

 **Lamb Koftas**

**Lamb Koftas Ingredients (Per pair)**

250g lamb mince

½ tsp minced garlic

1/8 tsp ground all spice

1/8 tsp ground cardamom

1/8 tsp cayenne pepper

1/8 tsp ground ginger

½ tsp ground cumin

½ tsp ground coriander

¼ tsp ground paprika

¼ tsp salt

a few shakes of pepper

½ small onion, grated finely

1 sprig continental parsley, chopped

2 Tbs oil for frying

**Method**

1. Mix the lamb, herbs and spices in a bowl and season with salt and pepper.
2. Shape ¼ cup lamb mixture at a time into four 8 cm-long sausages. Thread 1 sausage onto each skewer. (Refrigerate for 20 minutes or until firm)
3. Add oil to a large frying pan on medium heat. Cook koftas, turning occasionally, for 10 minutes or until cooked through.
4. Transfer to a large serving plate, cover with foil. Rest for 5 minutes.
5. Serve hot with tzatziki sauce.

**Learning Intention**

**To understand more about the spices in a Greek cooking**

1. What is all spice a mixture of?
2. Other than all spice, research and explain what the plants of the other spices look like
3. Why do we let the koftas rest before cooking them?