

A chef  
recipe from...



www.roast-restaurant.com



# BBQ Lamb Koftas

Prep time 25mins  
Cooking time 10 mins  
Makes approx 30 x 80gms portion  
weight bamboo sticks

1. Cut peppers up small and place in a pestle and mortar and pound for several minutes, add the garlic and parsley and continue.
2. Now add the cumin seeds and coriander seeds.
3. Place the lamb mince in a large bowl and mix with the pepper paste.
4. Add the rest of the ingredients, put some disposable rubber gloves on and work the mince in your hands so the spices and herbs are distributed evenly throughout.
5. If you want you can weigh the balls out individually and then mould them into a cigar like shape onto the bamboo skewer.
6. Grill over BBQ and serve with a wedge of lemon.

**Ingredients**

- 1 shoulder of lamb minced 1.8kgs
- 300gms dried Cous cous
- 10gms Caraway seeds toasted
- 10gms ground cumin
- 5 Spanish Nora Dried pepper
- 100mls Extra virgin olive oil
- 20gms chopped fresh Mint
- 10gms Coriander seeds toasted
- Juice of 1 lemon
- Zest of 2 lemons
- 10gms Garlic chopped finely
- 10gms salt
- 50gms chopped parsley
- 10gms ground black pepper
- 40gms Fresh coriander chopped
- 8gms cayenne
- 30 bamboo skewers soaked in water for 2 hours or overnight



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