

GRILLED LAMB KOFTE

Published July 1, 2013, modified. From Cook's Illustrated.

Serves 2 for dinner.

WHY THIS RECIPE WORKS:

We skipped the traditional bread panade in favor of a little gelatin to keep our *kofte* moist after grilling. And we added ground pine nuts for richness and to keep the *kofte* from being too springy.

Serve with rice pilaf or make sandwiches with warm pita bread, sliced red onion, and chopped fresh mint.

INGREDIENTS

YOGURT-GARLIC SAUCE

- 1 *cup plain whole-milk yogurt*
- 2 *tablespoons lemon juice*
- 2 *tablespoons tahini*
- 1 *garlic clove, minced*
- 1/2 *teaspoon salt*

KOFTE

- 1/2 *cup pine nuts*
- 4 *garlic cloves, peeled*
- 1 1/2 *teaspoons hot smoked paprika*
- 1 *teaspoon salt*
- 1 *teaspoon ground cumin*
- 1/2 *teaspoon pepper*
- 1/4 *teaspoon ground coriander*
- 1/4 *teaspoon ground cloves*
- 1/8 *teaspoon ground nutmeg*
- 1/8 *teaspoon ground cinnamon*
- 1 1/2 *pounds ground lamb*
- 1/2 *cup grated onion, drained*
- 1/3 *cup minced fresh parsley*
- 1/3 *cup minced fresh mint*
- 1 1/2 *teaspoons unflavored gelatin*

INSTRUCTIONS

1. FOR THE YOGURT-GARLIC SAUCE: Whisk all ingredients together in bowl. Set aside.
2. FOR THE KOFTE: Process pine nuts, garlic, paprika, salt, cumin, pepper, coriander, cloves, nutmeg, and cinnamon in food processor until coarse paste forms, 30 to 45 seconds. Transfer mixture to large bowl. Mix lamb, onion, parsley, mint, and gelatin in KitchenAid until thoroughly combined and mixture feels slightly sticky, about 2 minutes. Divide mixture into 8 equal portions. Shape each portion into 5-inch-long cylinder about 1 inch in diameter. Thread 1 cylinder onto each skewer, pressing gently to adhere. Transfer skewers to lightly greased baking sheet, cover with plastic wrap, and refrigerate for at least 1 hour or up to 24 hours.
3. Clean and oil cooking grate. Place skewers on grill at 45-degree angle to grate. Cook until browned and meat easily releases from grill, 4 to 7 minutes. Flip skewers and continue to cook until browned on second side and meat registers 160 degrees, about 6 minutes longer. Transfer skewers to platter and serve, passing yogurt-garlic sauce separately.