

Beef koftas with Cacik sauce |

Recipe for 12 tapas ou 4 pers



Description

Koftas are spicy meatballs that are very popular in Middle Eastern cuisine.

Note

You can vary this recipe with different meats.

Ingredients

Kofta Dumplings

- 250 Gr Ground beef
- 250 Gr Ground lamb
- 150 Gr Onion
- 3 Clove(s) Crushed garlic
- 60 Ml Breadcrumbs
- 1 Unit(s) Egg
- 1 Tbsp Ground coriander
- 1 Tbsp Cumin powder
- 1 Tbsp Paprika
- 0.50 Tsp Freshly ground black pepper
- Salt and pepper
- Vegetable oil

Cacik sauce

- 300 Ml Plain greek yogurt 0%
- 200 Gr English cucumber
- 2 Clove(s) Chopped garlic
- 0.50 Unit(s) Lemon juice
- 1 Tbsp Olive oil
- 2 Tbsp Mint
- Salt and pepper
- Vegetable oil

Assembly, finish

- 12 Leaf(ves) Boston lettuce
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **60 mins**

Setting up

Combine the two ground meats in a bowl.

Finely chop the onions, mince the garlic cloves.

Peel and grate the cucumber flesh.

Finely chop the mint leaves.

Wash the Boston lettuce leaves.

Kofta Dumplings

In a large bowl, combine ground meat, chopped onion, crushed garlic, bread crumbs, ground coriander, ground cumin, sweet paprika, salt and ground black pepper. Mix all ingredients well so that they are well incorporated.

Shape the meat into small, walnut-sized balls. You can use your wet hands to prevent the meat from sticking to your fingers.

Heat vegetable oil in a large skillet over medium-high heat. Add the meatballs in two or three batches and brown them on all sides for about 8 to 10 minutes, until they are cooked through.

Remove koftas from pan and place on a paper towel-lined plate to remove excess grease.

Cacik sauce

In a large bowl, combine the plain yogurt with the chopped garlic and fresh lemon juice.

Add the grated cucumber and mix until well incorporated into the yogurt.

Stir the olive oil and mint into the yogurt and cucumber mixture. Mix until all ingredients are well combined.

Add salt and ground black pepper to taste, stirring to incorporate seasonings.

Transfer the Cacik to a bowl and place in the refrigerator for at least an hour before serving, to allow the flavors to blend and for the sauce to cool.

Finish, assembly

Serve the beef koftas in the hollow of beautiful Boston lettuce leaves, topped with Cacik sauce.

Bon appétit!