

## **Ground Beef or Lamb Kebabs (Seekh Kababs)**

By Anand Prakash

Serves 4 to 8

### **Ingredients:**

2 lb (1 kg) ground lean beef or ground lamb  
1 medium onion, finely chopped or grated  
¼ cup (50 mL) finely chopped fresh mint  
¼ cup (50 mL) finely chopped fresh cilantro  
1 egg, beaten  
1 Tbsp (15 mL) ginger paste  
1 Tbsp (15 mL) garlic paste  
1 Tbsp (15 mL) lemon juice  
2 tsp (10 mL) ground cumin  
1 tsp (5 mL) garam masala  
1 tsp (5 mL) red chili powder  
1 tsp (5 mL) ground black pepper  
1½ tsp (7.5 mL) salt

8 long iron skewers (4-sided)  
¼ cup (50 mL) melted butter for basting

### **Method:**

Mix together all the kebab ingredients except the melted butter in a non-reactive bowl. Knead to mix thoroughly. Cover and refrigerate overnight to develop flavors.

Pre-heat grill. Divide meat mixture into 8 portions. Moisten hands with water and wrap each portion around a skewer to form a long sausage-like shape, about 8–10 inches (20–30 cm) long and 1 inch (2.5 cm) in diameter. Keep hands wet to help form the perfect shape around the skewers.

Remove cooking grill and suspend skewers directly over the fire with the ends resting on the edges of the fire box. Grill over high heat for 8–10 minutes, turning skewers frequently and basting with melted butter occasionally.

Remove cooked kebabs from skewers and serve with onion slices, mint chutney and naan.

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