

Bahraini■Style Kofta Kebabs (BBQ)

Bahrain • Grill/BBQ • Serves 4–6 • ~30–45 min



Photo: Lambros

Ingredients

- 600 g ground beef (10–20% fat) or half beef/half lamb
- 1 small onion, grated (squeeze out excess liquid)
- 3 cloves garlic, grated/minced
- 1 packed cup parsley (or parsley + coriander), finely chopped
- 1½ tsp salt
- 1 tsp black pepper
- 1½ tsp ground cumin
- 1½ tsp ground coriander
- 1 tsp paprika
- ½ tsp cinnamon
- ¼ tsp ground cloves or allspice (optional)
- 1 tsp baharat (optional but great)
- 1 tbsp sumac (optional, nice tang)
- 1 egg (optional, helps binding)
- Optional heat: pinch chili flakes or ½ tsp cayenne

Steps

1. Mix: combine everything thoroughly (hands work best) for 2–3 minutes until the mixture turns sticky.

2. Chill 20–30 minutes (helps it hold on skewers).
3. Shape: form around metal skewers into long kebabs (or make small logs/patties if no skewers). Wet hands help.
4. Grill over medium■high heat on lightly oiled grates: 3–4 minutes per side, turning gently, until browned and cooked through.
5. Rest 2 minutes, then serve.

Serve with

- Tahini■yogurt sauce: ½ cup yogurt + 2 tbsp tahini + 1 tbsp lemon + salt; thin with a splash of water.
- Quick salad: tomato + cucumber + red onion + lemon + olive oil + sumac.
- Flatbread or rice; extra lemon wedges.

Notes

- You have metal skewers (best!). If using wooden skewers: soak 30 minutes and double them up for stability.
- Don't move them too early—let the first side brown before turning.
- Use mince with some fat (10–20%). Very lean mince dries out and can break.