outdoor grill, a simple stovetop pan will work fine. Grill-type pans for stove tops are great if you have one. It may take more or less time for the kebabs to cook, depending on how hot your grilling surface is and how thick you shaped the kefta.
- **COAL GRILL:** Heat the coals enough to allow for all sides of the coals to turn into embers. Place the flat metal skewers directly onto the grill and cook for 2-2½ minutes on each side. The metal skewers help cook the inside of the meat as well as the outside, so the overall result is nice and juicy, not dry and tough.
- **GAS GRILL:** Heat the grill to medium-high and cook for 3-5 minutes on each side. Watch the kebabs carefully to make sure they don't dry out while cooking.
- **STOVETOP PAN:** Heat a pan over medium heat and cook the kebabs for 3-5 minutes on each side. Watch the kebabs carefully to make sure they don't dry out while cooking.

4. PLATE: Serve immediately with sumac onions and eat until *occo!*

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, "FOOD COMA." OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*